If you want to know more

If you are interested in hearing more about the Watchman device or being reviewed by our team to see if you could be a candidate, please ask your doctor to refer you to Legacy’s structural heart program. Learn more at our website, http://www.legacyhealth.org/afib.
Atrial fibrillation is a condition where the upper chambers of your heart (atria) beat too fast and irregularly. This causes blood to pool and can form clots in part of your heart called the left atrial appendage (LAA). If a blood clot forms, it can travel to the brain and cause a stroke.

Did you know?
People with untreated AFib may be at greater risk for stroke than people with normal heart rhythms.

• About one-third of people with AFib will have a stroke.
• AFib-related strokes are more often deadly and disabling.
• In non-valvular AFib, the LAA (a small pouch on the top of the heart) is believed to be the source of most stroke-causing blood clots.

Stroke is the most common complication of AFib

Anticoagulants
Drugs can cut the risk of blood clots that could lead to stroke in AFib. Some people are not able to take blood thinners due to a variety of reasons. Others prefer not to due to concerns over such things as:

• Greater risk of bleeding
• Food limits
• Frequent blood draws
• High cost

The Watchman device
The Watchman is a new alternative to blood-thinning drugs in patients with atrial fibrillation. It is placed inside the LAA of your heart to permanently close off this small pouch and keep harmful blood clots from entering your bloodstream. After the procedure, most patients are able to stop taking blood-thinning drugs.