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5 Facts About Atrial Fibrillation (AFib)

How much do you know about atrial fibrillation (commonly known as AFib) and your health? Get the facts about this serious heart condition that affects 2.7 million Americans.

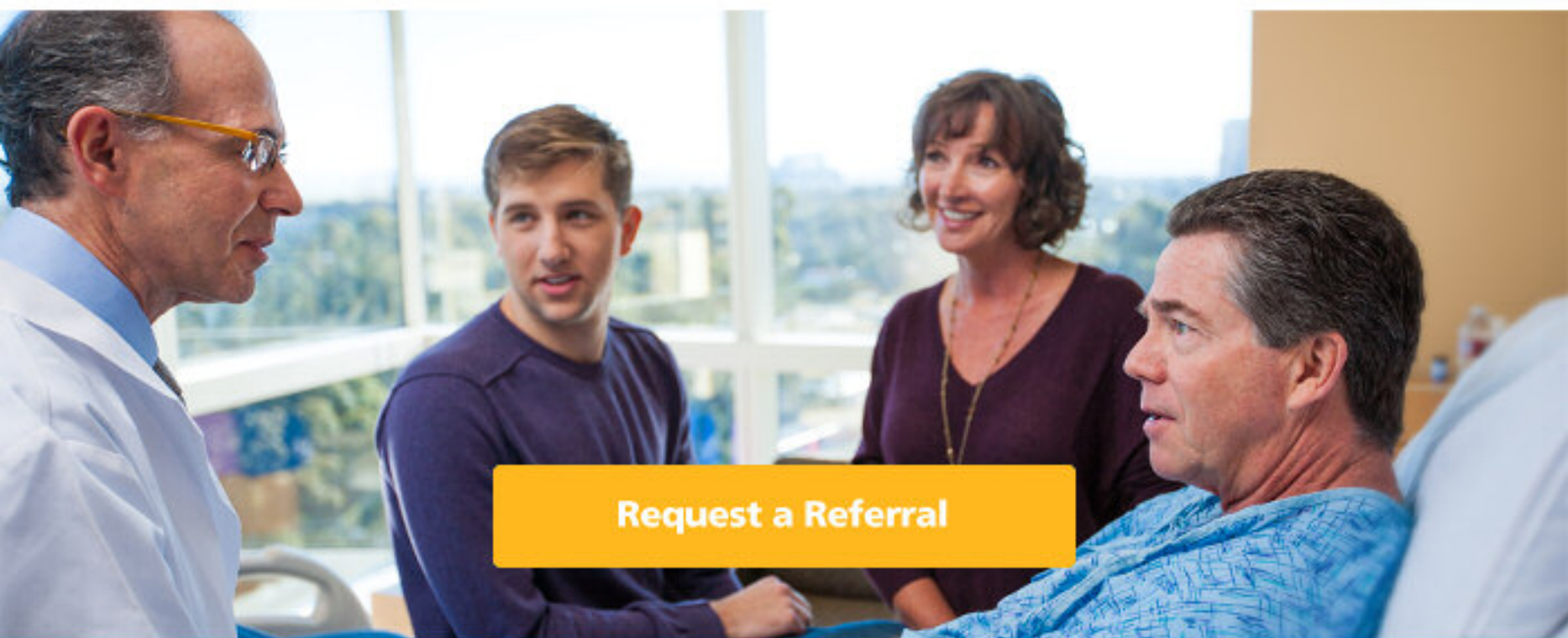
- 1 AFib, the **most common type of cardiac arrhythmia or irregular heartbeat**, can cause the heart to suddenly beat very rapidly and erratically—sometimes exceeding 200 beats per minute.
- 2 During an episode of AFib, blood may pool and clot inside the heart, increasing the risk for stroke. **People with AFib have a risk of stroke that is six times greater than normal.**
- 3 Women are more likely than men to experience longer symptomatic episodes and more frequent recurrences of AFib than men. **Women also have a higher risk of stroke.**
- 4 While some people with AFib experience **symptoms including shortness of breath, fatigue, dizziness or chest discomfort**, others have no symptoms. Women are less likely to have symptoms than men.
- 5 AFib may be **controlled with medication or through surgical procedures** that help maintain a normal heart rhythm and reduce the risk of stroke.

