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Afib episodes at night

Q: What can I do to stop an AFib episode? A: AFib episodes can occur all of a sudden, which is an alarming signal. AFib has different types and the amount of time it lasts accordingly. Sometimes, ino intervention is needed to end an episode, but other times it is necessary to do something to stop it. Remember to call your doctor if an AFib episode lasts longer than you expect. Take slow, deep breaths Slow deep breaths are simple, but a good way to relax your body and heart. Just sit down and place one hand on the stomach. Inhale deeply, let air circulate all the way into the stomach. In this way, the lungs will be slowly filled up with air and gradually be completely filled. Don't exhale at the same time, but hold the air for a while. You can learn this type of breathing through biofeedback training which improves your control of your autonomic nervous system functions and finally stabilize the heart's rhythm. Exercise Exercise is supposed to have many benefits for all in weight management, the heart rate, stress, and pressure. For patients with AFib, try to exercise at least 20 minutes every day. Aerobic activities, for example, walking, jogging, hiking, cycling and yoga are good choices. Remember to warm up before exercise and stay hydrated during your exercise. Vagal maneuvers Vagal maneuvers are aimed at stopping a paroxysmal A-fib episode. Vagal maneuvers, including coughing, or engaging the muscles as if having a bowel movement, trigger a nerve that makes a difference to heart function, which helps end a paroxysmal A-fib episode sooner. A bottle of cold water can also help make the heart rate steady. Healthy lifestyle It is a basic way to maintain healthy and stop a AFib episode. Once the risks of AFib is reduced, the episode will gradually be stopped. Ways to stay healthyRelated FAQs: include: Quit smoking Have enough sleep Stop stressing Develop healthy diets Related FAQs: Can the Pacemaker Stop Atrial Fibrillation? When Can I Stop Taking Atrial Fibrillation Medication? How to Manage Atrial Fibrillation? Key words: natural ways stop atrial fibrillation; stop afib naturally; stop afib home; stop afib; stop afib attack; ways stop afib; stop atrial fibrillation; stop afib episode * The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Generally speaking, there are three types of treatment for atrial fibrillation â€” natural treatment, medications and surgical operation. You will become better and even get recovered from the disease through these types of treatment. Dr. James Reiffel brings out the direction in drug treatment for AFib. He says that you can combine drugs, perhaps in lower dose, to try to get additive efficacy but to reduce the risk of likelihood of adverse side effects because many of those are dose dependent. For example, the combination of ranolazine (Ranexa) and dronedarone (Multaq), both used in lower doses, works well for AFib. Thus you can control the rate and rhyme of your heartbeat while adverse side effects are blocked away due to small dose. Remember to ask your doctor for advice, for you can't prescribe for yourself. Related FAQs: How to Prevent Strokes in Treatment for AFib? What's the Best Treatment for Atrial Fibrillation? I Had Pneumonia Without Fever, Why? * The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Normally, your heart pumps regularly at a certain rate. But if you've got atria fibrillation, your heart quivers instead of beating steadily. One of the most obvious symptoms is that your heartbeat becomes fast and fluttering. There is no perfect treatment for AFib patients, but there could be a best choice. What kind of treatment an AFib patient should take depends on the certain stage of the patient's disease. If you are seriously ill, perhaps you should take ablation into consideration. But before making your mind to choose the elective procedure, you should get yourself informed of the potential complications. If AFib hasn't brought you too much pain or trouble, this could mean that you still have time to try natural treatment. Of course, you can opt to medications, but natural treatment is mild and has less side effect. In this case, A heart-friendly diet and regular yoga exercise can lower the number of AFib episodes. Related FAQs: Is Shock Treatment for Atrial Fibrillation Dangerous? What Is the Difference Between Cardiac Arrhythmia and Atrial Fibrillation? If Silver Can Make You Blue Blood Nobility, To Be Or Not To Be? * The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Q: I have atrial fibrillation and plan to take an ablation. Which type of ablation is safer? What is the latest treatment for AFib? A: AFib is one of the most common types of heart disease. If drugs do not work well in the treatment, patients should turn to AFib ablation, which is also known as catheter ablation. In catheter ablation, the surgeon makes a scar in your heart. The scar tissue can be created with radiofrequency waves, microwaves, lasers and cryotherapy (this freezes tissue). The most widespread method of ablation is that with radiofrequency waves. It is pretty safe, for there are many medical examples and references. Cryoablation is a new method in AFib treatment. It has several obvious advantages. Like radiofrequency ablation, it is very safe. And the rate of success is quite high. Damage to the heart because of its beat during the procedure can be avoided by cryotherapy. The time cryoablation takes is shorter than radiofrequency