Atrial Fibrillation: alcohol, caffeine, Apple Watches, and what they all have to do with the most common heart rhythm disturbance

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Disclosures

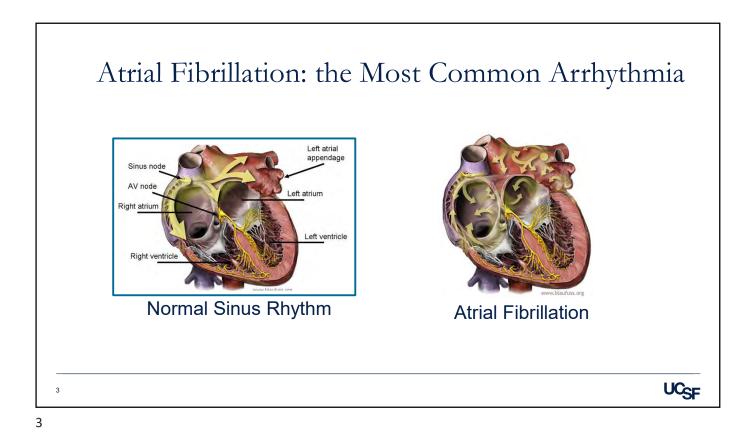
- Research
 - NIH (NIBIB, NCI, NHLBI)
 - PCORI
 - TRDRP
 - Baylis
- Consulting
 - InCarda Therapeutics
 - Johnson and Johnson

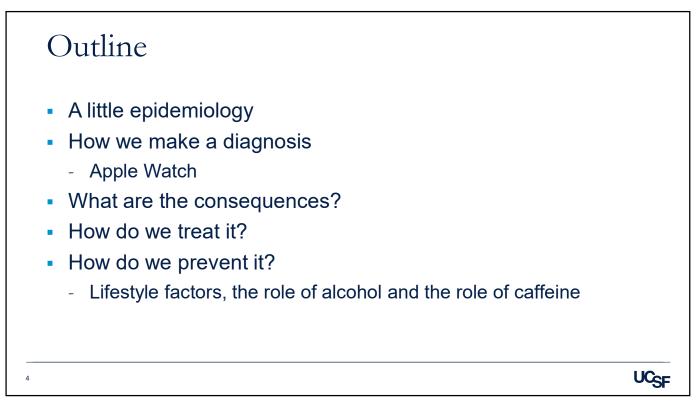
Equity

- InCarda Therapeutics (as co-founder)
- NOTE: no funding from food and beverage industry...

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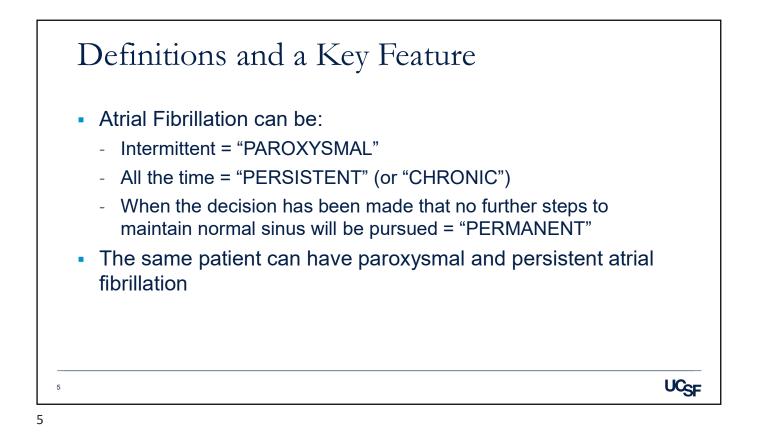


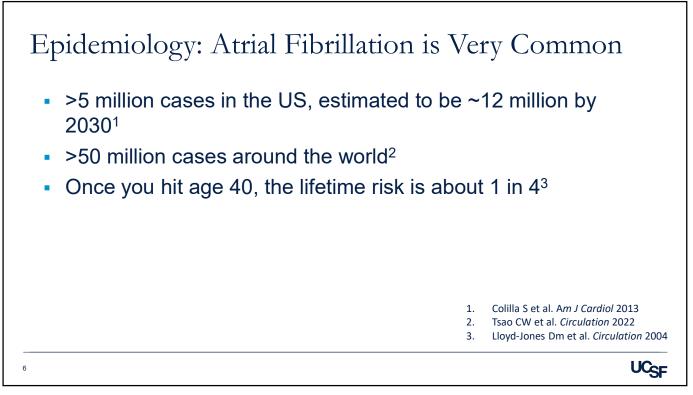




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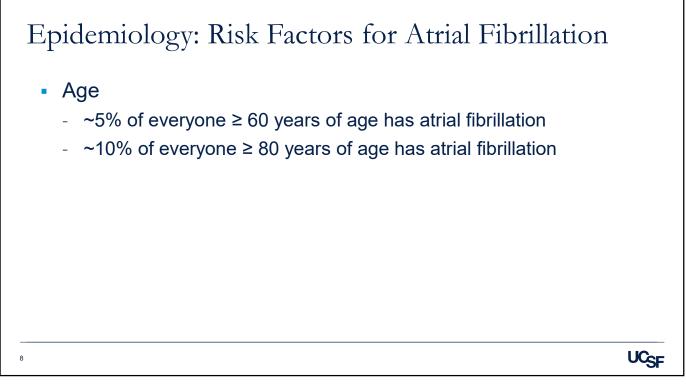






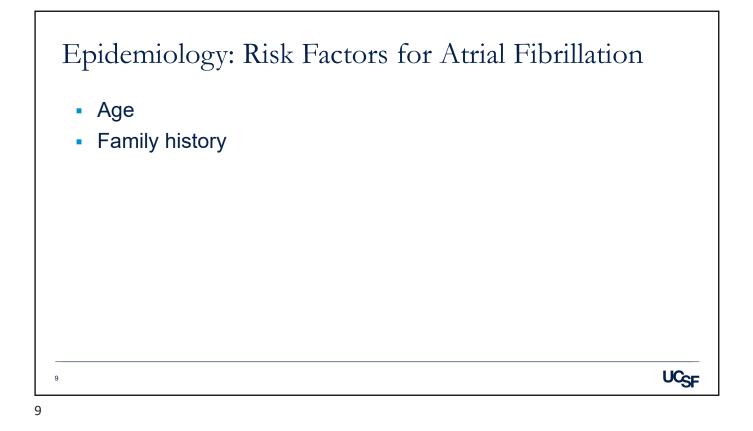


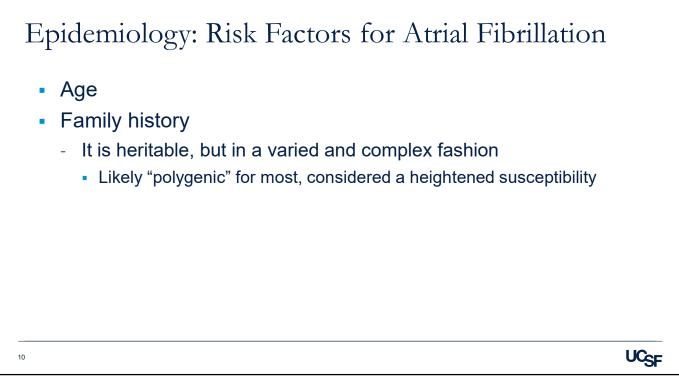




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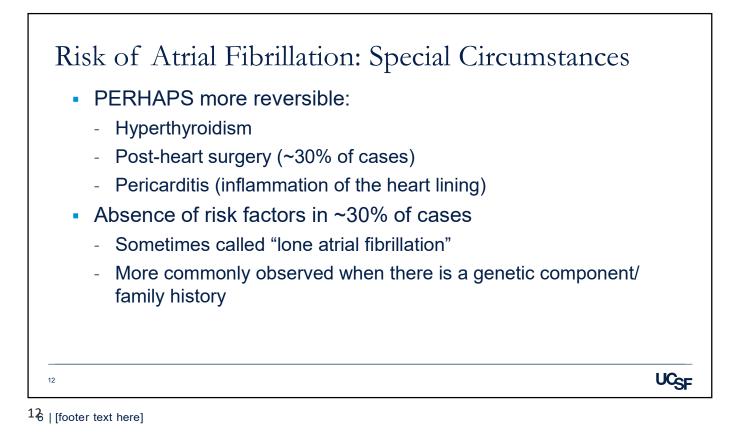




