

## Trafford General

# Reduce your risk of stroke

TRAFFORD General's cardiology team is asking you to check your pulse as part of national Heart Rhythm Week.

Atrial fibrillation is a heart condition that causes a fast and irregular heartbeat.

It's the most common heart rhythm disturbance in the UK and is more common as people get older, affecting 10 per cent of the over 65s.

The condition can increase the chance of suffering a stroke by five times but once recognised it can be effectively managed and the risk of stroke can be greatly reduced.

The best way to detect an irregular heartbeat is just by checking your pulse.

You can do this yourself by placing two fingers of your left hand on your right wrist, just below the base of your thumb and pressing lightly until you

feel a pulse. If your heart-beat is fast and irregular (usually well above 100 beats per minute) book an appointment with your GP who will investigate this further and refer you if required.

Dr Petr Ruzicka is a consultant cardiologist at Trafford General with a special interest in heart rhythm problems.

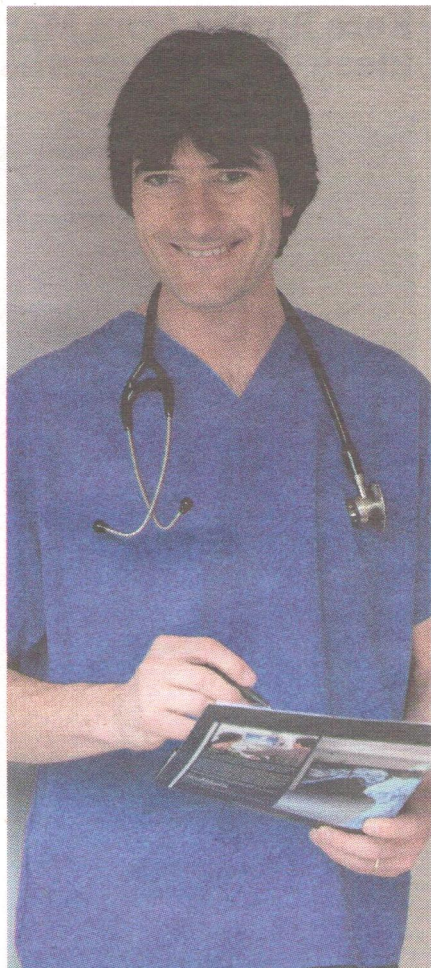
He advises that people shouldn't panic if their pulse feels irregular.

He said: "This can be down to many factors such as tiredness or stress but it's so important to have this checked out so that you can get the right support and treatment if needed.

"It's a very treatable condition."

Heart Rhythm week runs to Sunday, June 9.

To find out more about the week and other heart rhythm disorders, go to [www.aaaw.org.uk](http://www.aaaw.org.uk).



● Dr Petr Ruzicka, consultant cardiologist for Trafford General