

a fib patient education

A Fib Patient Education: Navigating Challenges and Opportunities in Improving Patient Outcomes

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Abstract: Atrial fibrillation (AFib) affects millions worldwide, presenting significant challenges in patient management. Effective a fib patient education is crucial for improving outcomes, yet significant barriers exist. This article examines the challenges inherent in delivering effective a fib patient education, including patient literacy, healthcare system limitations, and the complexity of the disease itself. It also explores opportunities for enhancing patient education through innovative approaches such as telehealth, digital health tools, and patient-centered care models. By addressing these challenges and capitalizing on emerging opportunities, we can significantly improve a fib patient education and ultimately enhance the quality of life for those living with this condition.

1. Understanding the Challenges in A Fib Patient Education

Atrial fibrillation, or AFib, is a complex cardiac arrhythmia characterized by irregular and often rapid heartbeats. Its multifaceted nature presents significant challenges in delivering effective a fib patient education.

1.1 Patient Literacy and Health Literacy: Many patients lack the basic health literacy to fully grasp the complexities of AFib, its management, and potential complications. Medical jargon, complex treatment plans, and the sheer volume of information can be overwhelming. This lack of understanding can lead to poor medication adherence, missed appointments, and ultimately, poorer health outcomes. Tailoring information to individual patient literacy levels is paramount.

1.2 The Complexity of AFib Management: Managing AFib is not a one-size-fits-all approach. Treatment strategies vary based on individual patient factors, such as age, comorbidities, and symptom severity. Patients need to understand the rationale behind their specific

treatment plan, including medication regimens, lifestyle modifications, and the potential benefits and risks of various procedures (e.g., cardioversion, ablation). This requires a high level of understanding and ongoing communication with healthcare providers.

1.3 Healthcare System Limitations: Time constraints faced by healthcare professionals often limit the amount of time dedicated to patient education. Furthermore, inconsistent messaging across different healthcare settings can confuse patients. The fragmented nature of healthcare delivery can also make it challenging for patients to receive comprehensive and coordinated education.

1.4 Emotional and Psychological Impact: A diagnosis of AFib can be emotionally distressing. Patients may experience anxiety, fear, and uncertainty about their future. Addressing these emotional needs is an essential component of a fib patient education, and incorporating psychosocial support into the care plan can significantly improve patient outcomes.

2. Opportunities for Enhancing A Fib Patient Education

Despite the challenges, there are significant opportunities to improve a fib patient education and empower patients to actively manage their condition.

2.1 Leveraging Technology in A Fib Patient Education: Digital health tools and telehealth platforms offer promising avenues for enhancing patient education. Interactive websites, mobile apps, and online educational resources can provide readily accessible information tailored to individual patient needs. Telehealth consultations can facilitate more frequent and convenient interactions with healthcare providers, allowing for personalized education and support.

2.2 Patient-Centered Care Models: Shifting from a traditional paternalistic model to a patient-centered approach is critical. This involves actively involving patients in decision-making regarding their treatment plan, considering their preferences and values. Shared decision-making tools can help patients understand the available treatment options and make informed choices.

2.3 Developing Educational Materials: The development of high-quality, easy-to-understand educational materials is crucial. These materials should be clear, concise, culturally sensitive, and use plain language. The use of visual aids, such as diagrams and videos, can enhance understanding and retention.

2.4 Empowering Patients Through Self-Management Programs: Structured self-management programs can empower patients to actively participate in managing their condition. These programs can provide education on medication adherence, lifestyle modifications (diet, exercise, stress management), and symptom recognition. Support groups can provide a sense of community and shared experience, fostering peer-to-peer learning and emotional support.

3. Improving A Fib Patient Education: A Multifaceted Approach

Improving a fib patient education requires a multifaceted approach involving healthcare

professionals, patients, and technology. Collaboration between cardiologists, nurses, pharmacists, and other healthcare providers is crucial to ensure consistent messaging and coordinated care. Investing in training programs for healthcare professionals on effective patient education techniques is essential. Furthermore, actively involving patients in the design and development of educational materials can ensure that these materials meet their needs and preferences.

Conclusion

Effective a fib patient education is vital for improving patient outcomes, enhancing quality of life, and reducing healthcare costs. While challenges exist in delivering high-quality education, opportunities abound to leverage technology, adopt patient-centered approaches, and develop innovative educational strategies. By addressing the challenges and capitalizing on emerging opportunities, we can significantly improve a fib patient education and empower individuals living with AFib to live healthier, more fulfilling lives.