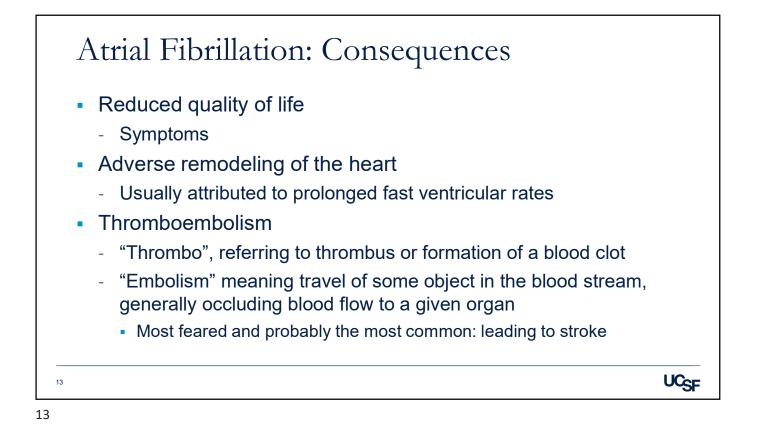


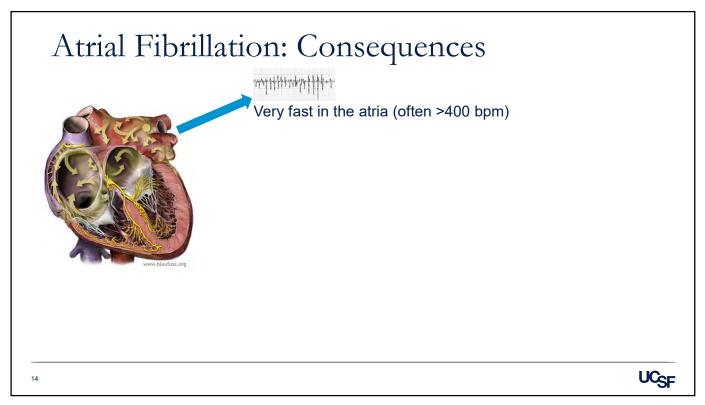




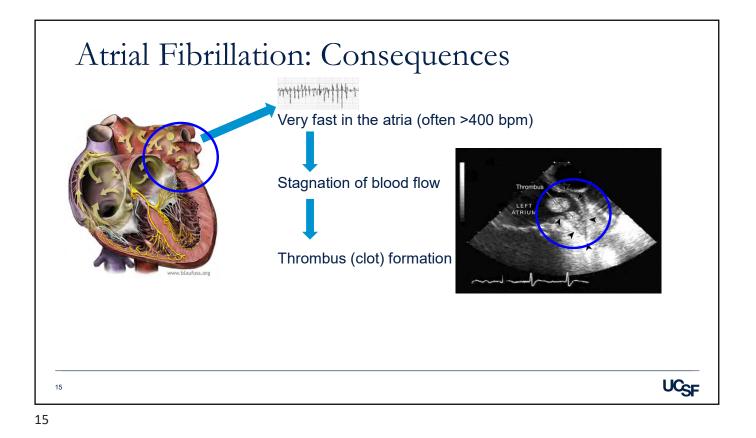






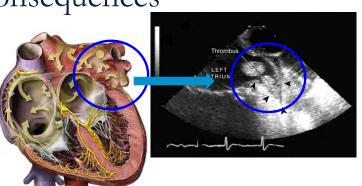






Atrial Fibrillation: Consequences

- Skipping ahead to treatments:
 - Some can develop these clots and strokes even in normal rhythm
 - While blood thinners are very effective, there is limited data that normal rhythm prevents strokes



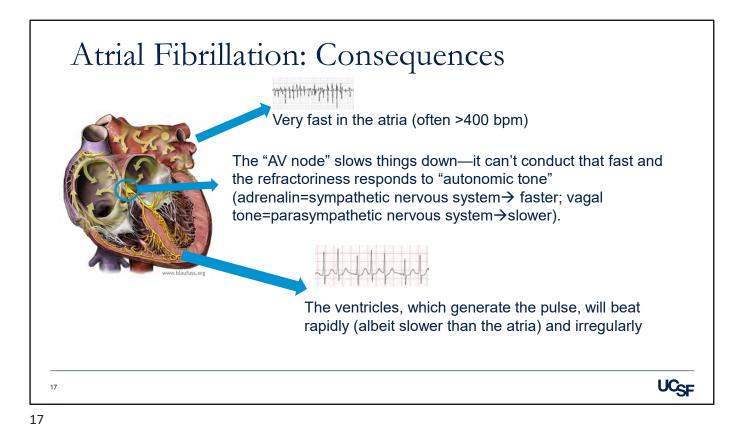
 At least in some people, it is possible that atrial fibrillation is an "epiphenomenon," reflective of a useful marker of the propensity for those atria to form clots

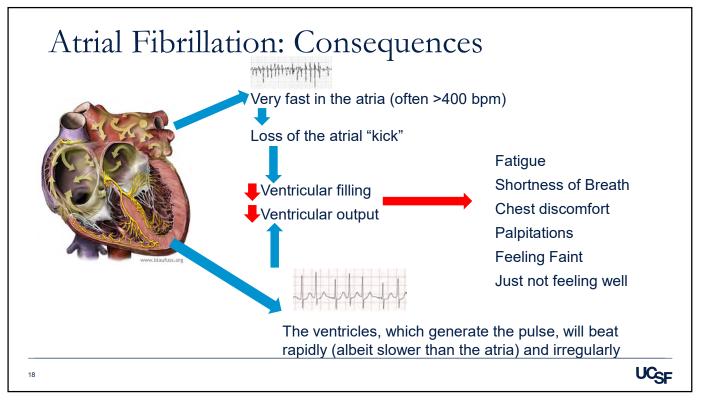
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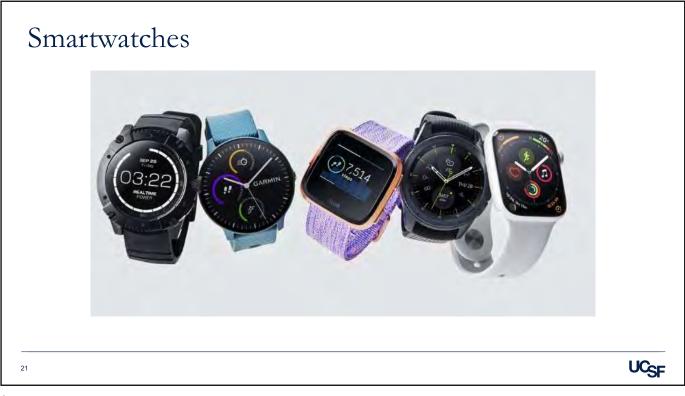
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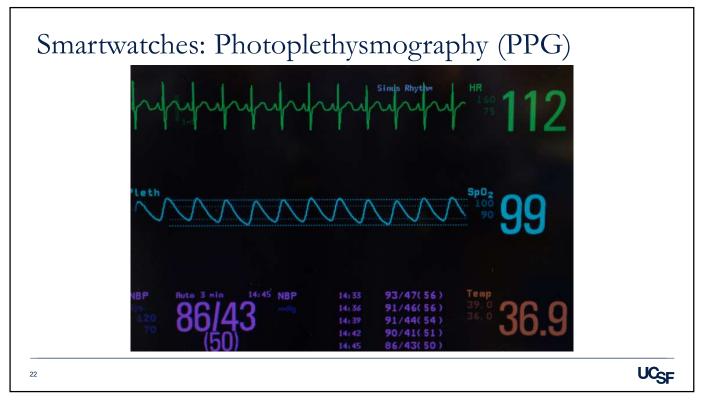




