Living a Healthy, Active Life with a Diagnosis of Atrial Fibrillation.
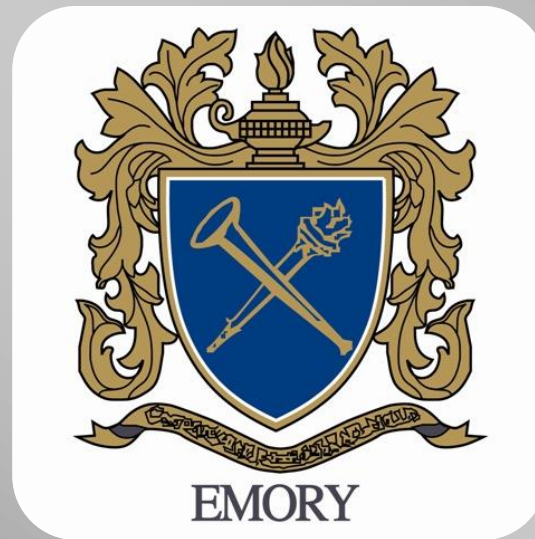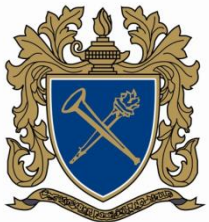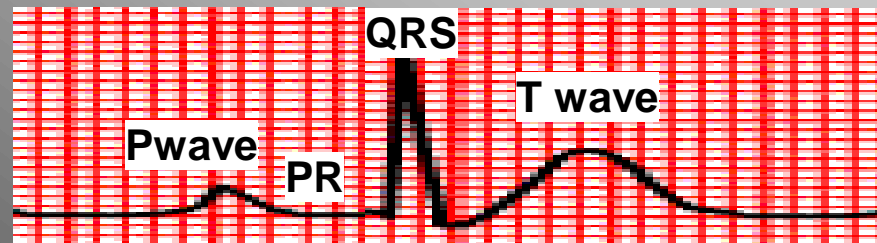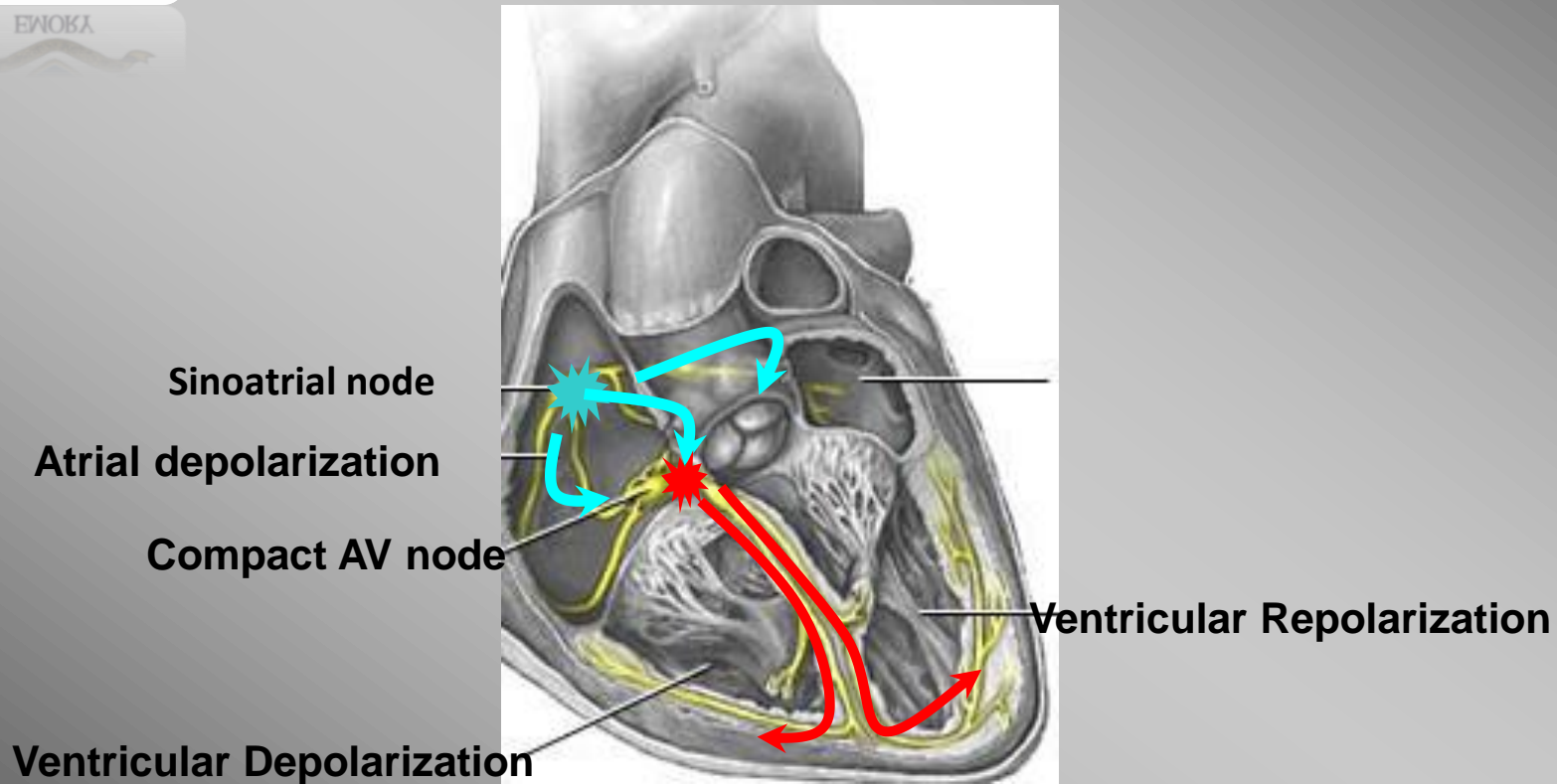