FAQs

1. What are the common symptoms of AFib? Common symptoms include palpitations, shortness of breath, chest pain, dizziness, and fatigue. However, some individuals may experience no symptoms at all (silent AFib).
1. How is AFib diagnosed? AFib is typically diagnosed through an electrocardiogram (ECG) which records the heart's electrical activity.
1. What are the treatment options for AFib? Treatment options vary depending on the individual and can include medication, cardioversion (to restore normal heart rhythm), catheter ablation (to destroy abnormal heart tissue), and lifestyle modifications.
1. What lifestyle changes can help manage AFib? Lifestyle changes such as maintaining a healthy weight, regular exercise, a balanced diet, and limiting alcohol consumption can all positively impact AFib management.
1. How important is medication adherence in managing AFib? Medication adherence is crucial for controlling heart rate, preventing stroke, and managing other AFib-related complications.

1. What are the potential complications of AFib? Potential complications include stroke, heart failure, and blood clots.
1. Can AFib be cured? While AFib cannot always be cured, treatment aims to control the rhythm and reduce the risk of complications.
1. Where can I find reliable information about AFib? Reliable information can be found on the websites of reputable organizations such as the American Heart Association and the American College of Cardiology.
1. What should I do if I suspect I have AFib? If you suspect you have AFib, consult your doctor immediately for proper diagnosis and treatment.

Related Articles:

1. "Understanding Atrial Fibrillation: A Patient's Guide to Diagnosis and Treatment": This article provides a comprehensive overview of AFib, covering its causes, symptoms, diagnosis, and treatment options in clear and accessible language.
1. "Living with Atrial Fibrillation: Managing Symptoms and Improving Quality of Life": This article focuses on practical strategies for managing AFib symptoms and improving daily life, including medication adherence, lifestyle modifications, and stress management techniques.
1. "The Role of Diet and Exercise in Atrial Fibrillation Management": This article explores the importance of nutrition and physical activity in managing AFib, providing specific recommendations for diet and exercise plans.
1. "Medication Adherence in Atrial Fibrillation: Strategies for Success": This article discusses the challenges of medication adherence in AFib and offers practical strategies to improve compliance, such as pill organizers, reminder apps, and support

systems.

1. "Atrial Fibrillation and Stroke Prevention: Understanding the Risks and Protective Measures": This article highlights the link between AFib and stroke, explaining the risks and outlining strategies for stroke prevention, including anticoagulant therapy.
1. "The Impact of Stress on Atrial Fibrillation: Coping Mechanisms and Stress Reduction Techniques": This article examines the relationship between stress and AFib, providing techniques for stress management, such as meditation, yoga, and deep breathing exercises.
1. "Advances in Atrial Fibrillation Treatment: New Technologies and Procedures": This article explores the latest advancements in AFib treatment, including new medications, minimally invasive procedures, and technological innovations.
1. "Navigating the Healthcare System with Atrial Fibrillation: Tips for Effective Communication and Care Coordination": This article provides guidance on effectively communicating with healthcare providers, navigating the healthcare system, and coordinating care for optimal AFib management.
1. "Support Groups and Peer-to-Peer Learning in Atrial Fibrillation Management": This article emphasizes the benefits of support groups and peer-to-peer learning in managing AFib, providing information on finding local support groups and online communities.

a fib patient education: *Catheter Ablation of Atrial Fibrillation* Etienne Aliot, 2011-08-31
Catheter Ablation of Atrial Fibrillation Edited by Etienne Aliot, MD, FESC, FACC, FHRS Chief of Cardiology, Hôpital Central, University of Nancy, France Michel Haïssaguerre, MD Chief of Electrophysiology, Hôpital Cardiologique du Haut-Lévêque, France Warren M. Jackman, MD Chief of Electrophysiology, University of Oklahoma Health Science Center, USA In this text, internationally recognized authors explore and explain the advances in basic and clinical electrophysiology that have had the greatest impact on catheter ablation of atrial fibrillation (AF). Designed to assist in patient care, stimulate research projects, and continue the remarkable advances in catheter ablation of AF, the book covers: the fundamental concepts of AF, origin of signals, computer simulation, and

updated reviews of ablation tools the present practical approaches to the ablation of specific targets in the fibrillating atria, including pulmonary veins, atrial neural network, fragmented electrograms, and linear lesions, as well as the strategies in paroxysmal or chronic AF or facing left atrial tachycardias the special challenge of heart failure patients, the impact of ablation on mortality, atrial mechanical function, and lessons from surgical AF ablation Richly illustrated by numerous high-quality images, Catheter Ablation of Atrial Fibrillation will help every member of the patient care team.