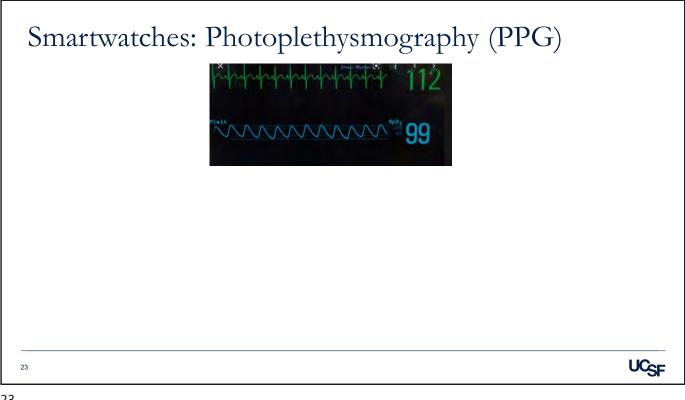
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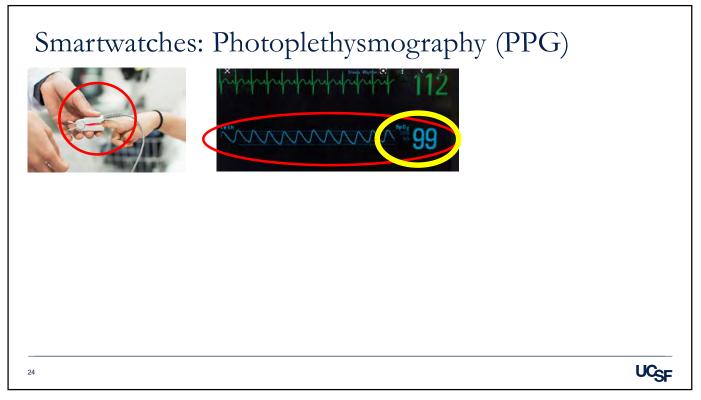