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What exactly is Afib?

Sinoatrial node

Atrial depolarization

Compact AV node

Ventricular Repolarization

Ventricular Depolarization

QRS

T wave

Pwave

PR
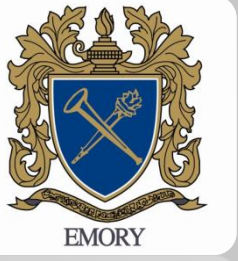
What exactly is Afib?
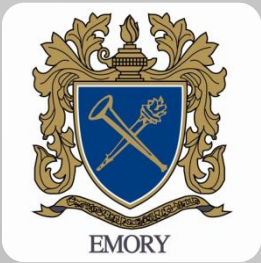
Why Me?
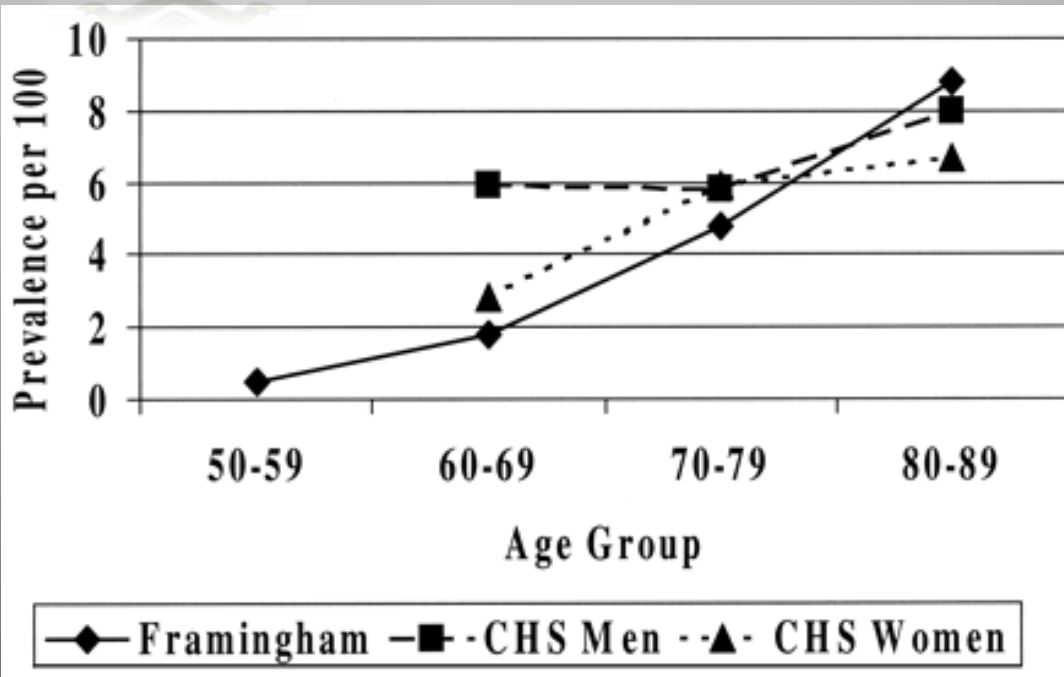
Risk factors for developing AF

Age over 60
Alcohol
Weight
Family history
Sleep apnea
Diabetes
High Blood Pressure
Valve problems
Lung Disease
**Long distance running

Circulation. 2006;114:119-125

THERE ARE MANY TYPES OF ATRIAL FIBRILLATION!

