Get Into Rhythm: Living Well With Atrial Fibrillation (AFib)

A Whole-Person Approach to AFib Treatment

Our Integrative Wellness Center at MarinHealthSM Medical Center focuses on healing the whole person-mind, body and spirit. Based on that philosophy, our evidence-based Get Into Rhythm program offers education, counseling, and integrative healing modalities to help participants control their condition, avoid triggering an episode, and live healthier lives. This four-part program includes:

1. **Nutrition Consultation**: a review of eating patterns and recommendations for adopting a heart-healthy diet
2. **Fitness Counseling**: individual sessions and accountability check-ins
3. **Stress Management**: choose two services, including Jin Shin Jyutsu®, Guided Meditation, or Therapeutic Massage
4. **Yoga for the Heart**: reduce stress through gentle yoga

Get Into Rhythm is an innovative lifestyle management program led by our Medical Director of Electrophysiology, Sujoya Dey, MD, FACC. This comprehensive approach is designed to help patients with atrial fibrillation (AFib), the most common heart rhythm abnormality. Research has shown that healthy lifestyle changes can:

- Prevent the recurrence of atrial fibrillation, or reduce the frequency of AFib episodes
- Lower the risk of developing a stroke
- Improve quality of life for people living with AFib

For more information about this program, please call 1-415-925-7688.