a fib patient education: The ESC Textbook of Cardiovascular Medicine European Society of Cardiology, 2009-08-27 Following the structure and format of the ESC core syllabus, this text introduces key concepts in the field of cardiovascular medicine.

a fib patient education: *Restart Your Heart* Aseem Desai, 2020-09-01 Amazon Best Seller in Heart Disease Compelling, expert advice on how to live fearlessly with atrial fibrillation AFib patients, their family, friends, and caregivers are often misinformed about the latest research, advancements, and treatments. In this life-changing book, renowned cardiac electrophysiologist Dr. Aseem Desai diminishes the worry and confusion that come with an AFib diagnosis by presenting you with the latest medical information in a concise and positive way. Dr. Desai has made it his mission to significantly improve the lives of those diagnosed with AFib and to offer hope and encouragement to patients and their loved ones. Filled with innovative knowledge and vivid illustrations, Restart Your Heart will empower and inspire you by providing straightforward answers and options to deal with this complex disease. In this comprehensive guide to living your best life with AFib, you will:

- Be Informed about what AFib is, why it happens, and simple steps to take after being diagnosed.
- Be Prepared to deal with the diagnosis and condition on mental and emotional levels, and create a toolbox for resilience in challenging times.
- Be in Control by gaining crucial knowledge about trigger and risk factor modifications, the latest treatment options, and how to monitor the disease for progression or recurrence.

Restart Your Heart delivers cutting-edge information, options, and solutions that will afford you a newfound sense of comfort, confidence, and control.

a fib patient education: *Lone Atrial Fibrillation Towards a Cure* Hans R. Larsen, 2015-12-07 Atrial fibrillation (AF) has been called the arrhythmia of the millennium. Millions of people suffer from lone atrial fibrillation (AF without underlying heart disease), and many don't even know they have it. There is no universally effective pharmacological treatment for lone atrial fibrillation (LAF) and relevant surgical procedures are expensive and not always successful. I experienced my first LAF episode in 1989 and fairly early on in my afib career I realized that if anyone was going to help me it would have to be myself. So I embarked on an intensive study to find out everything I could about LAF and to come up with effective ways of dealing with it. I perused several weighty tomes on cardiac arrhythmias, located and read over 600 peer-reviewed medical articles dealing with the subject and gained much valuable insight from the more than 15,000 postings on my web site bulletin board and the responses from hundreds of afibbers who participated in four major LAF surveys. The results of my research are presented in Lone Atrial Fibrillation: Towards a Cure. The book is a useful manual for novice and veteran afibber alike; it debunks the mystery, myths and confusion surrounding LAF by providing the facts about the disorder liberally interspersed with personal journeys of fellow afibbers. Lone Atrial Fibrillation: Towards a Cure clearly describes the mechanism and known and potential causes of LAF; it discusses and assesses the various medical treatment options, both drug-based and surgical, and also covers alternative ways of dealing with LAF. It delves into the vital importance of diet in controlling episode severity and provides a detailed 10-step plan for managing LAF. It is my sincere hope that the book will help instill a feeling of hope and solidarity in the reader. You are no longer alone in the battle with the beast.

a fib patient education: *Beat Your A-Fib: The Essential Guide to Finding Your Cure* Steve S. Ryan, 2012-03 Atrial fibrillation is emerging as the new epidemic in cardiovascular disease. This book helps patients research their best treatment options, steps through how to find the right doctor

for their type of A-Fib and treatment goals, gives patients hope and empowers them to develop a plan for finding the A-Fib cure or best outcome.

a fib patient education: *Cardiology Explained* Euan A. Ashley, Euan Ashley, Josef Niebauer, 2004 One of the most time-consuming tasks in clinical medicine is seeking the opinions of specialist colleagues. There is a pressure not only to make referrals appropriate but also to summarize the case in the language of the specialist. This book explains basic physiologic and pathophysiologic mechanisms of cardiovascular disease in a straightforward manner, gives guidelines as to when referral is appropriate, and, uniquely, explains what the specialist is likely to do. It is ideal for any hospital doctor, generalist, or even senior medical student who may need a cardiology opinion, or for that matter.

