

# Asymptomatic Atrial Fibrillation

A case for medical management

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# Who is my patient?

- ASYMPTOMATIC
- YOUNG (ish)
- WORRIED

**Atrial  
Fibrillation**



```
graph TD; A[Atrial Fibrillation] --> B[Rate v. Rhythm Control]; B --> C[Anticoagulation (Stroke Risk)];
```

**Rate v.  
Rhythm  
Control**

**Anticoagulation  
(Stroke Risk)**

# Rate v. Rhythm Control

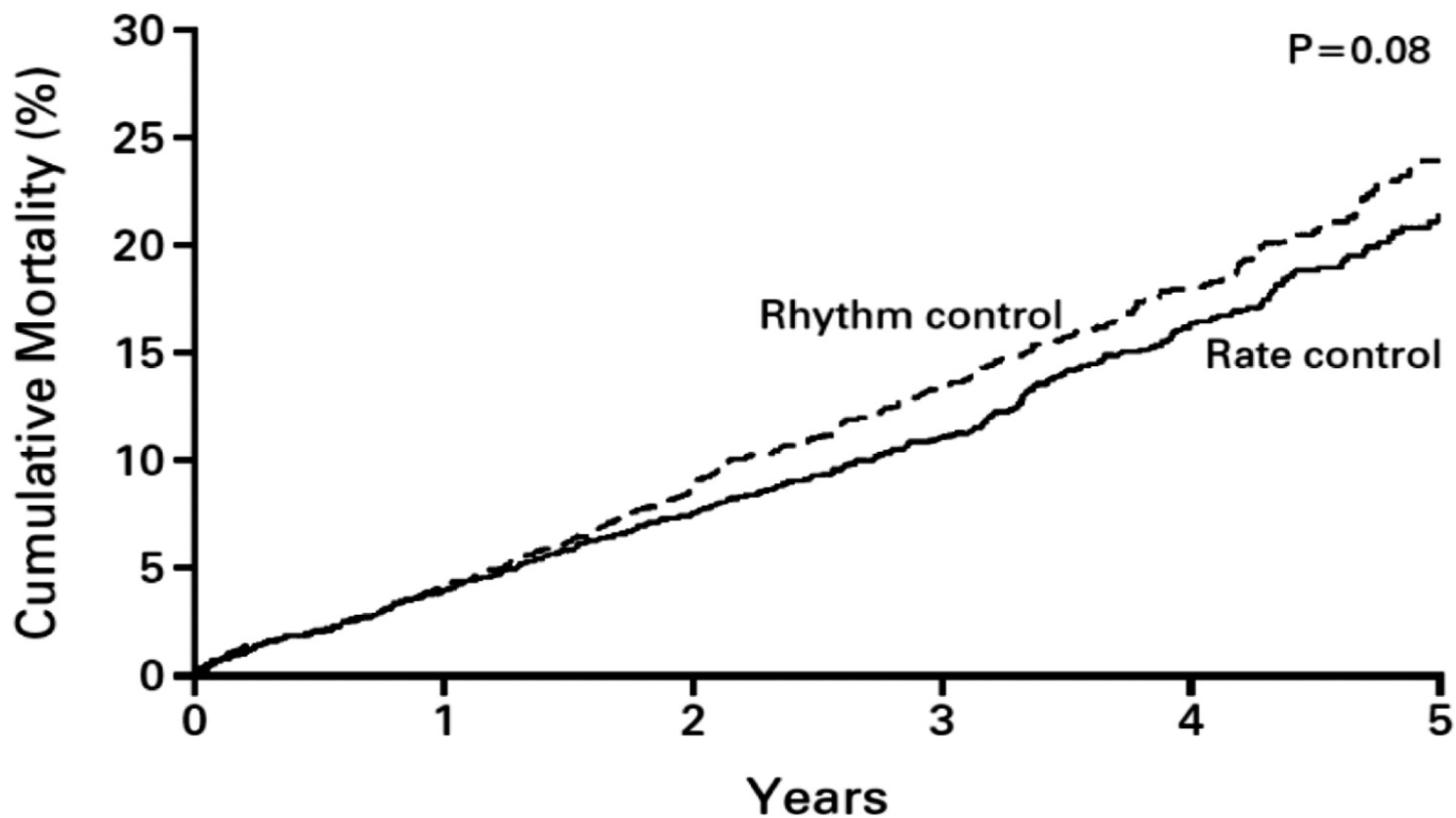
# Rate v. Rhythm Control

- Mortality
- Stroke Risk
- Strategy
- Symptoms/Quality of Life

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# ALL CAUSE MORTALITY – RATE v. RHYTHM CONTROL THE AFFIRM TRIAL



No. OF DEATHS	number (percent)					
	0	1	2	3	4	5
Rhythm control	0	80 (4)	175 (9)	257 (13)	314 (18)	352 (24)
Rate control	0	78 (4)	148 (7)	210 (11)	275 (16)	306 (21)