Lone atrial fibrillation, afib with no other known heart problems.
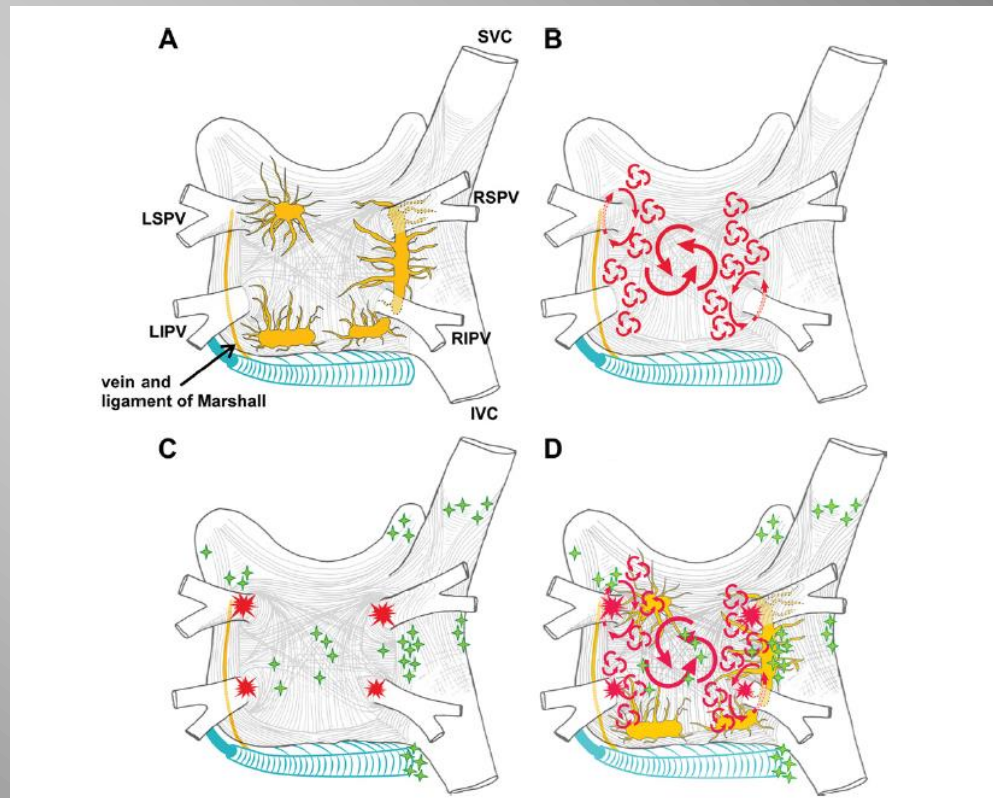
THERE ARE MANY TYPES OF ATRIAL FIBRILLATION!

Paroxysmal, starting and stopping

Persistent, requiring intervention

Permanent, staying there

What Does That Mean for My Life?
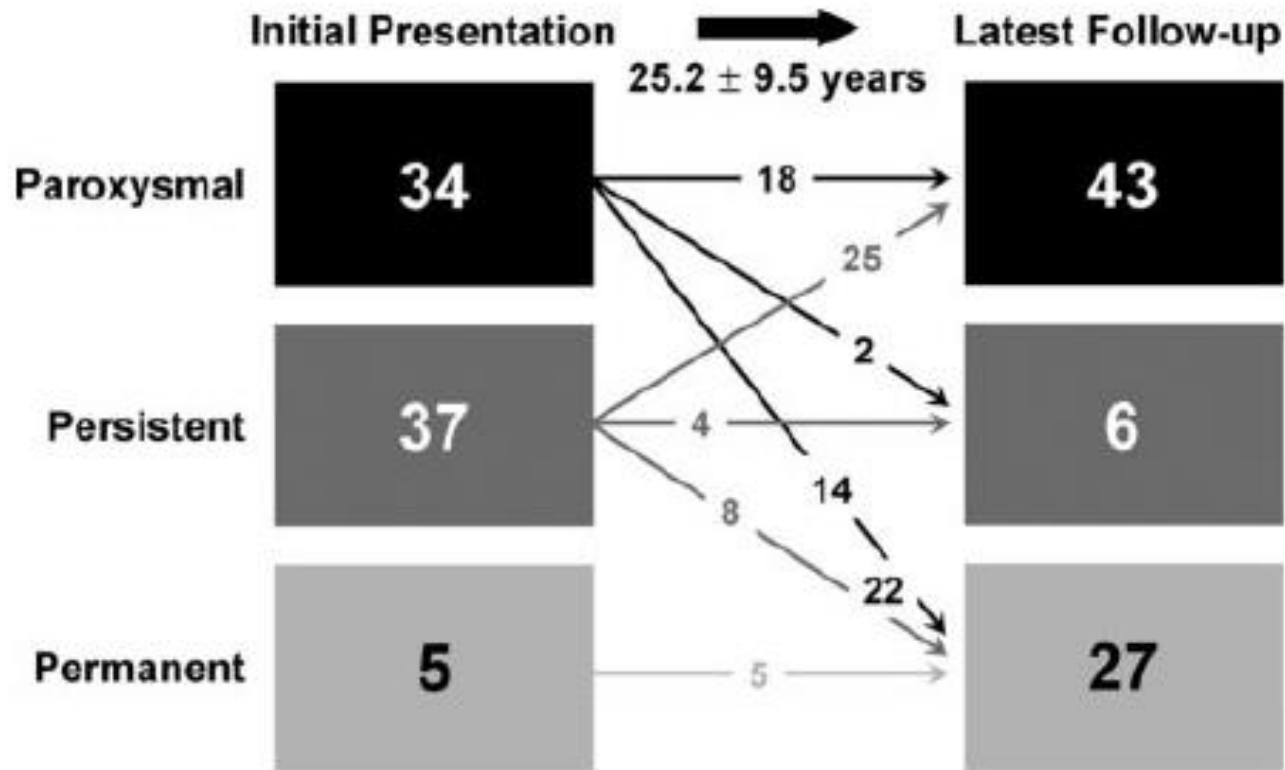
A Stepwise Approach to Living With Atrial Fibrillation

1. What's my risk for stroke?

2. Do I have symptoms?

AFib Feels Like...

