



3 Signs You're Not Getting the Best Treatment for AFib

Hi there!

I am Dr. Hurst, founder of HealthspanMD Cardiology™. I have been a board-certified cardiologist for almost 20 years. I've taken care of thousands of patients with atrial fibrillation (AFib) and I'm excited when I get a chance to talk to people who have this condition because I know there are millions suffering from AFib who don't need to be.

And that's a terrible thing. AFib is not only common and scary, but it's also deadly.

Over 6 million people in the U.S. have AFib, and it is increasing at epidemic levels with experts predicting at least 12 million people will have AFib by 2030.

Get a glimpse at the heart-health risks of AFib by the numbers:

- Increases the risk of stroke by 500%
- Increases the risk of heart failure by 300%
- Increases the risk of dementia by 200%
- Increases the risk of death by 200%.

Source: American Heart Association

AFib also increases hospitalizations, doubles the likelihood of an ER visit, and increases annual healthcare costs for someone with AFib by an additional \$18,601/year.

But what many people with AFib don't know is that they have the power to take charge of their condition.

If you have AFib, I want to give you the information, strategy, and tactics you need to avoid stroke, heart failure, dementia, AND get the best opportunity to reverse AFib.

You Can REVERSE AFib.

Multiple studies show that those who take a comprehensive approach to their AFib enjoy dramatically better results, such as:

- Increased likelihood of being free of AFib by 600% to 1,100%, compared to medications and ablation alone
- An 88% chance to reverse AFib.
- The ability to take 91% less atrial fibrillation rhythm medications

Source: National Institute of Health

Who Is This For?

Our comprehensive Reverse AFib Program may be right for you if:

- You want the best opportunity to reverse AFib.
- You want the peace of mind of knowing you have taken control of your AFib and your health.
- You're worried about your AFib because you know it strongly increases your risk of stroke, heart failure, dementia, and even early death, and you want to know you're doing all you need to lower your risk.
- You're wondering, "When will the next episode come?"
- You want more than the typical "medicate and operate" approach to your health.



- You want more than to just get through the day. You want to be able to travel and participate in the activities you love with friends and family, because you have the stamina and energy you used to have.
- You want a program that is covered by Medicare and most insurance plans.

If these sound like you, here are the three signs you need to avoid if you want the best treatment for AFib.



Are You Ready to Upgrade Your AFib Treatment?

Sign #1 – You are relying on just medications and ablation to treat your AFib.

Let me be direct: If you do what almost everyone else who has AFib does and rely on AFib medicines and ablation alone – **you are settling for less than the best care.**

In fact, if you are relying on just medications and ablation for your AFib, you may be dramatically lowering your chances of reversing AFib and putting yourself at unnecessary risk of stroke, heart failure, and dementia.

Those who take a comprehensive approach to their health have dramatically less recurrent AFib.

Now, what do I mean by comprehensive approach?

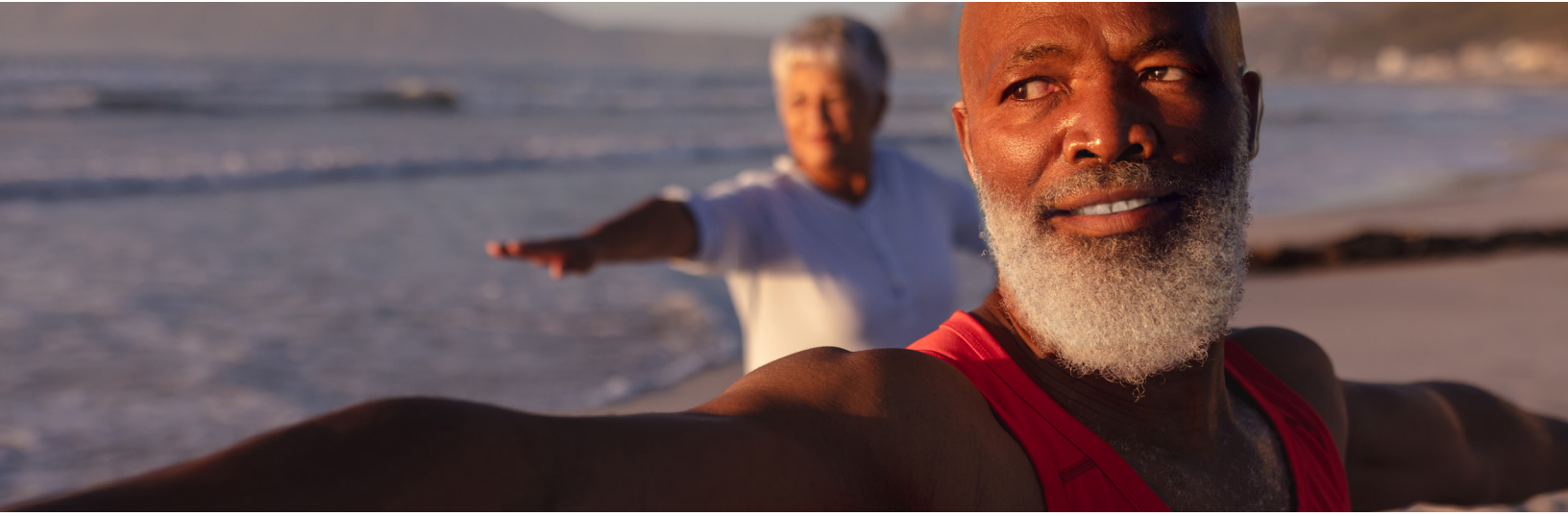
A comprehensive approach means expert medical care, but also includes things like eating a nutritious diet, avoiding smoking and excess alcohol, getting fitter and losing weight, if it's needed. So, how effective is a comprehensive approach over just medications and ablation?