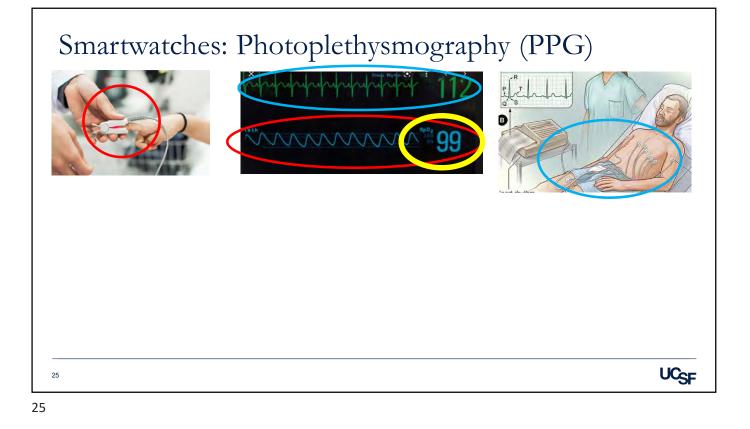


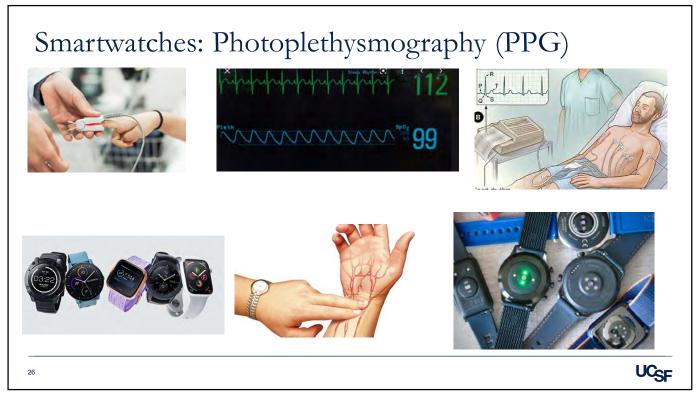




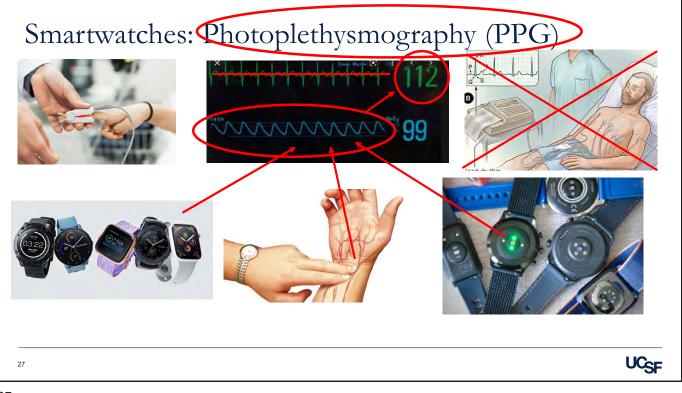


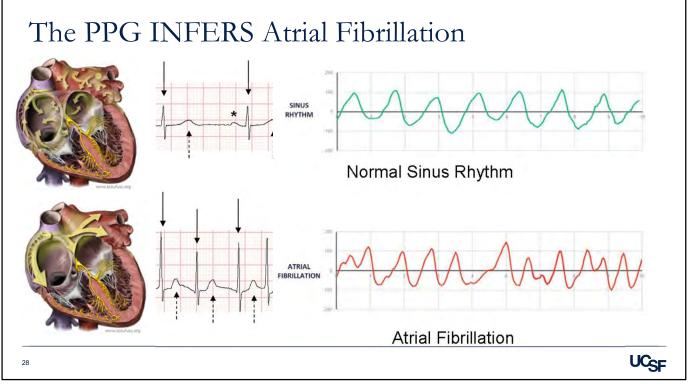




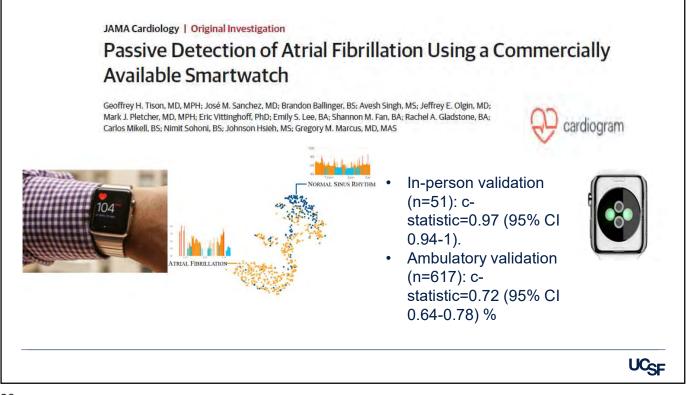








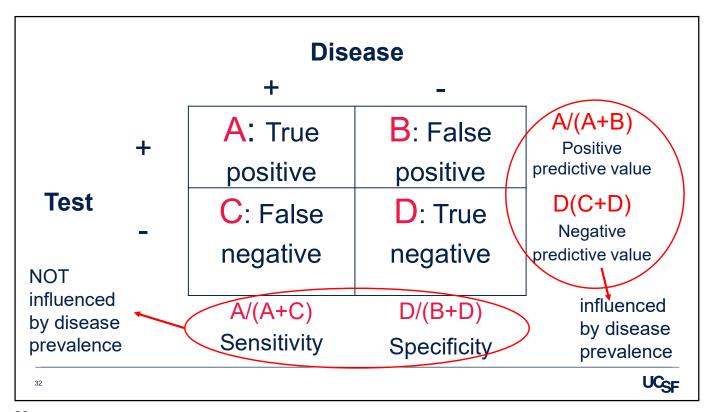




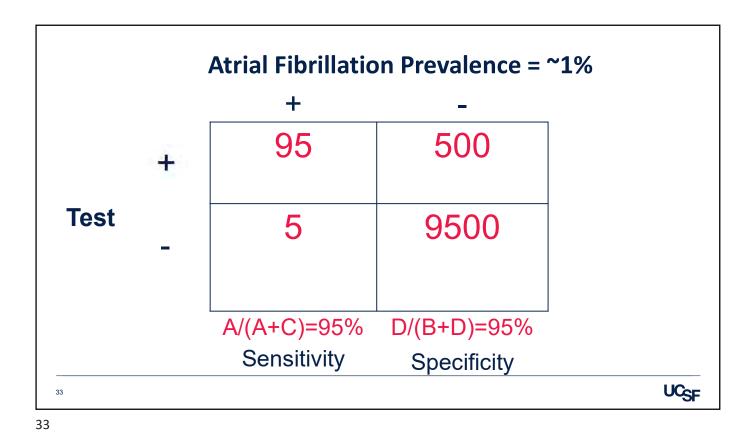


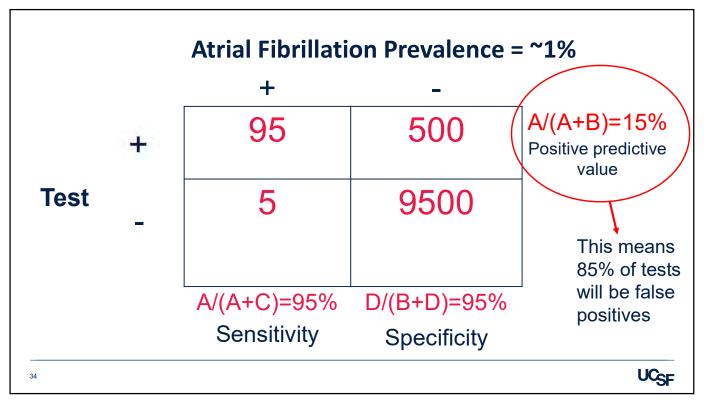


Screening for Atrial Fibrillation	With Electrocardiography
US Preventive Services Task For	ce
Recommendation Statement	JAMA. 2018;320(5):478-484. doi:10.1001/jama.2018.10321
CONCLUSIONS AND RECOMMENDATION The USPST	
CONCLUSIONS AND RECOMMENDATION The USPST is insufficient to assess the balance of benefits and	
with ECG. (I statement)	