a fib patient education: *Clinical Management of Atrial Fibrillation* Peter R. Kowey, James F. Burke, Adam Mohmand-Borkowski, 2011 This handbook aims to be an authoritative and thoroughly up-to-date clinical guide to the management of AF, including therapies to restore normal sinus rhythm, maintain sinus rhythm, strategies for rate control and appropriate anticoagulation regimens. Acute care of the AF patient will also be covered in detail. Pivotal clinical trial data will be presented, as will representative case studies.

a fib patient education: *Understanding Atrial Fibrillation* Peter Spector, 2019-08-05 A new guide to the mechanisms and principles behind the world's most common abnormal heart rhythm Affecting 30 million or more people across the globe, atrial fibrillation is one of the most prevalent – and yet misapprehended – issues facing modern cardiology. Its potential causes and optimal treatment strategies are matters of some conjecture in the medical community, where ongoing research has yielded findings that can prove challenging to those not familiar with the complex physiology at the root of the condition. Recognizing these concerns, distinguished electrophysiologist Peter Spector has designed *Understanding Atrial Fibrillation* as a means by which to equip clinicians with the data and analytic tools needed to develop a better grasp of this arrhythmia's full nature. The book begins by providing a detailed explanation of atrial fibrillation's causal mechanisms and builds its exploration from there. Working toward an up-to-date knowledge of the mapping and ablation of atrial fibrillation, its chapters assess the experimental data that has shaped current thoughts on the condition and then outline the best methods with which to interpret that rich but potentially difficult information. This revelatory new guide: Explores hypotheses of multiple drivers and mechanisms co-existing in individual patients Addresses common misperceptions and inaccurate views about atrial fibrillation Describes the basic physiology of atrial fibrillation's propagation and reentry Explores the various mechanisms and higher-order dynamics of fibrillation Discusses how to intervene and alter atrial physiology to prevent fibrillation *Understanding Atrial Fibrillation* is truly an invaluable resource for physicians, fellows, residents, electrophysiology lab staff, and all other practitioners involved in the diagnosis and treatment of atrial fibrillation.

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impact the advanced practice nurse has on the delivery and fulfillment of care.

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a fib patient education: *Your Complete Guide To AFib* Percy Morales, MD, 2020-09-11 Dr. Percy F. Morales, MD is here to answer all your questions about atrial fibrillation, help you find better treatment options, and teach you how to create your own AFib Action Plan. Unlike other atrial fibrillation books written by patients, this comprehensive heart disease book is written by a board certified cardiologist, electrophysiologist, and pioneer in the treatment of atrial fibrillation. For many people who have been diagnosed with AFib, or continue to struggle with AFib symptoms, Now What? Have you or one of your loved ones been diagnosed with atrial fibrillation? You are not alone... Thousands of people are diagnosed with AFib every single day. But how much do you really know about atrial fibrillation, AFib treatments, and heart health? Top 5 Key Takeaways From This Thorough Atrial Fibrillation Book: □ Understand: When it comes to understanding atrial fibrillation, Dr. Percy F. Morales leaves no stone unturned. His mission is to educate you on the symptoms, risks, and treatment options as comprehensively as possible. □ Learn: Discover alternative AFib treatment options, find out how AFib progresses, and how to reduce the risk of stroke. □ Improve: This AFib book will broaden your horizons and help you discover lifestyle modifications that may lead to drastic improvement. □ Create: Living with AFib can be easier if you have a plan. By the end of this all-in-one book about AFib, you will be able to create your own AFib Action Plan that may improve your symptoms. □ Know: When it comes to living with atrial fibrillation, knowledge is your one true ally. Dr. Percy F. Morales is here to offer you his years of experience in this easy-to-understand guide that will allow you to conquer your AFib. Why Choose This AFib Book? Because you want to feel empowered, ready to deal with your heart arrhythmia, and confident that you can overcome AFib. Click Buy Now & Learn Everything You Need About AFib Today!

