WHAT YOU CAN DO

- Be alert to the possibility of AF recurrence, and report any symptoms to your doctor.

- Help reduce the risk of recurrence by managing your blood pressure and cholesterol levels, and losing weight, if necessary, to improve your heart health.

- If you suffer from sleep apnea, see your physician about a sleep study, and use the prescribed treatment.

- If you are at high risk for stroke and are prescribed a blood thinner such as warfarin (Coumadin) or dabigatran (Pradaxa), take it as directed by your doctor.