

THE BURDEN OF ATRIAL FIBRILLATION (AF)

Understanding the Impact of the New Millennium Epidemic across Europe

Report highlights AF as one of Europe's most significant health issues¹

WHAT IS AF?

Atrial fibrillation (AF) is characterized by an irregular and often fast heart rhythm that results in uncoordinated contraction of the top 2 chambers of the heart (the atria).²

THE CHALLENGE OF AF

11 million people affected across Europe.³

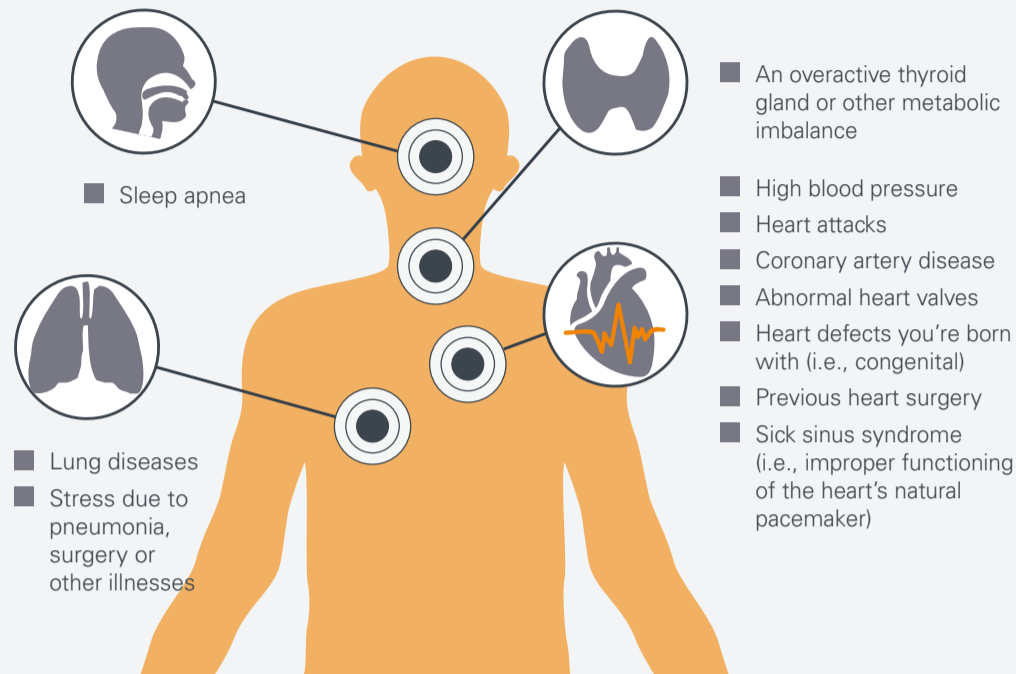
By 2050 Europe is projected to have the greatest number of AF patients compared to other regions.⁴

€660 – €3,286 million estimated cost to healthcare systems across European countries.⁵⁻⁸

AF increases the risk of other potentially fatal conditions such as heart failure and stroke.⁹⁻¹⁰

CAUSES OF AF

Abnormalities or damage to the heart's structure are the most common causes of AF.¹¹⁻¹⁴



SYMPTOMS OF AF

Symptoms of AF disrupt normal life and range from mild to debilitating.¹⁵⁻¹⁷



15%-30% OF PATIENTS EXPERIENCE **NO SYMPTOMS**
AF can also be silent¹⁸

WHO IS AT RISK?

AF is a common age-related arrhythmia.^{12,13,19}

40+ **1 in 4 ADULTS**
40 YEARS AND OLDER develop AF in their lifetime¹³

65+ **Nearly 8 out of 10 ADULTS**
suffering from (or diagnosed with) AF or Atrial Flutter **ARE 65 YEARS OLD OR OLDER**³

AF INCREASES THE RISK OF OTHER LIFE-THREATENING CONDITIONS¹⁰

5x Increase heart failure

2.4x Increase stroke

2x Increase cardiovascular mortality

Estimates suggest that by 2030, the number of people with AF is expected to increase up to 70%,²⁰ leading to more strokes, hospitalizations and outpatient visits.



280K-340K NEW ISCHEMIC STROKES



3.5-4 MILLION HOSPITALIZATIONS FOR AF



100-120 MILLION OUTPATIENT VISITS

BURDEN OF AF ON PATIENTS

Patients often report impaired function and disruption of everyday activities, impacting considerably on quality of life.^{16,21}



19% IMPAIRMENT IN FUNCTIONAL STATUS²²

25% DISRUPTION TO DAILY ACTIVITIES²²

UP TO 47% REDUCTION IN QUALITY OF LIFE²²⁻²³

BURDEN ON HEALTHCARE SYSTEMS

The economic burden of AF places a critical financial impact on healthcare systems across Europe.⁵⁻⁸

IN FRANCE, GERMANY, ITALY, the UK **over 11M** PATIENTS ARE ESTIMATED

the reported **COSTS** range from **€660M-€3,286M**

EARLY DETECTION IS KEY

Early detection and diagnosis of AF may help improve patient outcomes, since long history and duration of AF have been associated with recurrence.²⁴⁻²⁵



TACKLING AF

Improved awareness of AF

- To support earlier detection and diagnosis and reduce need for costly emergency care.
- To support better treatment and management of AF and to avoid the development of complications.

Education and support for patients & carers

- To help patients and their carers manage their condition more effectively with the goal of improving quality of life and to reduce the need for medical interventions.

A copy of the full report can be downloaded <https://getsmartaboutafib.net/en-EMEA/home>

For MORE INFORMATION related to Atrial Fibrillation, please visit [GETSMARTABOUTAFIB.IE](https://getsmartaboutafib.ie)

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