a fib patient education: *Carnivore Diet* Shawn Baker, 2019-11-19 Shawn Baker's Carnivore Diet is a revolutionary, paradigm-breaking nutritional strategy that takes contemporary dietary theory and dumps it on its head. It breaks just about all the "rules" and delivers outstanding results. At its heart is a focus on simplicity rather than complexity, subtraction rather than addition, making this an incredibly effective diet that is also easy to follow. Carnivore Diet reviews some of the supporting evolutionary, historical, and nutritional science that gives us clues as to why so many people are having great success with this meat-focused way of eating. It highlights dramatic real-world transformations experienced by people of all types. Common disease conditions that are often thought to be lifelong and progressive are often reversed on this diet, and in this book, Baker discusses some of the theory behind that phenomenon as well. It outlines a comprehensive strategy for incorporating the Carnivore Diet as a tool or a lifelong eating style, and Baker offers a thorough discussion of the most common misconceptions about this diet and the problems people have when transitioning to it.

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monitors are discussed. Indications for using specific types of cardiac pacemakers, cardiac resynchronization therapy devices, and implantable cardioverter defibrillators (ICDs) are of interest and their contraindications are considered. Special attention is paid to using leadless devices. The subcutaneous ICD obviates the need for transvenous leads and leadless pacemakers are entirely implantable into the right ventricle. Finally, applications of user-friendly wearable devices for the detection of atrial arrhythmia are debated.

a fib patient education: From Hypertension to Heart Failure Michael Böhm, John H. Laragh, Manfred Zehender, 2012-12-06 Arterial hypertension, coronary heart disease and heart failure are the commonest cardiovascular conditions to present in clinical practice. Over the past few years it has become increasingly clear that they are closely and causally interrelated and that their relationship can have a significant bearing on prognosis. Epidemiological studies have shown that arterial hypertension is one of the most important risk factors for developing heart failure. Only one in four patients with hypertension is adequately managed, and in 50% of cases, the hypertension has not been recognised or treated. Patients with pre-existing hypertension who go on to suffer an acute myocardial infarction have usually not previously had typical angina symptoms, the infarct territory is larger, life threatening arrhythmias are commoner and hence in-hospital mortality and long-term prognosis are markedly worse. The presence of raised blood pressure in the post-infarct phase doubles the risk of manifest heart failure. The close relationship between hypertension, coronary heart disease and heart failure makes the choice of therapeutic strategy particularly important. Agents and classes of agents that have prognostic value in all three conditions should be considered first, as synergy might result in additional benefits. In such patients, this sort of therapeutic decision-making might have further advantages. The use of these agents may prevent complications which are not yet clinically obvious (such as heart failure).

a fib patient education: Males With Eating Disorders Arnold E. Andersen, 2014-06-17 First published in 1990. The subject of anorexia nervosa and, more recently, bulimia nervosa in males has been a source of interest and controversy in the fields of psychiatry and medicine for more than 300 years. These disorders, sometimes called eating disorders, raise basic questions concerning the nature of abnormalities of the motivated behaviors: Are they subsets of more widely recognized illnesses such as mood disorders? Are they understandable by reference to underlying abnormalities of biochemistry or brain function? In what ways are they similar to and in what ways do they differ from anorexia nervosa and bulimia nervosa in females? This book will be of interest to a wide variety of people—physicians, psychologists, nurses, social workers, occupational therapists, nutritionists, educators, and all others who may be interested for personal or professional reasons.

a fib patient education: Ventricular Arrhythmias John M. Miller, 2008 Ventricular arrhythmias cause most cases of sudden cardiac death, which is the leading cause of death in the US. This issue reviews the causes of arrhythmias and the promising new drugs and devices to treat arrhythmias.

a fib patient education: A Patient's Guide to Heart Rhythm Problems Todd J. Cohen, 2010-11-15 A Library Journal Best Consumer Health Book of 2010 Heart rhythm problems can be a matter of life or death. In this easy-to-read guide, Dr. Todd Cohen provides comprehensive information to help people with heart rhythm problems (arrhythmias) get an accurate diagnosis and appropriate treatment. Dr. Cohen tells readers what they need to know about palpitations, rapid heart rhythms (tachycardias), slow heart rhythms (bradycardias), cardiac arrest, and other conditions related to irregular heartbeats. With the goal of informing and empowering heart patients, Dr. Cohen describes the heart's basic function, the various conditions associated with arrhythmia, and recommended courses of treatment. He discusses such procedures as tilt table testing, electrophysiology studies, catheter ablation, and device implantation (including cardiac monitors, pacemakers, defibrillators, and biventricular devices); explains the essentials of CPR and the use of Automatic External Defibrillators (AEDs); and presents the latest guidelines from the American College of Cardiology, the American Heart Association, and the Heart Rhythm Society. A Patient's Guide to Heart Rhythm Problems will help readers understand • how the heart works and