Many people with AFib do not realize that it is a serious, even life-threatening condition. If you or your loved ones have symptoms of AFib, make an appointment with your physician right away.

Scripps treats more heart patients in San Diego than any other health care system.

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Why Choose Scripps for Your Heart Care?

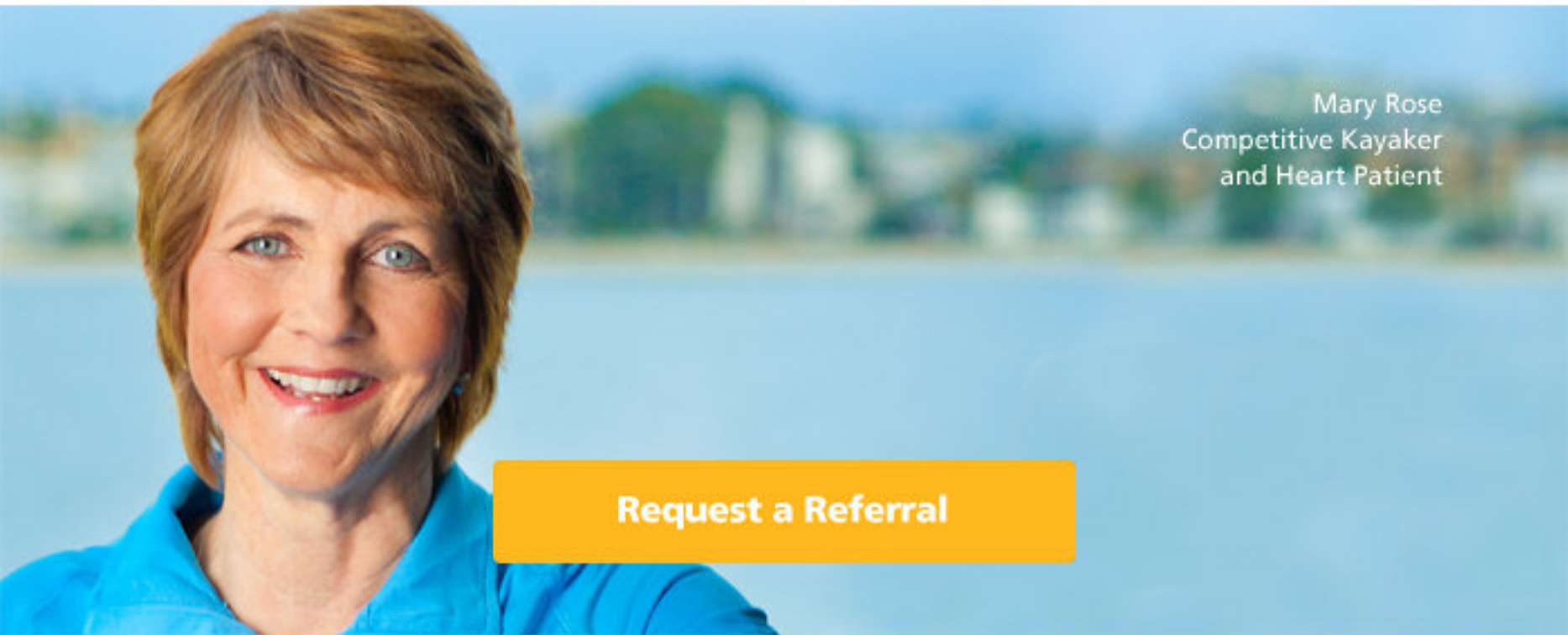
Atrial fibrillation (AFib) is a serious and relatively common condition that must be treated properly to reduce your risk of stroke. Here's why Scripps is the right choice for you and your family.