...DRUMS **POUNDING** IN MY CHEST.

...THUNDER **RUMBLING** IN MY CHEST.

...FISH **FLOPPING** IN MY CHEST.

no

no

3. Do I feel better in normal rhythm?

yes

Rate control (controlling the ventricle's response to the fibrillating atrium)

Rhythm control (trying to keep the atrium in regular rhythm
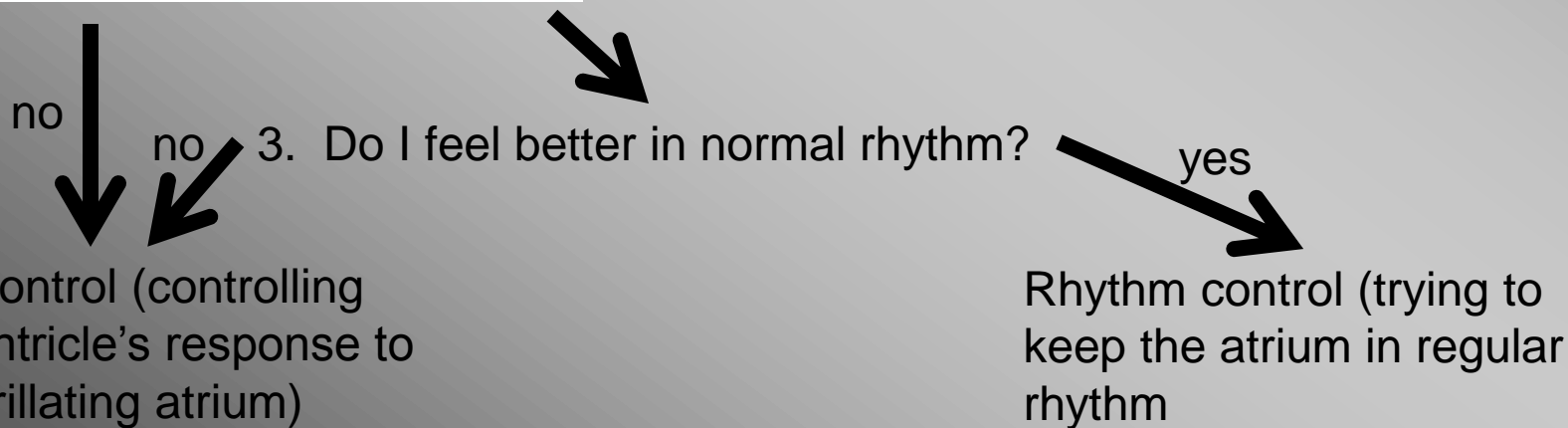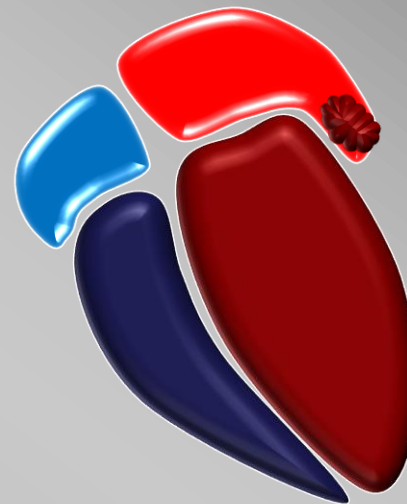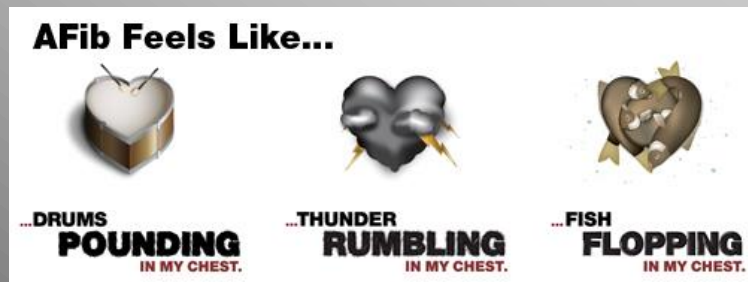
What can your doctor do?

ablation

medications

pacemakers

other devices

What Can I Do To Live Healthy With Afib?

1. **Weight**

2. **Diet/Exercise**

3. **Sleep**

4. **Education**

Weight and Afib, What's the Big Deal?

Increases chance of diabetes

Increases chance of high blood pressure

Increases chance of sleep apnea

Weight and Afib, What's the Big Deal?