ablation. Generally it helps to reduce the time of procedure by about 30%. Besides, patients feel less pain in cryoablation, for people are more sensitive to the pain caused by heat than that caused by coldness. Related FAQs: Is Shock Treatment for Atrial Fibrillation Dangerous? What Is an AFib Medication Treatment? Tags: A latest treatment afib; A treatments atrial fibrillation; A fib treatment; A treatment atrial fib; A atrial fibrillation new treatment; A heart afib treatment; A fib treatments; A new treatment atrial fibrillation; afib new treatment; A atrial fib treatment; A treatment afib heart * The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Once you have an explanation for the fluttering feeling that atrial fibrillation produces, your first priority is to get the condition under control. Atrial fibrillation, or Afib, is a common type of arrhythmia, or irregular heartbeat. Often, atrial fibrillation occurs because the electrical system that keeps your heartbeat steady has been damaged by problems like high blood pressure or coronary heart disease. Taking the necessary steps to keep your heart functioning properly can help you maintain a regular heartbeat and prevent atrial fibrillation episodes. Start with these strategies.Managing your emotional and physical stress is important for atrial fibrillation management. "Stress can aggravate ectopic [irregularities in otherwise normal heartbeats] or irritable cardiac muscle, which may trigger an episode of atrial fibrillation," says Christopher R. Ellis, MD, a cardiologist at the Vanderbilt University Heart and Vascular Institute in Nashville, Tenn. To diffuse stress and prevent Afib episodes, focus on getting daily exercise, seeking support from friends, and practicing relaxation techniques like meditation or yoga. Don't skimp on sleep, and take time to enjoy life.Avoid becoming dehydrated and experiencing an electrolyte imbalance that results from a lack of fluids. "Low potassium or total body magnesium levels may increase 'automaticity,' or the spontaneous firing of triggering heart cells that may incite a burst of atrial fibrillation," says Dr. Ellis. Drink plenty of water each day to prevent atrial fibrillation episodes and increase your fluid intake if you're sweating more than usual or going through a bout of diarrhea, vomiting, excessive urination, or fever. High blood pressure may cause the left atrial pressure to rise and stretch the left atrium, leading to atrial fibrillation," says Ellis. To keep blood pressure levels steady, avoid the use of stimulant drugs (from over-the-counter medications that contain amphetamines to illegal drugs like cocaine) and restrict the salt in your diet. Too much salt can trigger a rapid rise in blood pressure and may trigger an Afib episode. Missing out on quality sleep may trigger an Afib episode. Sleep disturbances, such as insomnia and sleep apnea, may cause significant scarring of the heart. Ellis says. This scarring may lead to a more severe form of Afib known as persistent atrial fibrillation. A study published in the Journal Pulmonary Medicine found that obstructive sleep apnea was a major risk factor for atrial fibrillation as well as stroke, and the condition may increase the risk for Afib recurrence. Practice good sleep hygiene and get treatment for sleep disorders such as sleep apnea.Obesity is a major risk factor for high blood pressure, type 2 diabetes, and sleep apnea, all of which can increase the risk for atrial fibrillation, says Ellis. Focus on losing excess weight by eating healthy, balanced meals, watching your fat and calorie intake, and getting regular exercise as part of your atrial fibrillation management plan. "Your largest meal of the day should be breakfast, when your body is most metabolically active," he says. Meal sizes should decrease throughout the day. "Many people have this backwards, eating their largest meal late in the day."Though the occasional glass of red wine may be okay, avoid heavy alcohol consumption with atrial fibrillation. A University of Minnesota study found that heavy alcohol use was consistently associated with a higher risk for atrial fibrillation episodes. Be sure to limit your consumption or avoid it entirely — and definitely avoid drinking too much at one time. "Large ingestion of alcohol in a single sitting can lead to the onset of atrial fibrillation," warns Ellis.The jury is still out when it comes to the effect of caffeine on atrial fibrillation. The Minnesota study found no clear impact of heavy caffeine consumption on Afib risk, but researchers did find a lower risk for atrial fibrillation in those who drank only moderate amounts of caffeine. Ellis says that caffeine may aggravate ectopic heartbeats, however, so it's best to consume caffeine only in moderation.High cholesterol is a major risk factor for a heart attack, says Ellis, which could in turn trigger atrial fibrillation. So, take action to lower cholesterol levels by eating a healthy diet rich in plant-based foods — fruits, vegetables, and whole grains — and eat heart-healthy fatty fish. Avoid eating processed meats and restrict intake of saturated fats, sodium, and sugar. Get plenty of regular exercise to lower cholesterol as well as control Afib, and work with your doctor if medication is needed to control your cholesterol. how do you stop an afib episode. why do i have afib at night. why do i go into afib at night. what triggers an afib episode. why do i get afib at night

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