- ▶ Experience matters. Our **board-certified cardiac electrophysiologists diagnose and treat more patients with abnormal heart rhythms** than any other San Diego health care provider.
- ▶ Scripps is **an international leader in managing and treating heart rhythm disorders**, as well as in electrophysiology research for the treatment of cardiac arrhythmia.
- ▶ We were the **first San Diego health system to use catheter ablation to cure arrhythmias**, and the first in California to perform surgery to treat and cure arrhythmias.
- ▶ Scripps was **one of the first in the nation to implant a miniature wireless heart monitor**, and the first—and only—Southern California health system to implant a leadless miniature wireless pacemaker for arrhythmia treatment.
- ▶ We were the **first U.S. health care provider to implant dual-chamber defibrillators** for the successful treatment of arrhythmias.
- ▶ U.S. News & World Report ranks **Scripps #1 in San Diego for cardiology and heart surgery**. Our nationally recognized cardiologists and cardiovascular surgeons provide exceptional heart care combined with the most advanced treatment options.

Scripps is San Diego's first choice for quality, compassionate heart care. Choose the trusted leader for you and your family.

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Mary Rose
Competitive Kayaker
and Heart Patient

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Saving Hearts through Innovative Treatments and Advanced Technology

For more than a decade, U.S. News & World Report has ranked Scripps #1 in San Diego for cardiology and heart surgery care that includes some of the most innovative research and advanced treatments for cardiac arrhythmias, a serious disorder that causes rapid, irregular heartbeat and significantly raises the risk of stroke.

An international leader in managing and treating heart rhythm disorders, Scripps was the first San Diego health system to use catheter ablation to cure arrhythmias. This minimally invasive procedure enabled competitive kayaker Mary Rose to return to the physically demanding sport she loved with the confidence that her arrhythmia was cured.

See what Mary has to say about the exceptional cardiac care at Scripps.



Scripps treats more heart patients in San Diego than any other health care system.

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From Our Hearts to Yours

Dear [Name],

As medical director of the Prebys Cardiovascular Institute, I am honored to care for Scripps patients throughout San Diego and beyond. Scripps is a local and international leader in managing and treating heart rhythm disorders such as atrial fibrillation. Our board-certified cardiac electrophysiologists diagnose and treat more patients with abnormal heart rhythms than any other San Diego health care provider.

We also are a leader in electrophysiology research for cardiac arrhythmia treatment, and we are proud to be among the first to bring a number of groundbreaking and technologically advanced treatments to our patients. Scripps was the first San Diego health system to use catheter ablation to cure arrhythmias, and first in the U.S. to implant dual-chamber defibrillators for arrhythmia treatment. We've also led the way for wireless arrhythmia treatments.

For more than a decade, U.S. News & World Report has consistently named Scripps to its annual list of America's Best Hospitals for cardiology and heart surgery for our superior care, expansive scope of services and unparalleled commitment to quality.

When you or your loved ones need heart care, count on Scripps for exceptional cardiac care provided with compassion and a personal touch. We're here for you.



