

AFA Patient Day

Sunday 18th October 2009 at the Heart Rhythm Congress

It was amazing to see so many AFA members at the Birmingham Metropole who had travelled from all corners of the UK to meet, learn more about Atrial Fibrillation and have an opportunity to ask questions about AF to leading arrhythmia medical specialists.



Martin recalled his struggle to find information

Two patients, Bob and Martin, generously shared their moving and inspiring accounts of living with AF. I think the whole audience were grateful to them and benefited from hearing how they had eventually restored quality and health back into their own lives.

"I came away understanding so much more, and feeling empowered to begin at long last to ask questions about my own care."

This was followed by the lively and thought provoking debate, "Where is AF care best managed?" between Dr. Matthew Fay, GP and Professor Richard Schilling, EP.

Professor Patrick Doherty gave an informative presentation about 'AF and Exercise' which almost had us all heading for the gym!

Talks considering triggers for AF and whether Catheter Ablation is a cure, answered and equally raised questions; however, a far greater

understanding of the complexity of treating AF was achieved.

"I am a GP with AF – attending the recent AFA Patient Day has helped me both as a patient and carer... I would recommend it to all GPs and patients!"

Ground breaking results from recent trials on a new system to assess the risk of stroke in an individual were summarised by Professor Gregory H Y Lip. The work had further refined the CHADS2 risk assessment system in order to focus on those at 'moderate' risk of stroke who were often faced with an unclear choice between anti-platelet (e.g Aspirin) or anti-coagulant (e.g Warfarin) treatment.

With further talks considering, 'Cognitive behaviour therapy for AF' and 'The role of the general cardiologist' it was clear that finding prompt and informed medical support was critical in the journey to re-gaining a good quality of life.

Feedback from those who attended has been extremely positive, and AFA look forward to meeting more members as well as seeing returning friends in 2010.

Comments and opinions volunteered by members help to inform AFA on what further information is needed and how this can best be delivered.

Raising awareness of the patients' experience with AF will help change and improve services. Therefore recording YOUR experiences and sharing YOUR opinion is very important!

Please consider sharing your experiences with us, either by letter or email to info@atrialfibrillation.org.uk so that together:

WE CAN MAKE A DIFFERENCE

Book Now for AFA Patient Day at HRC 2010 and Receive Early-Bird Discounts!

Being held on Sunday 3rd October at the Birmingham Metropole hotel. The day will offer presentations from leading arrhythmia specialists, accounts from AFA Patient members, opportunity to ask questions and time to meet fellow AFA members.

Early-bird registration (until 01.06.2010) is at the reduced price of £20.00 per person; after this date it will be £30.00.

All patient registrations through HRC are £50.00. To register for discounts please book DIRECTLY through AFA. Send the form below to:

Jo Jerrome AFA PO Box 1219, Chew Magna, Bristol, BS40 8WB

Title: _____

Name: _____

Email: _____

Telephone: _____

Address: _____

Post Code: _____

I enclose £20 cheque (payable to AFA) to attend HRC AFA Patient Day.
Tick as appropriate

I am a patient

I am a carer

Other (please specify)