Weight in Pounds

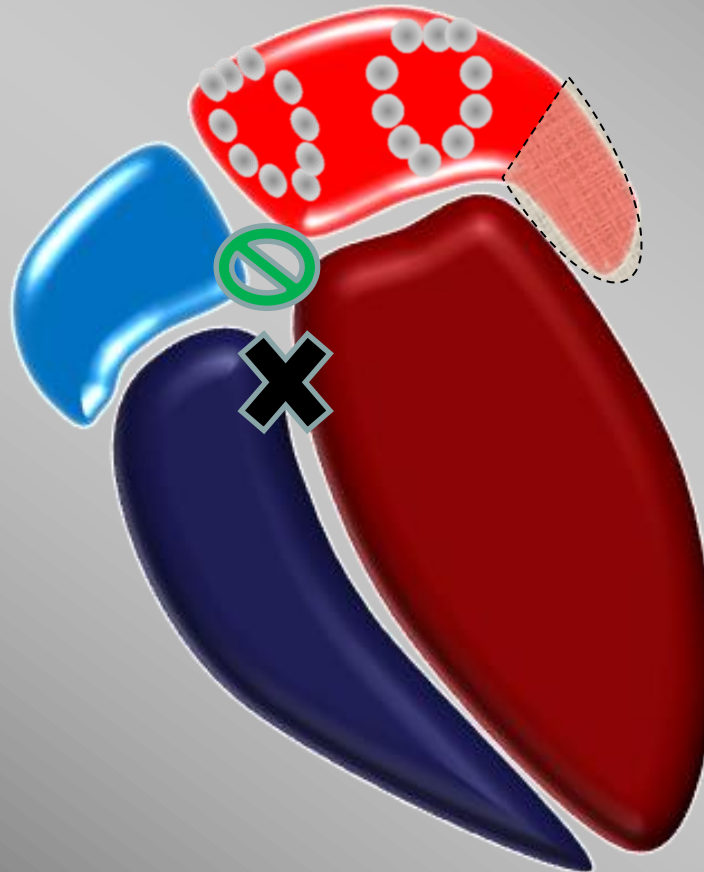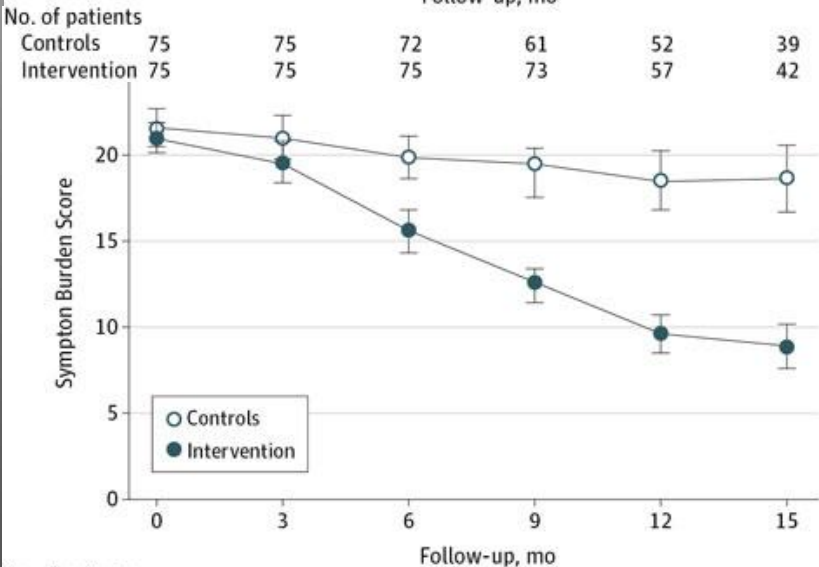|	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4'4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6'2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6'4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6'6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6'8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6'10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

Height in Feet and Inches

http://www.freebmicalculator.net

Underweight Nomal Overweight Obesity

BMI Chart

BMI < 18.50	Underweight
BMI < 16.00	Severe Thinness
BMI 16.00 - 16.99	Moderate Thinness
BMI 17.00 - 18.49	Mild Thinness
BMI 18.50 - 24.99	Normal Weight
BMI 18.50 - 22.99	Lower Range
BMI 23.00 - 24.99	Upper Range
BMI 25.00 - 29.99	Overweight / Pre-Obese
BMI 25.00 - 27.49	Lower Range
BMI 27.50 - 29.99	Upper Range
BMI ≥ 30	Obese
BMI 30.00 - 34.99	Obese Class I
BMI 35.00 - 39.99	Obese Class II
BMI ≥ 40.00	Obese Class III

Losing Weight Helps Afib

Diet and Afib

Caffeine does not increase the risk of atrial fibrillation: a systematic review and meta-analysis of observational studies

Daniel Caldeira,[1,2] Cristina Martins,[2] Luís Brandão Alves,[2] Hélder Pereira,[2] Joaquim J Ferreira,[1,3] João Costa[1,4,5]