One study asked that exact question. They looked at two patient groups with AFib. Both were treated with medications and ablation, but one group had usual care whereas the other had a comprehensive approach.

After four years, the group that was just treated with medications and ablation didn't do great – 34% of them still had recurrent AFib.

But what do you think happened to the group that got a comprehensive approach? Only 6% had recurrent AFib.

Shocking, right? The point is, if you are not taking a comprehensive approach to your AFib treatment, you're missing a great opportunity to reverse your AFib, like John Barnes did.



AFib Success Story: John

John was struggling with AFib when we first met, having almost weekly episodes. As you can imagine, it was making his life difficult and his doctor recommended ablation. But John REALLY didn't want to have an ablation.

And he hasn't had to have one.

Instead, John took a comprehensive approach to his AFib treatment — and he lost 9% of his body weight and FIVE inches around his waist as a result.

What's more, he hasn't had an episode of AFib since!

Sign #2 – You don't know the cause of your AFib.

Treating AFib with medication and ablation without treating the cause is like using mops to dry an overflowing sink instead of turning off the faucet. If you don't address the cause of your AFib, you're not turning off that faucet.

What is the cause of your AFib?

One of the reasons why AFib is so complex is because there are so many potential causes.

AFib can occur because people are extremely sick — for example, those with severe heart failure. But AFib is also common among very healthy people who regularly participate in marathons and triathlons. And just about everyone in between.

Understanding the cause of your AFib is often challenging. But if you don't know the cause of your AFib, then you are very unlikely to reverse it.

Yes, there are some cases of AFib where the cause is something you can't control, like a genetic problem, congenital heart disease, severe valve disease, or heart failure. But most people with AFib have a cause that they CAN control. **They just don't know it.**

Here's a guide to finding out if you have a cause of your AFib you can control.

If you have any of these conditions, chances are you have an opportunity to reverse your AFib:

- Unhealthy weight
- Poorly controlled high blood pressure
- Untreated sleep apnea
- Excess alcohol consumption
- Low fitness level/sedentary lifestyle
- Prediabetes/diabetes/insulin resistance/metabolic syndrome
- Poorly managed stress/anxiety
- Smoking
- Overactive or over treated thyroid

Having one or more of these conditions doesn't mean that is the **only** cause of your AFib, but what we know definitively is that taking a comprehensive approach and addressing these causes can dramatically improve your chances of reversing it.

Medications and ablation procedures have their role. But if you stop there, and don't address the cause of your AFib, you are missing a great opportunity to lower your risk and even possibly reverse AFib.

Now, I know what you're thinking: It's easy for you to say to treat the root causes, but that's hard to do — especially if the cause is unhealthy weight.

Believe me, I understand how hard it is to lose weight and keep it off.

Did you know a person is more likely to quit smoking or give up a heroin addiction than they are to lose 5% of their body weight and keep it off? In one study following more than 175,000 people for nine years, the chances of someone who was significantly overweight becoming



normal weight was less than 1% per year. And even a 5% weight loss (for someone who is 200 lbs., this would be 10 pounds) happened in less than 15% of people per year.

I understand if that sounds hopeless, but what I've learned is that virtually every patient I see who has failed to lose weight wasn't because of lack of motivation, laziness, or "bad" genes. They haven't lost weight because weight loss programs and diets have set them up to fail.

What works for lasting weight loss is to get healthier. And yes, sometimes newer medications like Ozempic® can help people get healthier and lose weight faster, and we do use them when they help. However, even Ozempic® results are temporary if you aren't also making the right lifestyle changes.



Focusing on your overall health not only gives you the best chance to be free of AFib, but it also:

- Lowers your blood pressure, sugar and cholesterol
- Helps you get off unnecessary medications
- Gives you more energy and stamina
- Reduces your risk of heart disease, stroke, cancer, and dementia
- Leads to lasting weight loss.

Even if you've failed so many times in the past that you've lost hope, you can get healthier and achieve your weight goals — just like Pastor Jamie Rasmussen.

AFib Success Story: Jamie R.

The good pastor was struggling with his weight and his health – and he was about to give up. He said he had been on more diet programs than you could imagine. They worked for a while, until they didn't. But he put his doubts aside and tried one more time.

In our program, his lab tests dramatically improved. He says his doctor accused him of substituting a skinny vegan to get his blood tested, because his blood sugar and cholesterol were so much better than they had ever been. He lost 20-25 pounds and said, "I can't tell you how hopeful I finally feel."



