

Redfish

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Getting support

Asking for help can be difficult. Here is some advice on making sure you're still connected, and asking the right questions.

Involving others

After being diagnosed with atrial fibrillation (AFib), you may find yourself relying on your support network of family and friends. However, you should be prepared that you are having to reassure them too. The best way to do this is to give them the facts, and help them understand what steps you and your doctor are taking to reduce your risk of stroke.

A stroke occurs when the blood supply to the brain is blocked and this starves the brain of oxygen and nutrients.

Share your knowledge

It's hard for other people to understand what it's like to have AFib, especially as many of the symptoms aren't always noticeable. Employers, relatives and friends may be unaware of the impact it has on your day-to-day life, so sharing your knowledge will help to bridge this gap.

Share the knowledge of what you're going through with your close family and friends. [Ask them to check this out.](#)

Let people help

At some point, you may be worried that other people think you're exaggerating your symptoms. While this is rarely the case, tell them about what AFib is so that they will better understand the condition. This can be a big step; especially if you are someone who has taken care of your own family's health, and now are in need of support.

If family and friends are looking to help, why not point them in the right direction? [There are plenty of tips for them on how they can best support you with living with AFib.](#)

Keep talking

It's important to keep talking to family and friends who can offer help too. Discussing things with loved ones can help ease your worries and theirs. Try to:

- **Share your knowledge:** the more those close to you understand about your condition, the more they will be

able to support you. Discuss AFib with them, and show them resources such as this website.

- **Reassure them:** be honest, but let them know the positive news as well. For example, say: “My risk of stroke is higher because of AFib, but my doctor told me that there are things I can do to reduce the risk.”
- **Let them help:** knowing that your condition can be managed, and how they can help will make those close to you feel more confident in assisting you. Ask them to help remind you to take any prescribed medications and help you make healthy lifestyle changes.

Take control

Knowledge is power. Knowing that you are taking positive steps to control your condition and understanding Atrial Fibrillation will help you keep AFib in perspective.

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