# RATE v. RHYTHM CONTROL TRIALS

Trial	Year	n	Primary End Point	HR (Rate vs Rhythm Control)	P
PIAF	2000	252	Improvement AF symptoms	1.10	0.31
AFFIRM	2002	4060	Overall mortality	0.87	0.08
RACE	2002	522	Composite	0.73	0.11
STAF	2003	200	Composite	1.09	0.99
HOT CAF	2004	205	Composite	1.98	>0.71

## Caveats

- Mean age 61 to 70 (young not represented)
- No big difference in successful rhythm control between arms (RATE 10-35% v. RHYTHM 26-63%)



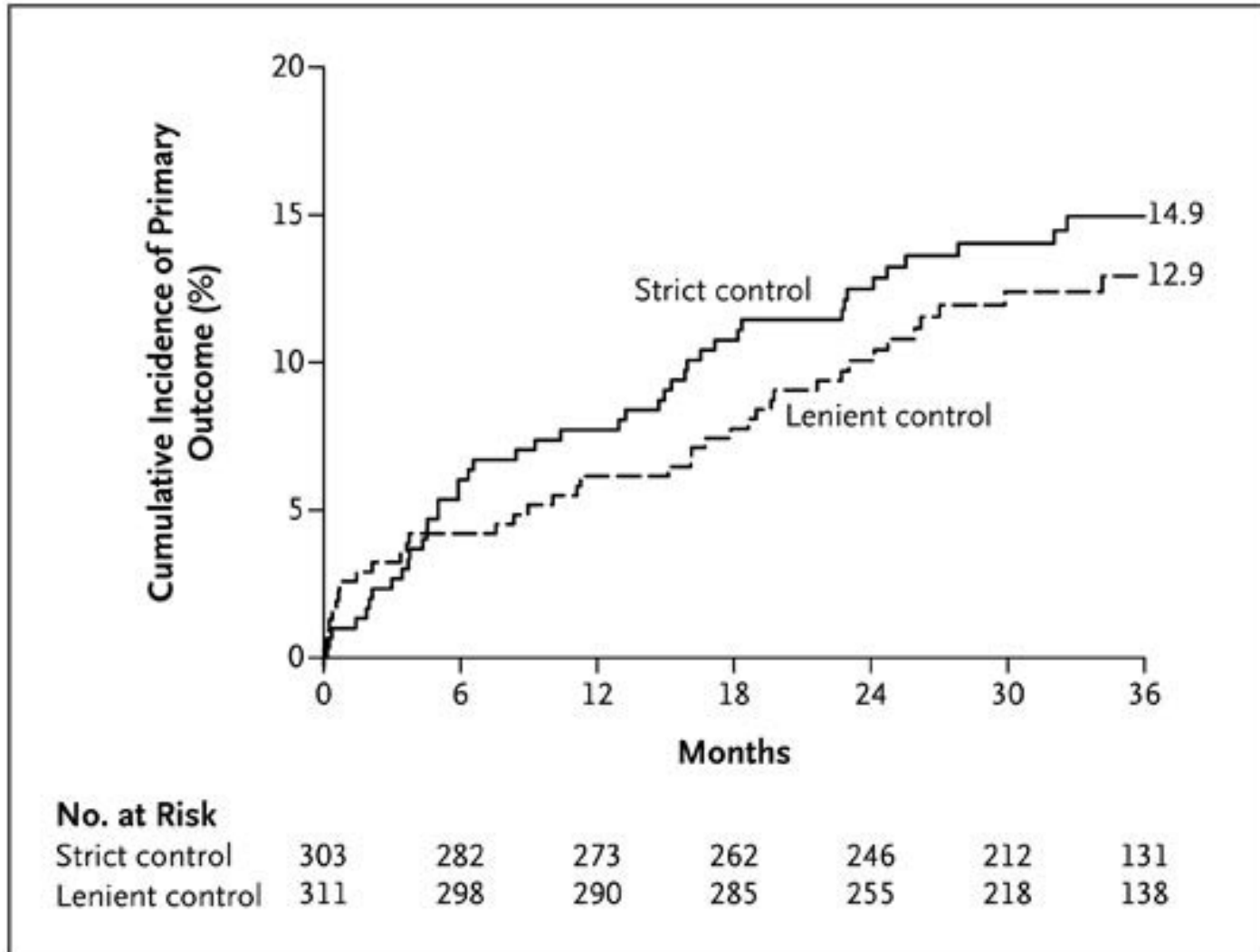
# Rate v. Rhythm Control

- Mortality
- **Stroke Risk**
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# Strict v. Lenient Rate Control

