



Your Guide to Wearable Technologies and AFib

Heart specialists and AFib patients are adopting new tools in record numbers to help monitor heart conditions: wearable technology. Discover how these products can revolutionize your AFib treatment and give you control over your condition like never before.

What is a Wearable Technology?

Wearable technology is simply another way to refer to any kind of electronic device that is worn on the body, whether it is inserted into clothing, used as a patch or implant, or worn as an accessory. Wearable tech has been around for a long time, but the introduction of smart wearable devices has changed the game for patients with heart arrhythmias.

New developments in wearable technology such as EKG monitors, activity trackers, heart rate monitors, and pedometers have made it simple for people with heart conditions such as AFib to keep track of their heart activity at all times. These types of tech are especially important when it comes to AFib, because the condition often carries no symptoms, and people can live unknowingly with AFib for years before a serious complication occurs.

Wearable Technologies and AFib

Contemporary wearable technologies are catching on quickly, partly because there are many different kinds that offer a variety of features. These days, wearable technologies come in all shapes, sizes, and price points, so everyone can find an option that works for them. Here are a few of the products that are especially well-suited to patients with AFib.



KardiaBand



The KardiaBand by AliveCor is a band attachment for the Apple Watch that features an integrated EKG and heart rate monitor. All you have to do is place your thumb on the sensor for 30 seconds, and the watch face will display a medical-grade EKG that allow you to view any abnormalities. The KardiaBand also stores data and compiles reports that you can share with your doctor.



Apple Watch Series 4



The Apple Watch Series 4 came with several incremental upgrades over its predecessor, but perhaps none were more celebrated than the improved health features. The newest Apple Watch allows you to create personalized activity plans so you can make sure you are meeting your recommended levels. It also has an advanced heart monitor, which improves over the simple heart rate measurements offered in previous models. The Series 4 also includes an integrated EKG function that allows you to monitor AFib activity.



Zio XT Wireless Patch



The Zio XT Wireless Patch is a wearable patch that provides uninterrupted EKG readings, and can quickly detect signs of atrial fibrillation. The patch has the advantage of being wearable at certain times when smartwatches are not, such as in the shower, and it doesn't require you to have an existing wearable device—such as the Apple Watch—in order to use.

Adopting a Holistic Heart-Health Plan

Wearable technologies, such as the options described above, can be important tools in the battle against AFib and other heart arrhythmias. We are lucky to live in an age where constant heart monitoring is feasible for many, however it's important to remember that wearable technology is never a substitute for regular visits to your heart doctor, no matter how sophisticated it may be.



Contact Heart Rhythm Consultants, P.A.

Talk to your doctor about how you can best integrate wearable tech into your AFib treatment plan. If you or a loved one are living with a heart rhythm disorder such as atrial fibrillation, contact Heart Rhythm Consultants, P.A. Our team of EP doctors have been serving patients in Sarasota and surrounding cities including Tampa and Sun City Center for over a decade.