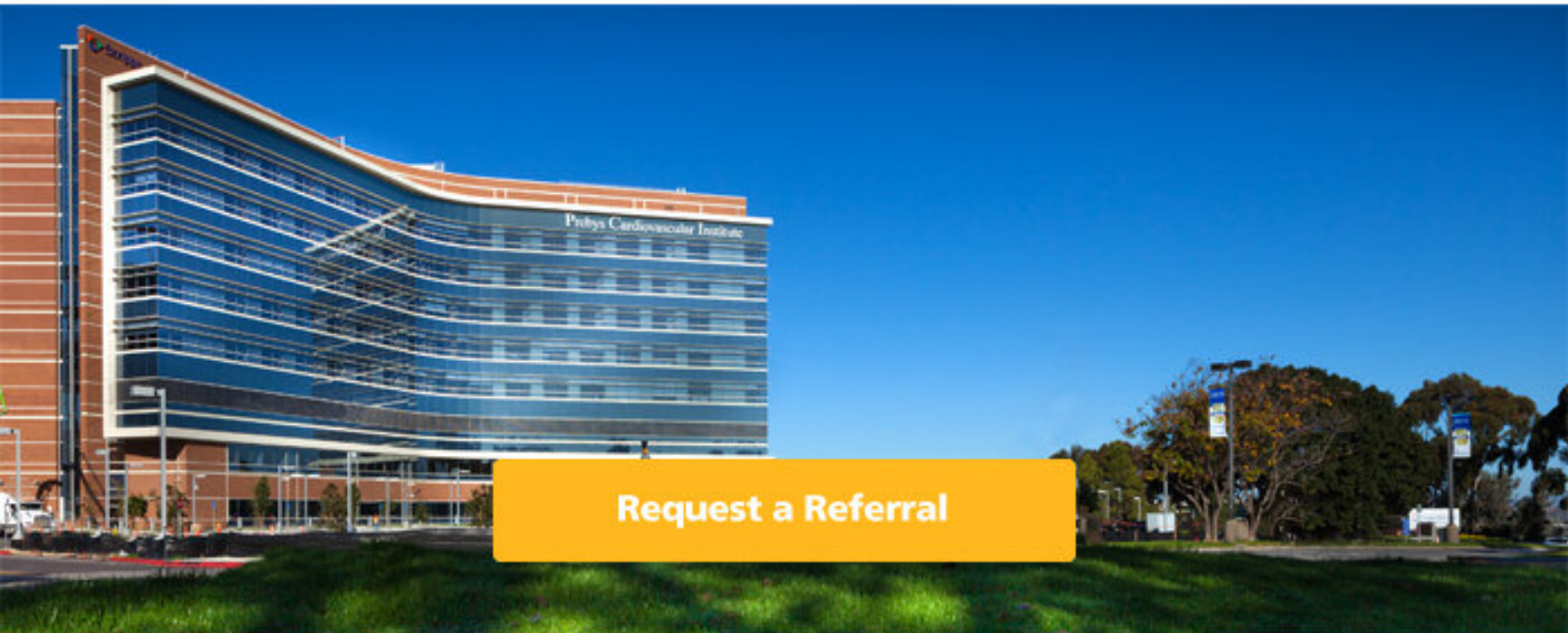
Paul S. Teirstein, M.D.

Medical Director, Prebys Cardiovascular Institute
Scripps Health

Schedule a consultation
with a Scripps cardiologist today.

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Your Premier Destination for Heart Care

Building on our legacy of innovation, leadership and quality patient care, we brought together the renowned heart and vascular programs of Scripps Memorial Hospital La Jolla, Scripps Green Hospital and Kaiser Permanente to create the Prebys Cardiovascular Institute.

Available to all Scripps patients countywide, this world-class heart care center provides the most advanced diagnostic and treatment options for the entire Scripps system, including heart rhythm disorders, such as atrial fibrillation. The institute serves as a center for medical research, clinical trials, wireless medicine and graduate medical education.