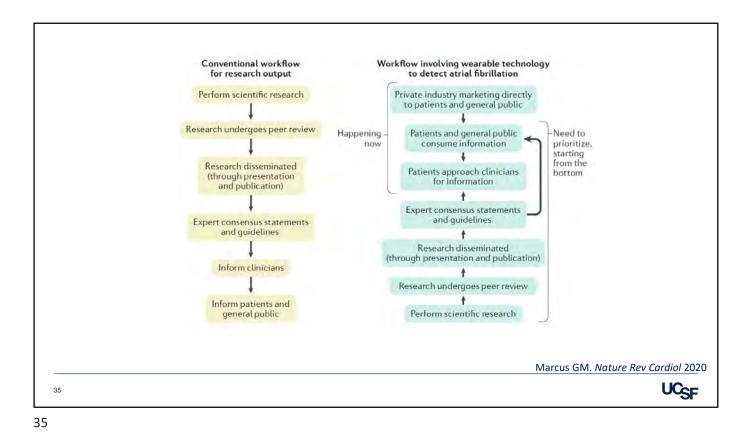


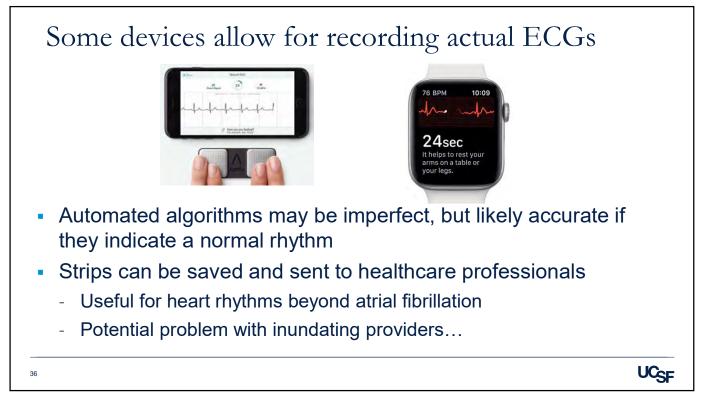




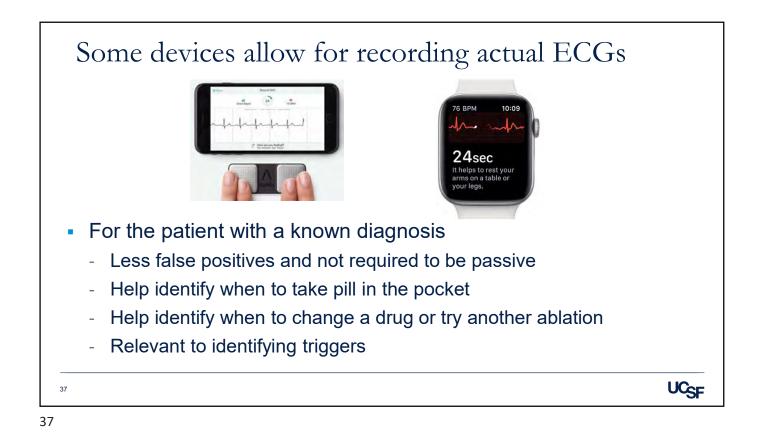


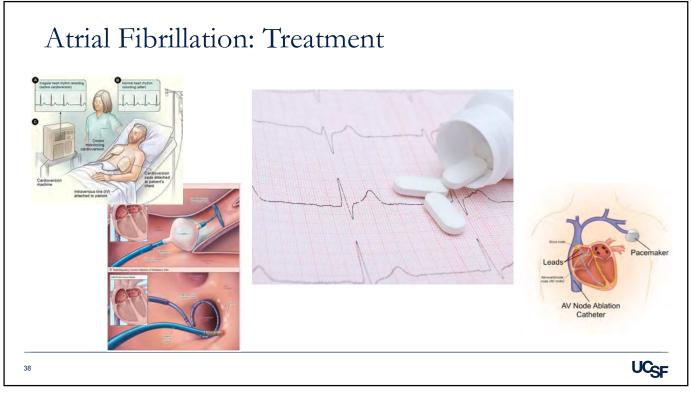




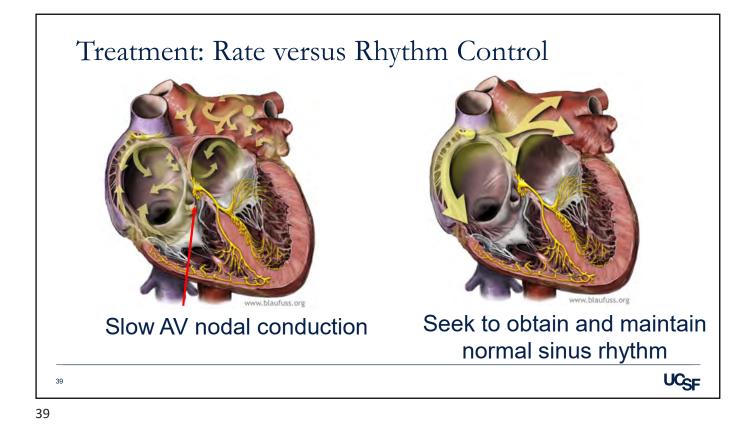


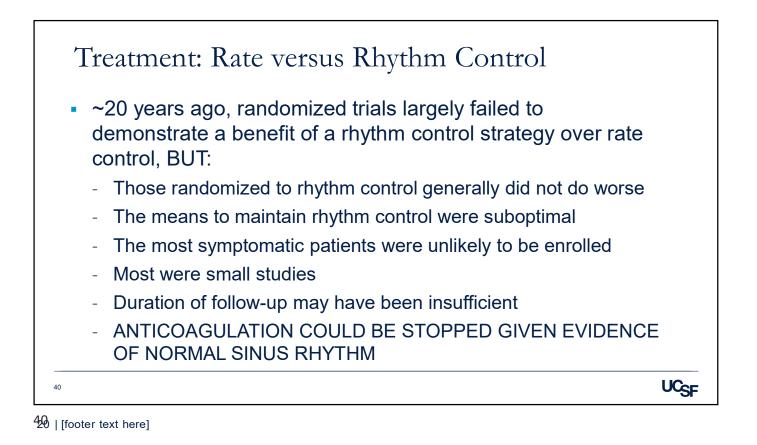












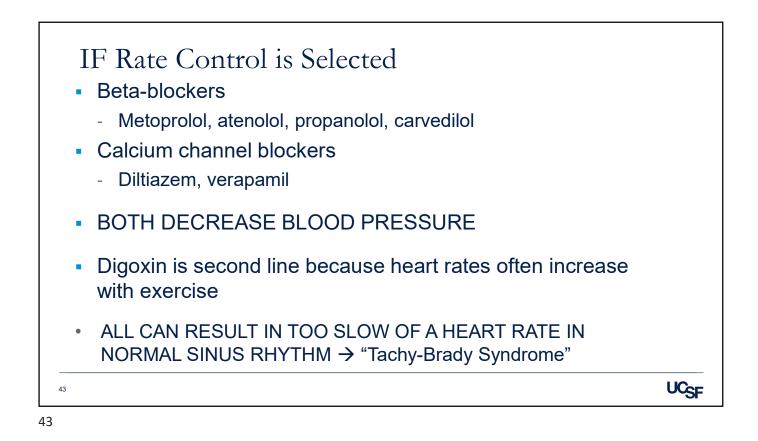


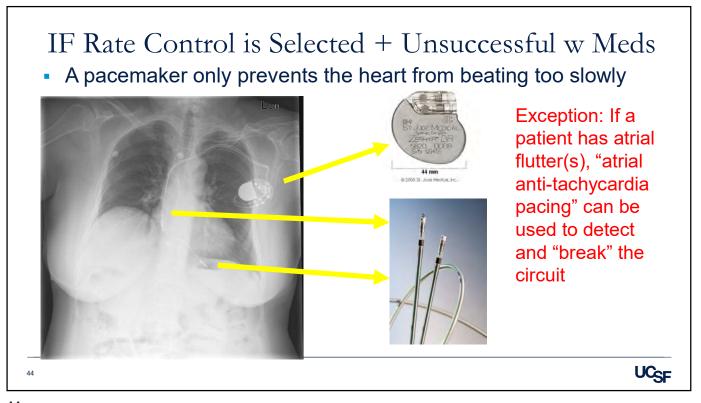


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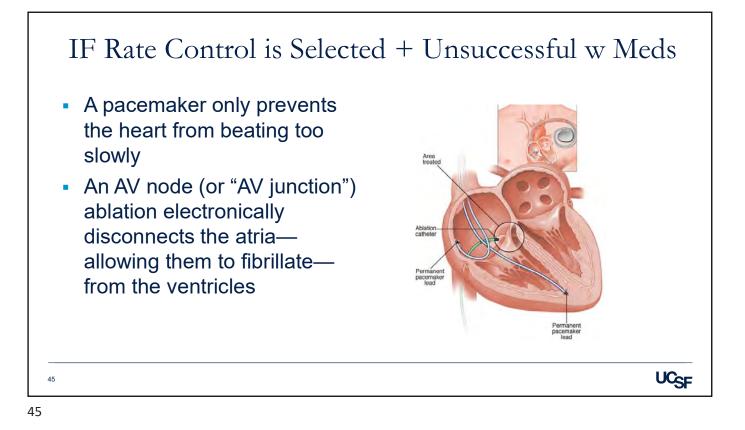
Outcome	Early Rhythm Control	Usual Care	Treatment Effect
First primary outcome — events/person-yr (incidence/ 100 person-yr)	249/6399 (3.9)	316/6332 (5.0)	0.79 (0.66 to 0.94)†
Components of first primary outcome — events/person-yr (incidence/100 person-yr)			
Death from cardiovascular causes	67/6915 (1.0)	94/6988 (1.3)	0.72 (0.52 to 0.98)‡
Stroke	40/6813 (0.6)	62/6856 (0.9)	0.65 (0.44 to 0.97)‡
Hospitalization with worsening of heart failure	139/6620 (2.1)	169/6558 (2.6)	0.81 (0.65 to 1.02)‡
Hospitalization with acute coronary syndrome	53/6762 (0.8)	65/6816 (1.0)	0.83 (0.58 to 1.19)‡
J 20-	irly rhythm control	1	Kirchof at al N Engl I Med 202
	1. Kirchof et al. <i>N Engl J Med</i> 2020		

