



American
Heart
Association.

GETTING TO THE
HEART OF STROKE™



“What can I do to manage my AFib?”

“How can I make him feel better?”

“How can I give her hope?”

*“How does my AFib impact
my risk for stroke?”*

“Do others with AFib feel this way too?”

MyAFibExperience®

YOU ARE NOT ALONE.

Make a connection. For life. **MyAFibExperience.org**

The American Heart Association and StopAfib.org are collaborating
to support those living with atrial fibrillation.

*Atrial fibrillation (AFib) affects millions of Americans — not just patients,
but the loved ones who care for them as well. Patients may feel alone,
scared or depressed. Caregivers may be tired, confused or overwhelmed.*

MyAFibExperience exists so people can share their stories and make a difference in other people’s lives.

Signing up at **MyAFibExperience.org** is easy, and membership is free. It puts advice, encouragement
and reliable, helpful information at your fingertips whenever you need it.

Sign up for HEALING

Find emotional support by sharing your experiences, monitoring your progress and celebrating your
achievements with others on a similar journey.

Sign up for HELP

Get practical advice from other patients, family members, friends and caregivers who have asked
the same questions you now face.

Sign up for HOPE

Read stories of encouragement and share the strength of people — just like you — who live with AFib.



The HCA Healthcare Foundation is the national
sponsor of Getting to the Heart of Stroke™.