



# The Center for Arrhythmias and Atrial Fibrillation

SUPPORT & GUIDANCE  
WITH A PERSONAL TOUCH



## WHAT IS A CARDIAC ARRHYTHMIA?

A cardiac arrhythmia is a malfunction in the heart's electrical system, causing it to beat very rapidly or in an uncontrolled pattern. As a result, blood is not pumped effectively throughout the body. Atrial Fibrillation (A Fib) is the most common heart rhythm disorder, affecting about 2.2 million Americans.

### *The Symptoms*

Patients often complain of a rapid heartbeat, difficulty catching their breath and a feeling of lightheadedness. If an arrhythmia is left untreated, blood can accumulate in the atrium and form clots, leading to stroke.

### *The Treatments*

While medication or cardioversion may relieve the symptoms of A Fib or other arrhythmias, cardiac ablation is often a cure. In an ablation, a lesion is created in the area of the heart responsible for firing abnormal electrical impulses, thereby eliminating the trigger point for the arrhythmia.

## GET TO THE HEART OF THE MATTER: MAKE THE CALL

If you have any questions regarding Atrial Fibrillation or other cardiac arrhythmias, contact a cardiac nurse at The Center for Arrhythmias and Atrial Fibrillation.

**Hours:** Monday–Friday, 8 a.m.–5 p.m. (CST)

512.544.AFIB (2342)

or toll free  
877.887.7737

[www.tcainstitute.com](http://www.tcainstitute.com)

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TEXAS CARDIAC ARRHYTHMIA INSTITUTE  
St. David's Medical Center

If you have recently learned or suspect that you have a cardiac arrhythmia such as Atrial Fibrillation—also known as A Fib—you probably have questions. How serious is my condition? Can it be treated? Who will guide me through the testing and treatments? Will I ever lead a normal life?

*Relax.*

The Center for Arrhythmias and Atrial Fibrillation introduces a new approach that turns a seemingly complex medical issue into a seamless experience.

Inspired by the hotel concierge concept, our Nurse Navigator program connects patients with a cardiac nurse who provides continuous patient education and support from diagnosis through treatment and beyond.

### **MORE THAN KNOWLEDGE. MORE THAN NURTURING. MEET YOUR NURSE NAVIGATOR.**

A call to The Center for Arrhythmias and Atrial Fibrillation connects you with a registered nurse specifically trained to assist patients who have a cardiac arrhythmia. The nurse will provide information regarding arrhythmias as well as guidance in setting up a consult with an electrophysiologist. All pre-consultation essentials will be clearly explained, including testing that may be required, the usual length of consultation, and what to expect when you visit with the electrophysiologist.

### **YOUR CONSULTATION**

Your consult with the electrophysiologist will include a review of your medical history, examinations and tests. In most cases a diagnosis is confirmed and treatment options discussed.

To enhance continuity of care, the nurse navigator is available to review any treatment plans discussed. This is an ideal opportunity to bring up concerns you may have. If additional questions arise upon your return home, a simple phone call to your nurse navigator will ease your mind.

### **GUIDANCE BEFORE, DURING AND AFTER TREATMENT.**

If you opt to have a hospital procedure such as ablation, the nurse will be with you following the procedure, helping you navigate through those first moments after waking up. Before discharge, the nurse meets with you and your family to assure that you have a clear understanding of what to expect in the days ahead.

When you return home, we encourage you to stay in close contact via phone if you have any questions or need additional support.

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