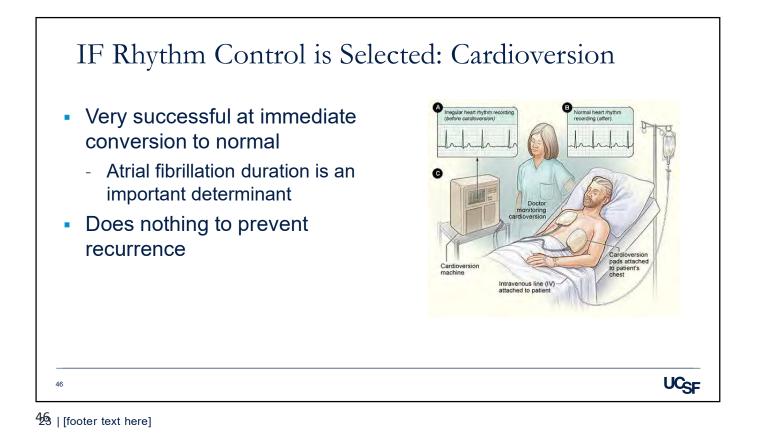




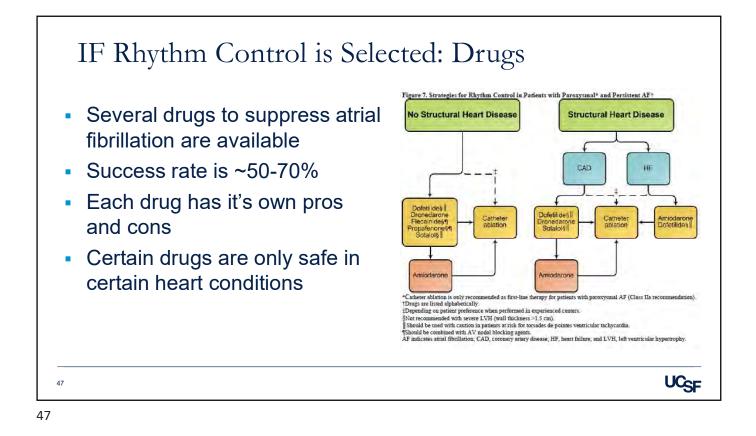


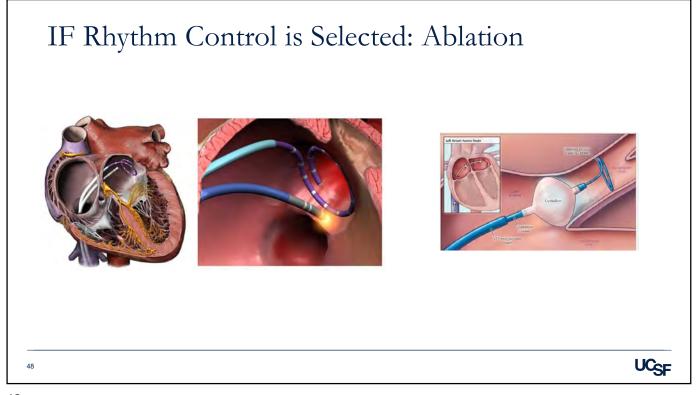




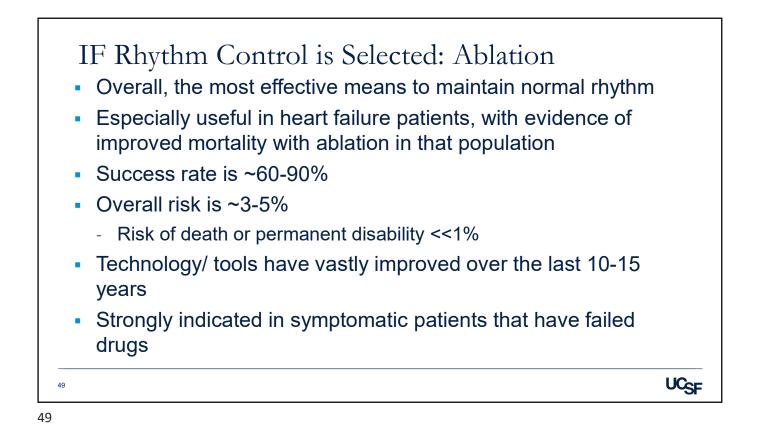


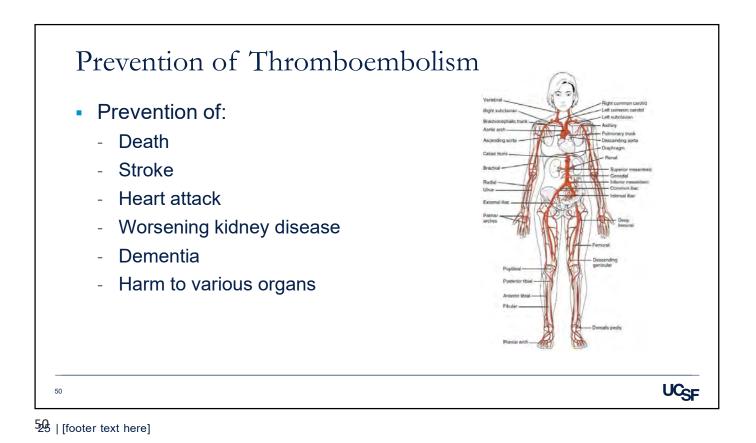
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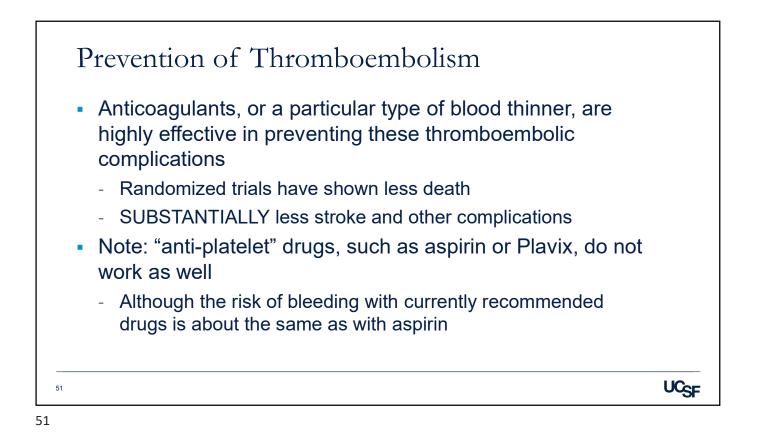


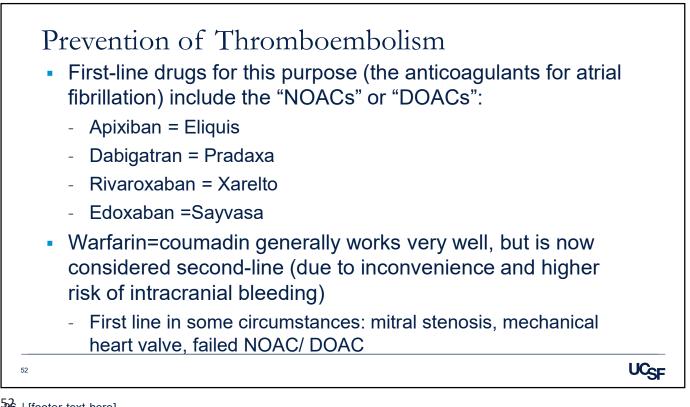






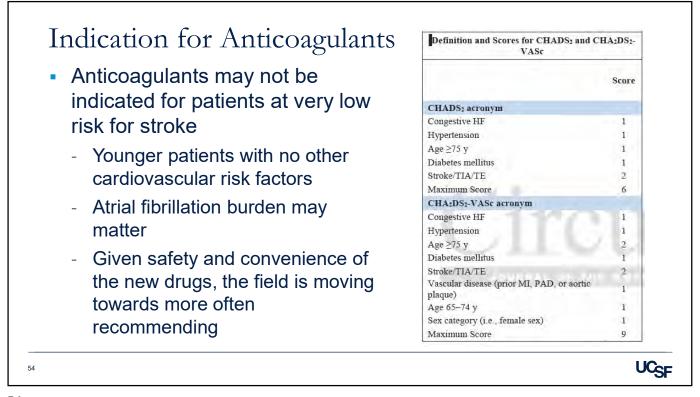
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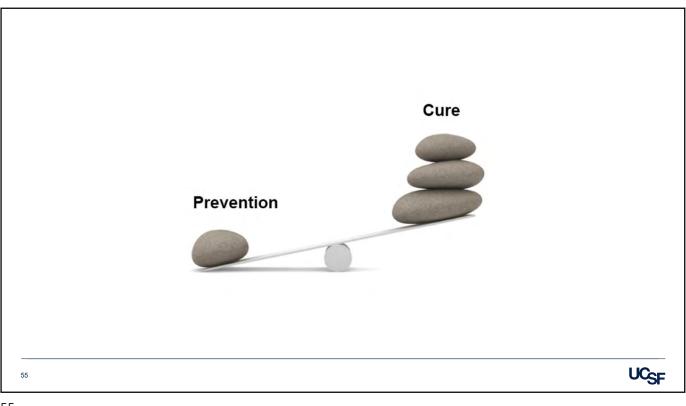