what can go wrong • the tests and other diagnostic procedures they may undergo • how their doctor reaches a diagnosis • what their diagnosis means • how their doctor might treat the problem • when medication alone is sufficient treatment • when pacemaker, defibrillator, or biventricular therapy is appropriate • how to get the best possible medical care—in and out of the hospital Endorsed by the Sudden Cardiac Arrest Association, this essential resource features tables highlighting key information, as well as patient narratives that provide personal insight into arrhythmia tests, treatments, and technologies.

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a fib patient education: Pediatric Cardiac Surgery Constantine Mavroudis, Carl L. Backer, 2013-02-04 Pediatric cardiac surgery is a dynamic, fast-moving field. Busy practitioners, like you, need clear and comprehensive guidance you can rely on to ensure optimal patient care. For over 25 years Pediatric Cardiac Surgery has been the gold-standard reference for pediatric and adult congenital heart surgeons, pediatric and congenital cardiologists, intensivists, anesthesiologists, residents and nurses. Now, in this thoroughly revised fourth edition, you again get trusted, complete coverage of the field with timely new features and expert reviews of critical topics including heart transplantation, emerging modalities for diagnosing congenital heart and tracheal defects, the surgical technique of Fontan conversion with arrhythmia surgery, the medical challenges of managing adult CHD patients, and more. This new edition includes: Contributions from over 65 world-renowned experts More beautiful illustrations, by renowned medical illustrator Rachid Idriss, which have brought acclaim to previous editions Reviews of the embryology, physical findings, diagnostic criteria, and therapeutic choices for each disease entity and describes the latest in surgical techniques in each chapter All-new chapters that guide readers through new treatment options and other key developments since the publication of the third edition highlighting recent advances in congenital heart surgery. All-new new chapters that review advances in right ventricular to pulmonary artery conduits, arrhythmia surgery, double outlet ventricles, and adult congenital heart disease, among other key topics.

a fib patient education: Stress Echocardiography Eugenio Picano, 2015-10-06 This sixth edition is enriched by over 300 figures, 150 tables and a video-companion collecting more than 100 cases also presented in the format of short movies and teaching cartoons. This extensively revised and enlarged edition of this long-seller documents the very significant advances made since the fifth (2009) edition and is entirely written by Eugenio Picano, a pioneer in the field sharing his lifetime experience with the help of an international panel of 50 contributors from 22 countries representing some of the best available knowledge and expertise in their respective field. In a societal and economic climate of increasing pressure for appropriate, justified and optimized imaging, stress

echocardiography offers the great advantages of being radiation-free, relatively low cost, and with a staggering versatility: we can get more (information) with less (cost and risk). For a long time, the scope and application of stress echo remained focused on coronary artery disease. In the last ten years, it has exploded in its breadth and variety of applications. From a black-and-white, one-fits-all approach (wall motion by 2D-echo in the patient with known or suspected coronary artery disease) now we have moved on to a omnivorous, next-generation laboratory employing a variety of technologies (from M-Mode to 2D and pulsed, continuous, color and tissue Doppler, to lung ultrasound and real time 3D echo, 2D speckle tracking and myocardial contrast echo) on patients covering the entire spectrum of severity (from elite athletes to patients with end-stage heart failure) and ages (from children with congenital heart disease to the elderly with low-flow, low-gradient aortic stenosis).

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a fib patient education: The Patient's Guide to Heart Valve Surgery Adam Pick, 2007 Each year, over 250,000 heart valve repair and heart valve replacement operations are performed for conditions including stenosis, prolapse, insufficiency, aneurysm, Tetralogy of Fallot and regurgitation. However, most patients and caregivers surveyed felt their expectations were mismanaged - both before and after surgery. The Patient's Guide to Heart Valve Surgery was written by Adam Pick, a double heart valve surgery patient, to address this troubling issue and prepare the patient and caregiver for the challenges and opportunities of valve surgery - from diagnosis through recovery.

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to diagnosis.

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