

◆ AFIB MEDS AND ◆ ABLATION AREN'T ENOUGH

ARE YOU GETTING THE TREATMENT
TOP EXPERTS RECOMMEND?



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Board-certified cardiologist with a passion for helping people get the best treatment for Afib.



Afib Meds and Ablation Aren't Enough

Are You Getting the Treatment Top Experts Recommend?

If you believe Afib meds and ablation are the only treatments for Afib, then you're not getting the best care.

And if you're not getting the best care, the bad news is you're at higher risk of stroke, heart failure, dementia, and even early death.

I realize that's direct. I don't mean to be harsh, but as a cardiologist, I know millions of people are suffering from Afib – and the consequences of Afib – that don't need to be.

And it's getting worse.

Afib is growing at epidemic levels. There are more people every day who are spending time in doctor's offices and hospitals – or worse, having strokes and dying – because they don't know the best treatment for Afib is more than just meds and ablation.

I want to change that.

I need to change that.

You deserve the best care for your Afib

I understand why people believe meds and ablation are the best treatment for Afib – especially because it wasn't long ago, I thought the same thing.

But now I know how wrong I was.

I've always taken pride in delivering the best possible care for my patients and I have taken care of thousands of people with Afib in one of the world's leading medical institutions.

But I can't help but wish I knew then what I know now.

Afib is frustrating – and frightening.

If you're frustrated by Afib, you're not alone. Most people are. Afib seems to come out of nowhere. And for many, it just keeps coming back despite our best treatments.

When I was a cardiology fellow at Mayo Clinic, one of my attendings called Afib *"the low back pain of cardiology"* because, just like low back pain, it felt like everyone had it, and none of our treatments worked very well.

Afib is a nuisance. But it's also much more than that.

Afib is frightening. And it's life-threatening

First, the treatments aren't easy. Ablation means putting catheters in the heart and burning heart tissue and while ablation is done safely many times a day, there are risks to the procedure.

And if you read about the side effects of Afib medications, it's understandable if you wonder why anyone would take them.

But the most concerning thing about Afib is what it can lead to.

Having Afib increases the risk of

- Stroke by five times
- Heart failure by three times
- Dementia and death by two times

But it doesn't have to be this way

There is hope with Afib

Afib can make anyone feel hopeless, but what if I told you there is a better approach to Afib? An approach that dramatically reduces your chances of recurrent Afib **AND** lowers your risk of stroke, heart failure, dementia, and early death.

Not to mention, also lowers your risk of heart attack and cancer at the same time. If you're thinking, "yeah, right," I get it. It does sound too good to be true.

But this is not just my opinion.

The best treatment for Afib is strongly supported by research and the top Afib experts in the world.

In fact, the experts who create the guidelines for doctors on how to treat Afib give this approach their strongest possible recommendation.

Why you're not getting the best treatment

You may be wondering, "if this approach is so good and everyone agrees it's the best treatment for Afib, why haven't I heard of it?"

It's a good question, and I want first to emphasize that Afib medications and ablation are an important PART of the best treatment for Afib.

Both Afib ablation and Afib medications have come a long way in my career. Afib ablation is invasive but generally safe and effective (at least in the short term) against Afib.

And Afib medications like flecainide, amiodarone, and others are better medications than we used to have.

But here's the critically important part to know if you have Afib. To lower your risk of recurrent Afib, stroke, heart failure, and dementia, you need more than meds and ablation. Because Afib meds and ablation don't save your life. Getting the best treatment does.

But you're probably not getting the best treatment. Yes, doctors are well-trained in treating Afib with meds and ablation.

But Afib needs more.

To get the best treatment, you also need to treat the causes of Afib. And healthcare doesn't do a good job of treating the causes.

Think of Afib like a faucet turned on full blast into a sink overflowing with water. Healthcare's approach is to bring mops, which are needed. But they aren't turning the faucet off. And turning the faucet off, in other words, **treating the causes of Afib, has amazing results.**

What do I mean by amazing?

First, to put things into perspective, let's look at the results of treating Afib with just meds and ablation. In one of the largest clinical trials of Afib treatment, the chances of getting rid of Afib with ablation were 48% in 4 years. For Afib medications, it was 29%.

Pretty disappointing numbers.

Now you can understand why as a cardiologist, I used to feel like I was failing my patients with Afib. Why I didn't like that the only thing I could offer my patients who failed ablation or medication was...more ablation and medication.

And why I was so excited when I learned treating the causes of Afib dramatically improved success rates.

Unlike Afib ablation with a 48% success rate and medications with a 29% success rate, **also treating the causes of Afib has been shown to be 94% effective** in getting rid of Afib.

That's over eleven times – 1,100% – more effective than Afib ablation and medications alone.

What are the causes of your Afib?

Treating the underlying cause of your Afib

Treating Afib with just meds and ablation is like treating pneumonia with Tylenol®. It will help with the fever, but it doesn't treat the underlying cause.

And when you don't treat the cause, when you don't turn the faucet off, the result is not surprising. Afib meds and ablation fail more often than not.

It probably makes sense to you that the best treatment for Afib includes treating the causes. And that's precisely what research tells us.

When people treat the causes of Afib by:

- Being physically active
- Getting blood pressure, cholesterol, and blood sugars under control
- Treating sleep apnea
- Avoiding tobacco and excess alcohol
- Losing weight if needed
- Making sure thyroid levels are normal

They lower their risk of having more Afib by 1,100%. While at the same time reducing their risk of stroke, heart failure, dementia, heart attack, cancer, and early death.

As any physician will tell you, we don't have many treatments with this kind of success.

And as a physician, it's gratifying to finally have the tools needed to give people the best treatment for their Afib.

Afib ablations and medications (particularly lifesaving blood thinner medications to prevent stroke in those who are at high risk) absolutely have their place in the treatment of Afib.

But if you want to get the best treatment, you must treat the causes.

Treating the causes of Afib will allow you to minimize the time you spend in doctor's offices and hospitals, reduce your risk of stroke, dementia, and heart failure, and spend more time living a life you love.

If you're ready to learn the specifics of what you can do to treat the causes of Afib, check out.



Six Simple Things Guide

What the top experts recommend to get the best treatment for Afib.

You will know the things you need to do to get the best treatment for your Afib.

And as a bonus, you will also get



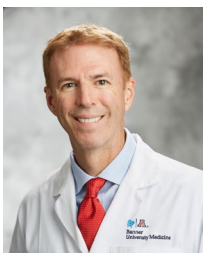
A Simple Strategy to Finding Your Best Diet for Afib



A Simple Strategy to Safely Exercise with Afib

Don't spend another day not getting the best treatment for your Afib.

Lead the best life,



R. Todd Hurst

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