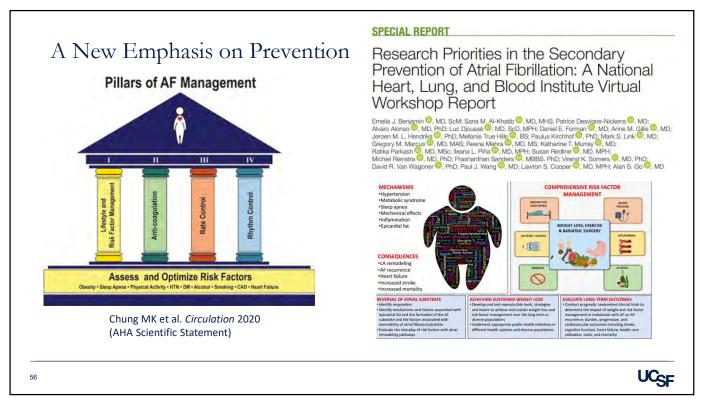


Common concerns about anticoagulants They're new and haven't been studied enough
- Now around for a decade
 Studied in 10s of thousands in randomized trials and millions in real-world observational trials—all findings are consistent
 They're not reversible
- Antidotes are now available
- Even without antidotes, bleeding can be controlled
 We often perform procedures while patients are ON these drugs
 When indicated, the risk of NOT taking them exceeds the risk of taking them
 Patients don't call you in the middle of the night to thank you for not having a stroke
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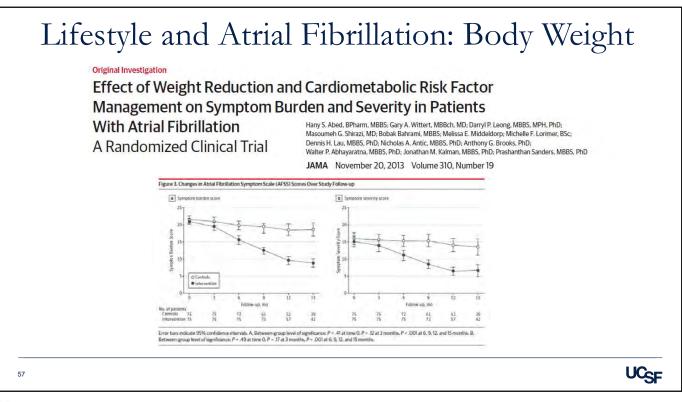




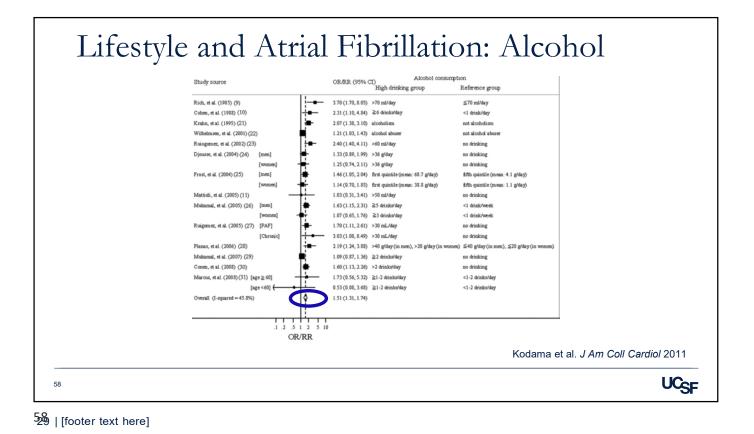




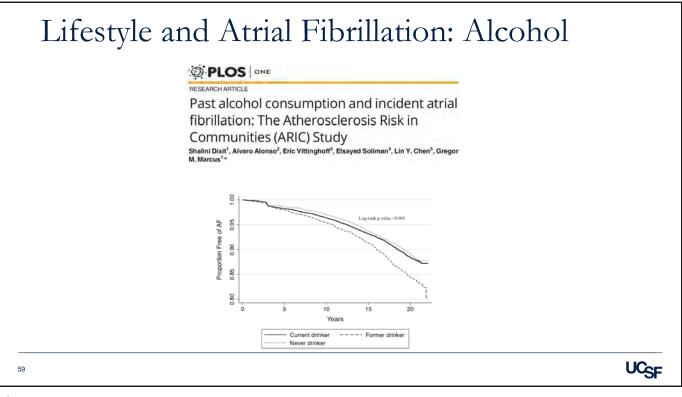


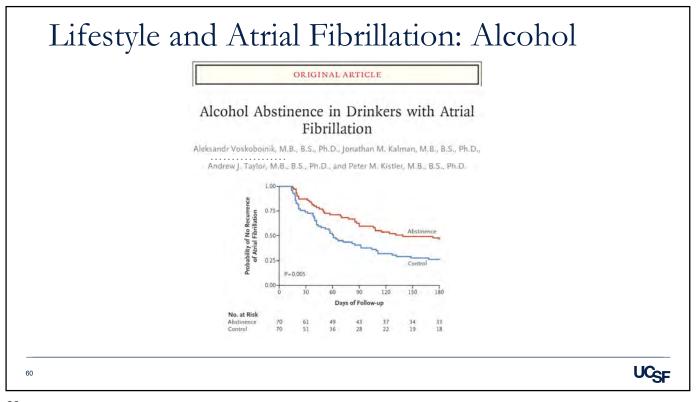




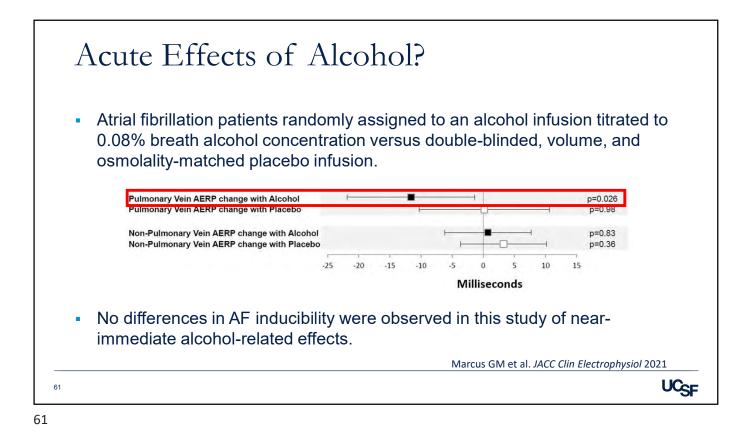


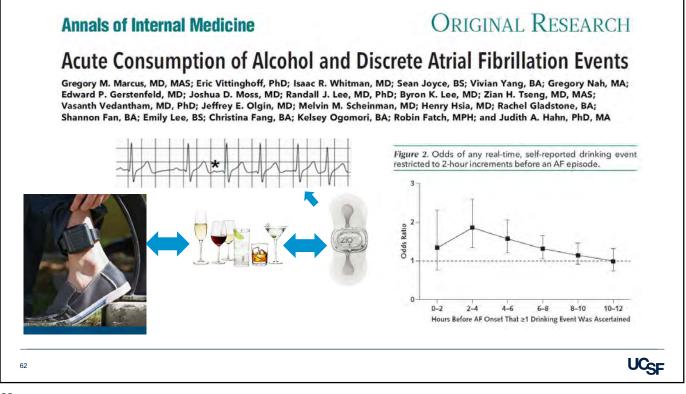
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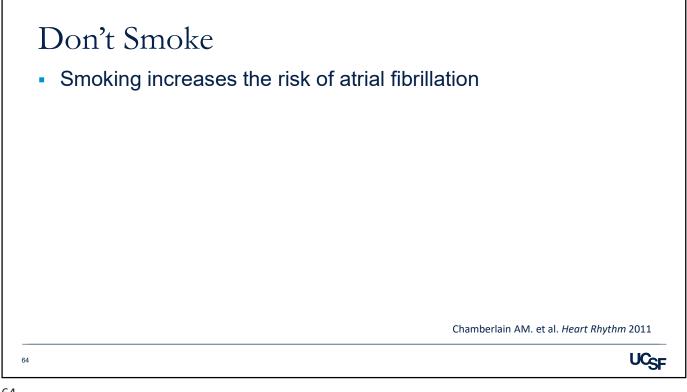