Diet and Afib

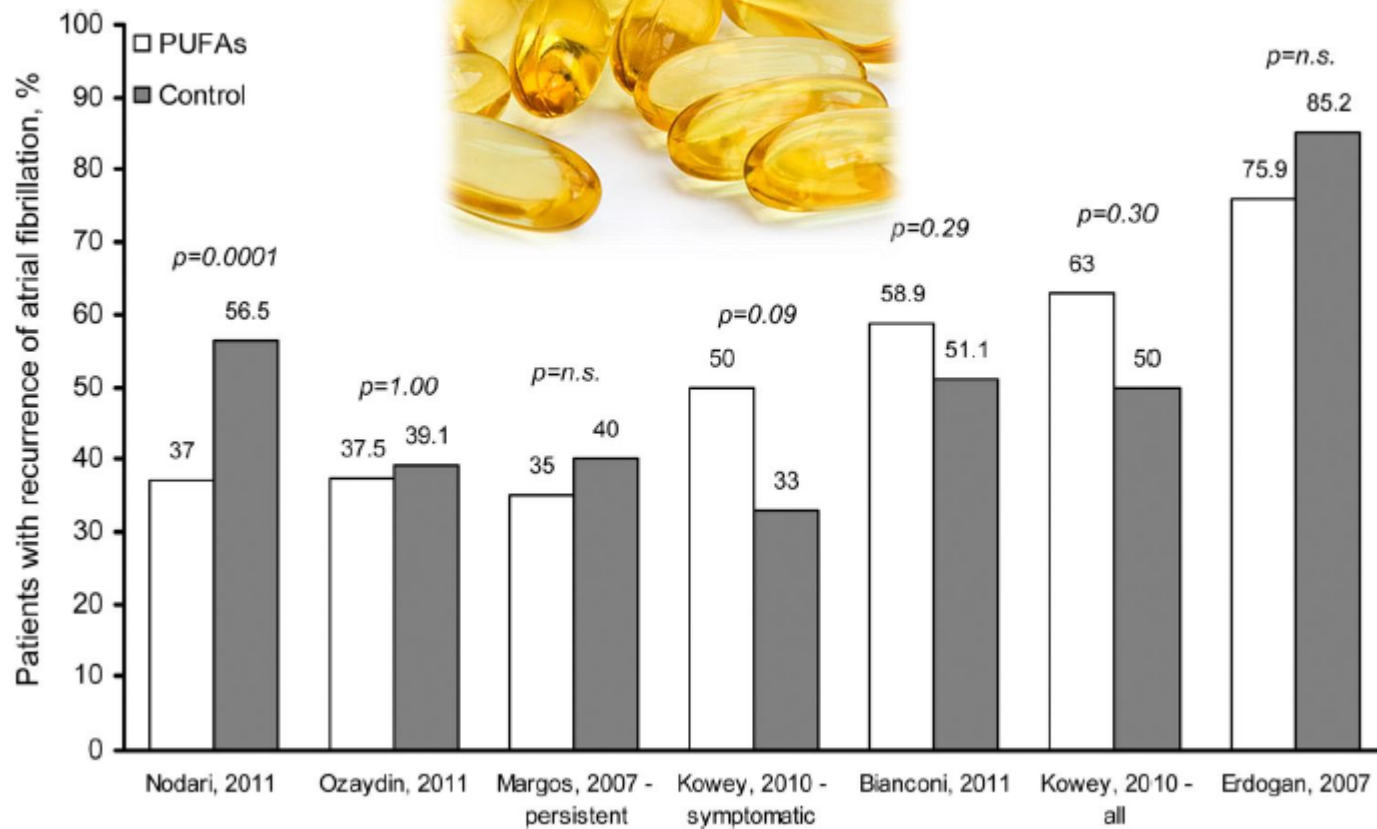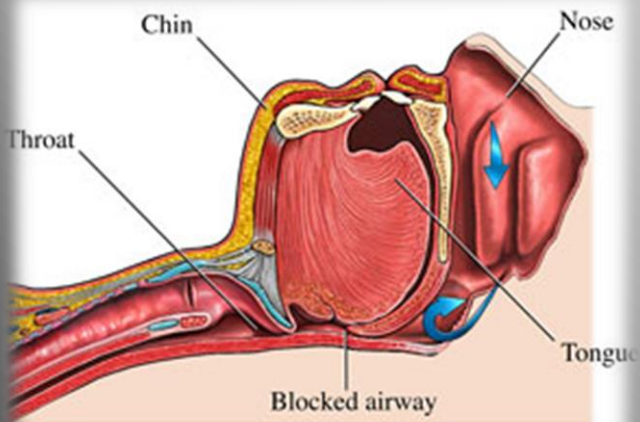| Study source		OR/RR (95% CI)	Alcohol consumption	
			High drinking group	Reference group
Rich, et al. (1985) (9)		3.70 (1.70, 8.05)	>70 ml/day	≦70 ml/day
Cohen, et al. (1988) (10)		2.31 (1.10, 4.84)	≧6 drinks/day	<1 drink/day
Krahn, et al. (1995) (21)		2.07 (1.38, 3.10)	alcoholism	not alcoholism
Wilhelmsen, et al. (2001) (22)		1.21 (1.03, 1.43)	alcohol abuser	not alcohol abuser
Ruiogomez, et al. (2002) (23)		2.40 (1.40, 4.11)	>60 ml/day	no drinking
Djousse, et al. (2004) (24)	[men]	1.33 (0.89, 1.99)	>36 g/day	no drinking
	[women]	1.25 (0.74, 2.11)	>36 g/day	no drinking
Frost, et al. (2004) (25)	[men]	1.46 (1.05, 2.04)	first quintile (mean: 68.7 g/day)	fifth quintile (mean: 4.1 g/day)
	[women]	1.14 (0.70, 1.85)	first quintile (mean: 38.8 g/day)	fifth quintile (mean: 1.1 g/day)
Mattioli, et al. (2005) (11)		1.03 (0.31, 3.41)	>50 ml/day	no drinking
Mukamal, et al. (2005) (26)	[men]	1.63 (1.15, 2.31)	≧5 drinks/day	<1 drink/week
	[women]	1.07 (0.65, 1.76)	≧3 drinks/day	<1 drink/week
Ruigomez, et al. (2005) (27)	[PAF]	1.70 (1.11, 2.61)	>30 mL/day	no drinking
	[Chronic]	3.03 (1.08, 8.49)	>30 mL/day	no drinking
Planas, et al. (2006) (28)		2.19 (1.24, 3.88)	>40 g/day (in men), >20 g/day (in women)	≦40 g/day (in men), ≦20 g/day (in women)
Mukamal, et al. (2007) (29)		1.09 (0.87, 1.36)	≧2 drinks/day	no drinking
Conen, et al. (2008) (30)		1.60 (1.13, 2.26)	>2 drinks/day	no drinking
Marcus, et al. (2008) (31)	[age ≧ 60]	1.73 (0.56, 5.32)	≧1-2 drinks/day	<1-2 drinks/day
	[age <60]	0.53 (0.08, 3.68)	≧1-2 drinks/day	<1-2 drinks/day
Overall (I-squared = 45.8%)		1.51 (1.31, 1.74)		