Sign #3 – You're not getting your numbers right.

You've probably heard the phrase "know your numbers." This has been used by health advocates for decades to emphasize the importance of staying informed with your health numbers to lower your risk of heart disease.

These numbers often include:

1. Blood pressure
2. Cholesterol levels
3. Blood sugar levels
4. Body Mass Index (BMI) or body composition

Getting your numbers right isn't just a reasonable thing to do. It is essential if you want to live a long, healthy life. Our comprehensive approach to AFib reversal and overall health has been shown to:

- Lower heart attacks, heart failure and stroke risks by at least 80%
- Lower dementia risks by 41%
- Lower cancer risks by 50%
- Add an additional 12 to 14 healthy years to your life.

Source: National Institute of Health

If your goal is to reverse AFib and live a long, healthy life, know your numbers and get them right.

How to Reverse Your AFib

AFib is a devastating health problem, and just using the “medicate and operate” approach to treatment is only moderately effective, but very expensive.

But we all know the true cost of AFib is more than financial. It’s the worry, the fear of increased stroke, heart failure and dementia risks, and the years you lose the opportunity to live your best life.

But there’s hope.

Imagine having the information you need to actively participate in your AFib care. Imagine knowing what caused your AFib, and precisely what you need to do to beat it. And imagine doing all of this in partnership with your doctor and your expert care coordination team. That’s what Jaime did.

Success Story: Jaime

Jaime struggled with AFib and his health for years — but then he connected with us. Less than 2 months later Jaime posted this about the transformation he’s had.

“Today I played tennis for the first time in 2 years. Later this week I’m going to the mountains on vacation. I used to be afraid to travel away from my cardiologist and the hospital. AFib stole a lot of my life. I now have it back.”

If you would like the opportunity to take charge of your AFib like John, Jamie and Jaime did, here’s how we can help.

Schedule a Consultation with Our Reverse AFib Program Experts

The Reverse AFib Program gives you the information, strategy and tactics you need to avoid stroke, heart failure, dementia, and give yourself the best opportunity to reverse your AFib. **The best part is, the program is covered by Medicare and most insurance payers.**

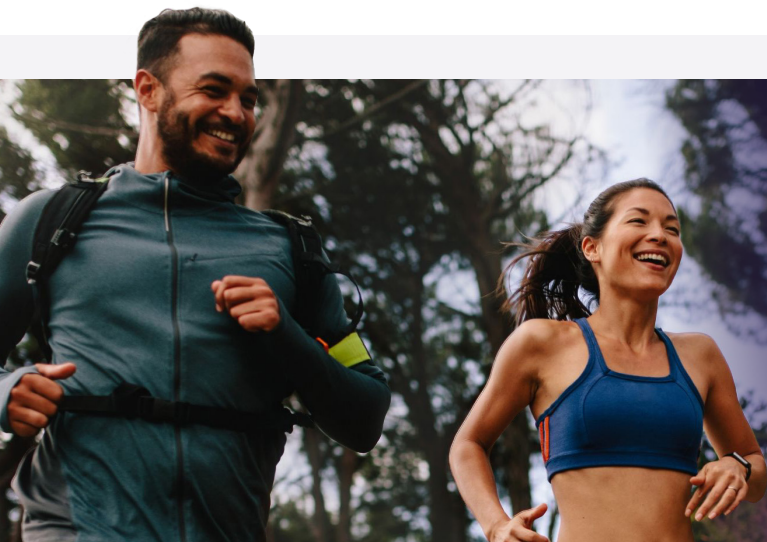
The Reverse AFib Program Includes:

- An expert consultation with a cardiologist to review your atrial fibrillation history, your laboratory data, and heart test results.
- Evaluation of the potential causes of your AFib to determine the best opportunities to treat your AFib and lower your risk of stroke, dementia, heart failure, and death.

- A detailed strategy of your best opportunities to reverse your AFib, specifically addressing the factors research has shown can reduce recurrent AFib by greater than 80% more than medicines and ablation procedures alone.
- Enrollment in an ongoing, connected program (paid for by Medicare and most insurance) where you will work with our team of experts to optimize your chances of reversing AFib and getting healthier. In this program, we will specifically address:
 - o What is the best nutrition system for your AFib and your health goals?
 - o What are the safest exercises for AFib that will help you achieve your best health?
 - o How do sleep, stress and alcohol impact your AFib and future risk for heart disease?
 - o What are the optimal numbers for blood pressure, cholesterol and blood sugar for avoiding heart attack, stroke, heart failure, and dementia?

The **Reverse AFib Program** is healthcare as it should be, combining expert medical care with this comprehensive, connected and ongoing team approach - **paid for by Medicare and most commercial insurance** - to give people the best chance to reverse AFib.

If you are frustrated by the typical “medicate and operate” approach to your AFib, book a **Reverse AFib Consultation with HealthspanMD** today.



How can I get started?

Partner with a doctor and expert healthcare team today. Learn how our comprehensive and connected approach to care gives you the guidance and support you need to achieve lasting results. Call or click to book today.

HealthspanMD.com | (480) 847-2575