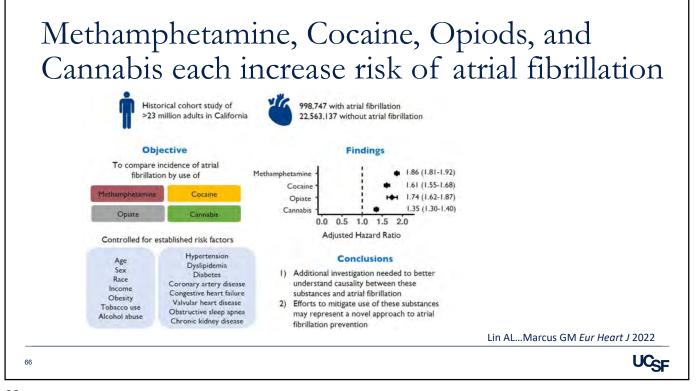




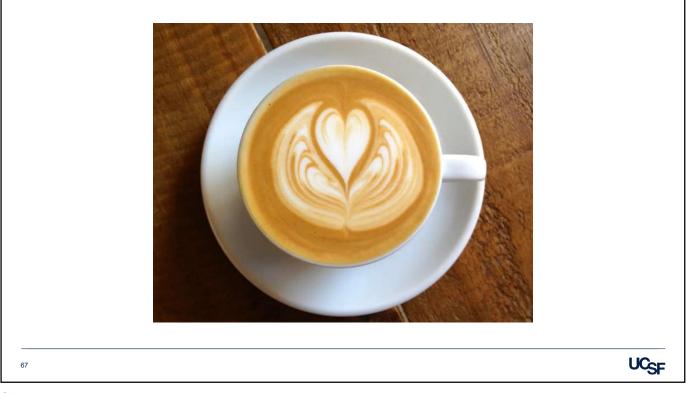


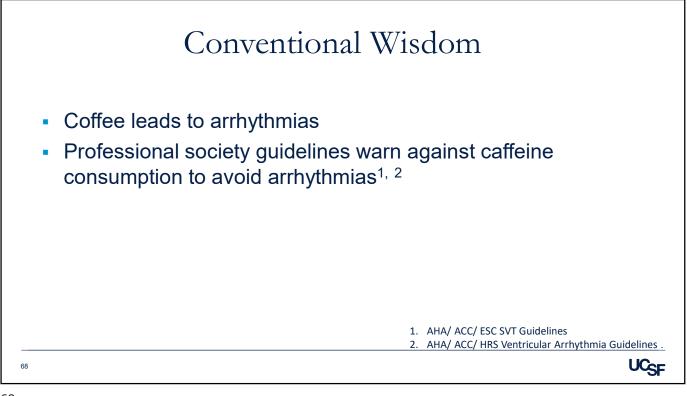


Secondhand smoke and the Health eHeart Stud		ata from	
Shalini Dixit, * Mark J. Pletcher, MD, Carol Maguire, RN, MSN, * Isaac R. W Jeffrey E. Olgin, MD, FHRS, * Gregory	/hitman, MD, Stanton A. Glantz, I	urtney Imburgia, [*] PhD, ^{*‡}	
From the [*] Division of Cardiology Departn San Francisco, California, [†] Department of San Francisco, San Francisco, California University of California, San Francisco, Sa	Epidemiology and Biostatistics, Univers and [‡] Center for Tobacco Control Reseau	ity of California,	
Secondhand Smoke Exposure		P Value Interaction	
When your mother was pregnant with you, did either your parents smoke?	0I		
Atrial fibrillation with ≥1 risk factor Lone atrial fibrillation		0.003 <0.001 0.021	
	aside .		
When you were a child, did anyone regularly smoke in your bound?			
When you were a child, did anyone regularly smoke in your home? Atrial fibrillation with ≥1 risk factor Lone atrial fibrillation		0.005 <0.001 0.010	









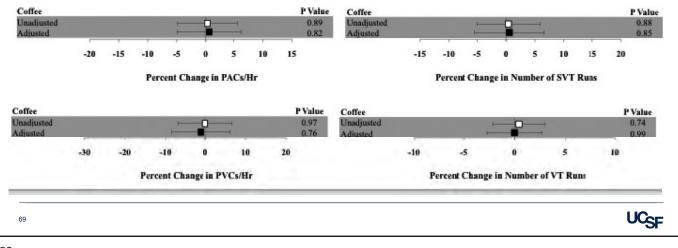


ORIGINAL RESEARCH

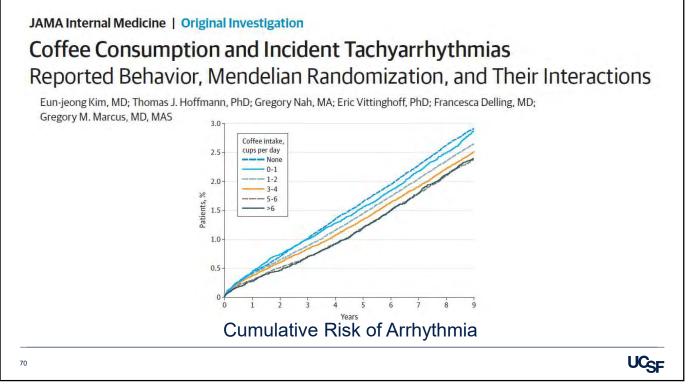


Consumption of Caffeinated Products and Cardiac Ectopy

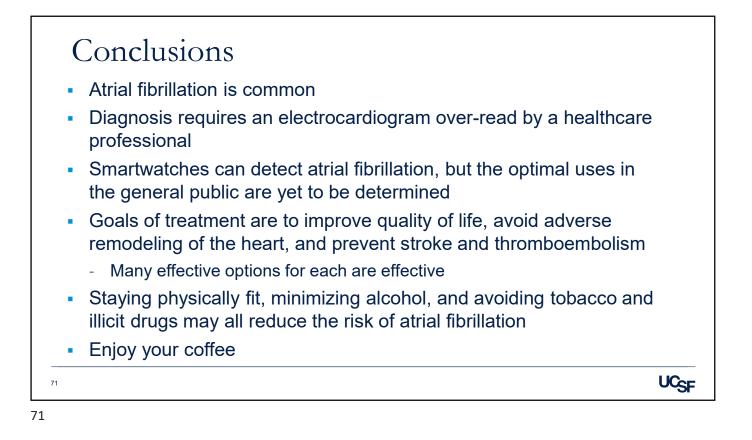
Shalini Dixit, BA; Phyllis K. Stein, PhD; Thomas A. Dewland, MD; Jonathan W. Dukes, MD; Eric Vittinghoff, PhD; Susan R. Heckbert, MD, PhD; Gregory M. Marcus, MD, MAS J Am Heart Assoc. 2016;5:e002503



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