.1 .2   .5 1   2   5 10

OR/RR

Diet and Afib

Sleep, Snoring and Afib

|	Arrhythmias Included in Each Analysis	Odds Ratio (95% CI)
Primary overall analysis	62	17.5 (5.3–58.4)
Subanalysis by arrhythmia type		
PAF	15	17.9 (2.2–144.2)
NSVT	47	17.4 (4.0–75.7)
Subanalysis by sleep stage		
NREM	42	14.2 (4.2–48.0)
REM	20	*
Subanalysis by respiratory disturbance subtype		
No respiratory disturbance	18	Reference
Respiratory disturbance without hypoxia (nadir SpO$_2$ ≤92%) or arousal	14	24.1 (5.4–106.6)
Respiratory disturbance with hypoxia	20	13.6 (3.7–50.6)
Respiratory disturbance with arousal	10	21.8 (4.5–106.3)

*Unable to be calculated.

CI = confidence interval; other abbreviations as in Tables 1 and 2.

Sleep, Snoring and Afib

People who didn't have sleep apnea and got an Afib ablation

People who DID have sleep apnea and got an Afib ablation, but DIDN'T use cpap
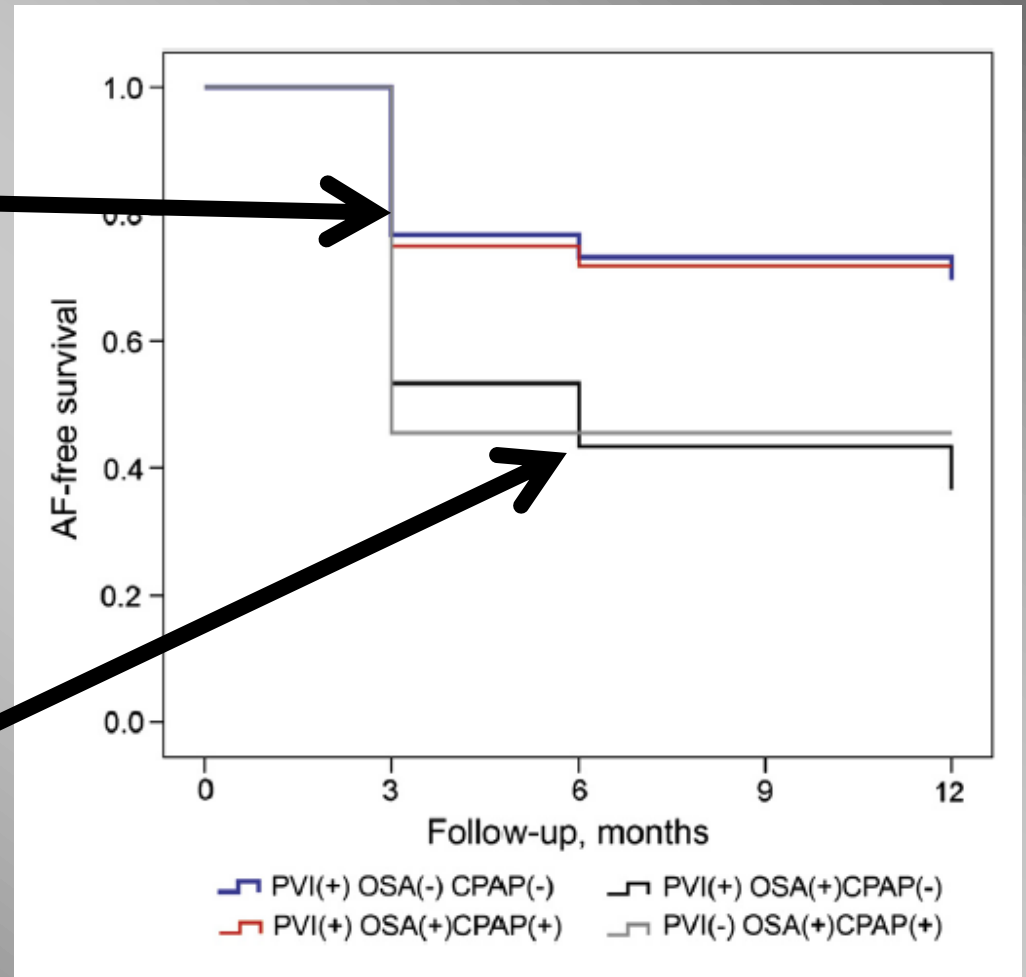
Exercise and Atrial Fibrillation