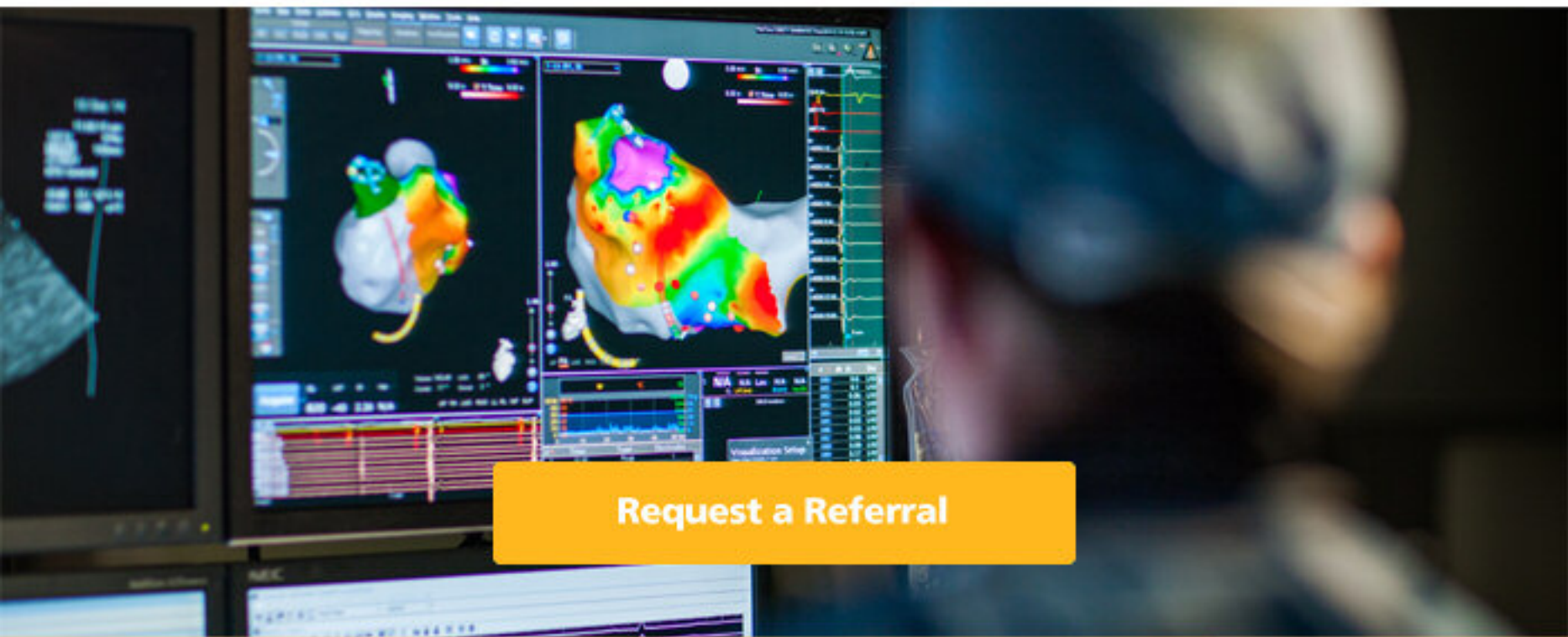
In addition, you and your family can count on Scripps for exceptional cardiovascular care at our Scripps hospital campuses in San Diego, Encinitas and Chula Vista, Scripps Clinic locations, and private physician offices throughout San Diego County.



Scripps treats more heart patients in San Diego than any other health care system.

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Your Heart Deserves the Best

Every year, more than 76,000 heart patients choose Scripps for their care, making us the largest and most experienced heart care provider in the region. Here's why you and your family should choose Scripps, too.

- ▶ Our board-certified cardiac electrophysiologists **diagnose and treat more patients** with abnormal heart rhythms than any other San Diego health care provider.
- ▶ We're a leader in electrophysiology research for the treatment of cardiac arrhythmia. **Scripps was the first in the U.S.** to implant dual-chamber defibrillators, first in Southern California to perform open heart surgery to cure arrhythmias, and the first San Diego health system to use catheter ablation to cure arrhythmias.
- ▶ Scripps leads the way in innovative wireless medicine for arrhythmias. We were one of the **first in the nation** to implant a miniature wireless heart monitor, and the first and only in Southern California to implant a leadless miniature wireless pacemaker.
- ▶ **Experience matters.** Scripps has the busiest electrophysiology labs in San Diego County, providing a full range of arrhythmia diagnostic services and treatments.
- ▶ As a Scripps patient anywhere in the county, you can receive care at the new Prebys Cardiovascular Institute, our world-class heart care center offering the **most advanced diagnostic and treatment options** for atrial fibrillation and other cardiac disorders.

Choose Scripps for your heart care.
Your heart will thank you.

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