Study	Athletic population	Age (mean ± SD, years)	Males (%)	AF in athletes (%)	AFl in athletes (%)	Relative risk (95% CI) for athletes
Pelliccia et al.[19]	Elite athletes ($n = 1777$)	24 ± 6	71	0.2 (all male, i.e. 0.3 in males)	0	–
Molina et al.[7]	Non-elite marathon runners ($n = 183$)	39 ± 9	100	4.9	0	8.8 (1.3–61.3)
	Controls ($n = 290$)	50 ± 13	100	0.7	0	
Wilhelm et al.[23]	Non-elite runners ($n = 122$)	42 ± 7	50	3.3 all male (i.e. 6.6 in males)	0	–
Karjalainen et al.[12]	Veteran elite orienteers ($n = 262$)	47 ± 5	100	5.3	0	5.5 (1.3–24.4)
	Controls ($n = 373$)	49 ± 5	100	0.9	0	
Baldesberger et al.[6]	Veteran elite cyclists ($n = 62$)	67 ± 7	100	3.2	6.5	14.4 (0.8–261.1)
	Golfers ($n = 62$)	66 ± 6	100	0	0	
Grimsmo et al.[24]	Veteran cross-country skiers ($n = 78$)	69 ± 10	100	16.7	0	–

Exercise and Atrial Fibrillation
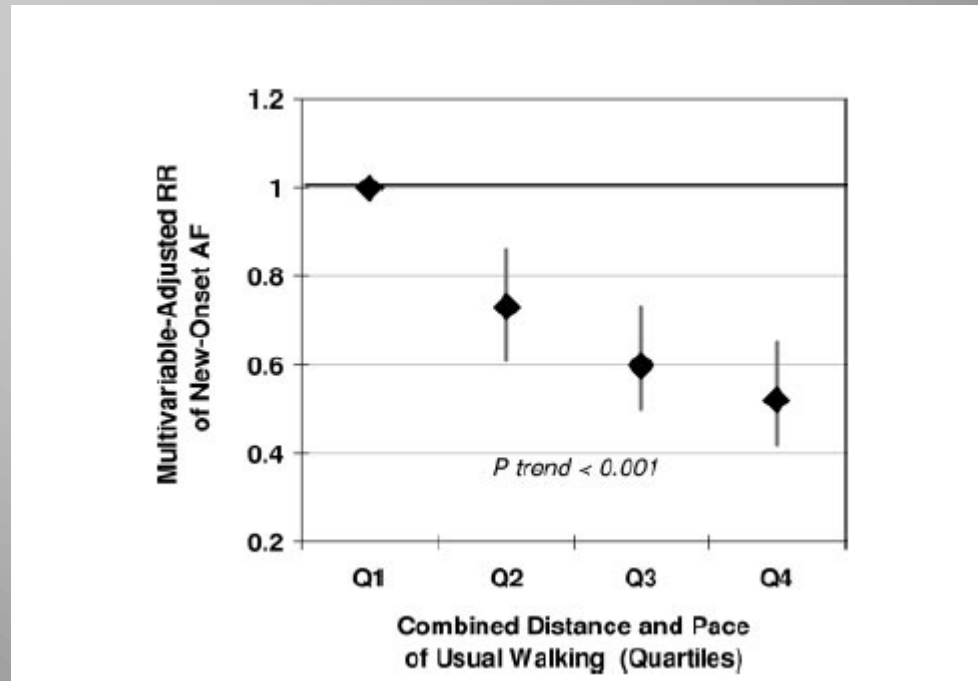
People who were more active had
a lower risk of atrial fibrillation!
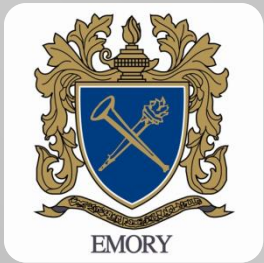(Just don't over-do it.)

Educating Yourself

After 2-3 minutes of quiet sitting: 50bpm-100bpm
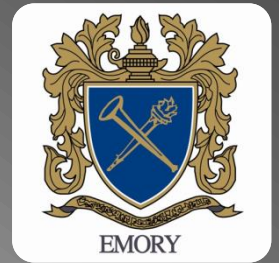
With exercise: <150bpm

Educating Yourself

https://www.hrsonline.org/

http://www.emoryhealthcare.org/arrhythmia/ask-experts-videos-arrhythmia.html

Wrap-Up

There is more than one type of atrial fibrillation

You can help manage Afib by attention to weight, exercise, sleep, and diet

You can have a good quality of life with Afib, but keeping tabs on the pulse and your symptoms is key