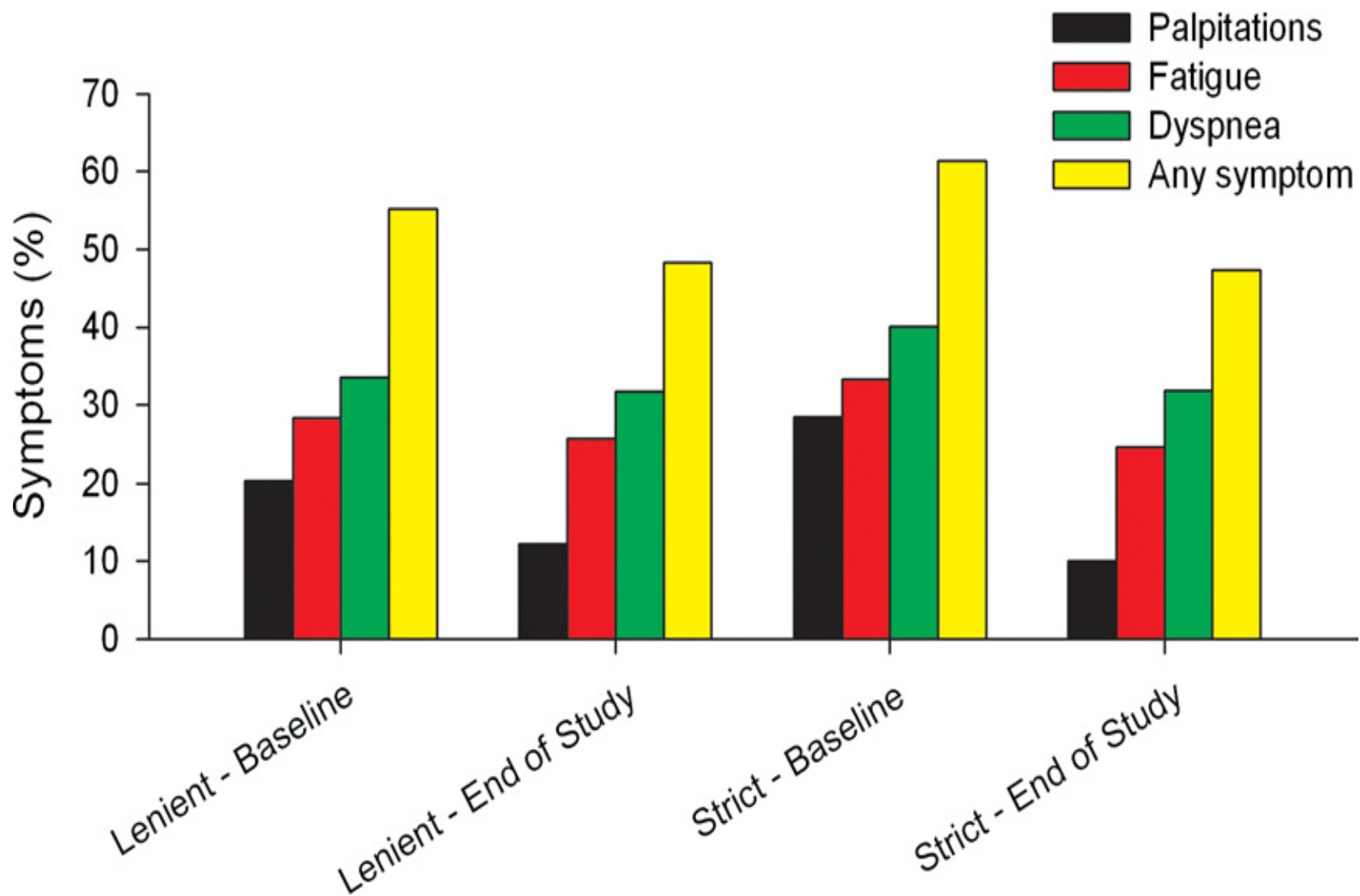


**Strict**  
**<80 bpm**

**Lenient**  
**<110 bpm**

# Rate v. Rhythm Control

- Mortality
- Stroke Risk
- Strategy
- **Symptoms/Quality of Life**



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Fibrillation**



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**Rate v.  
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**Anticoagulation  
(Stroke Risk)**

# Anticoagulation

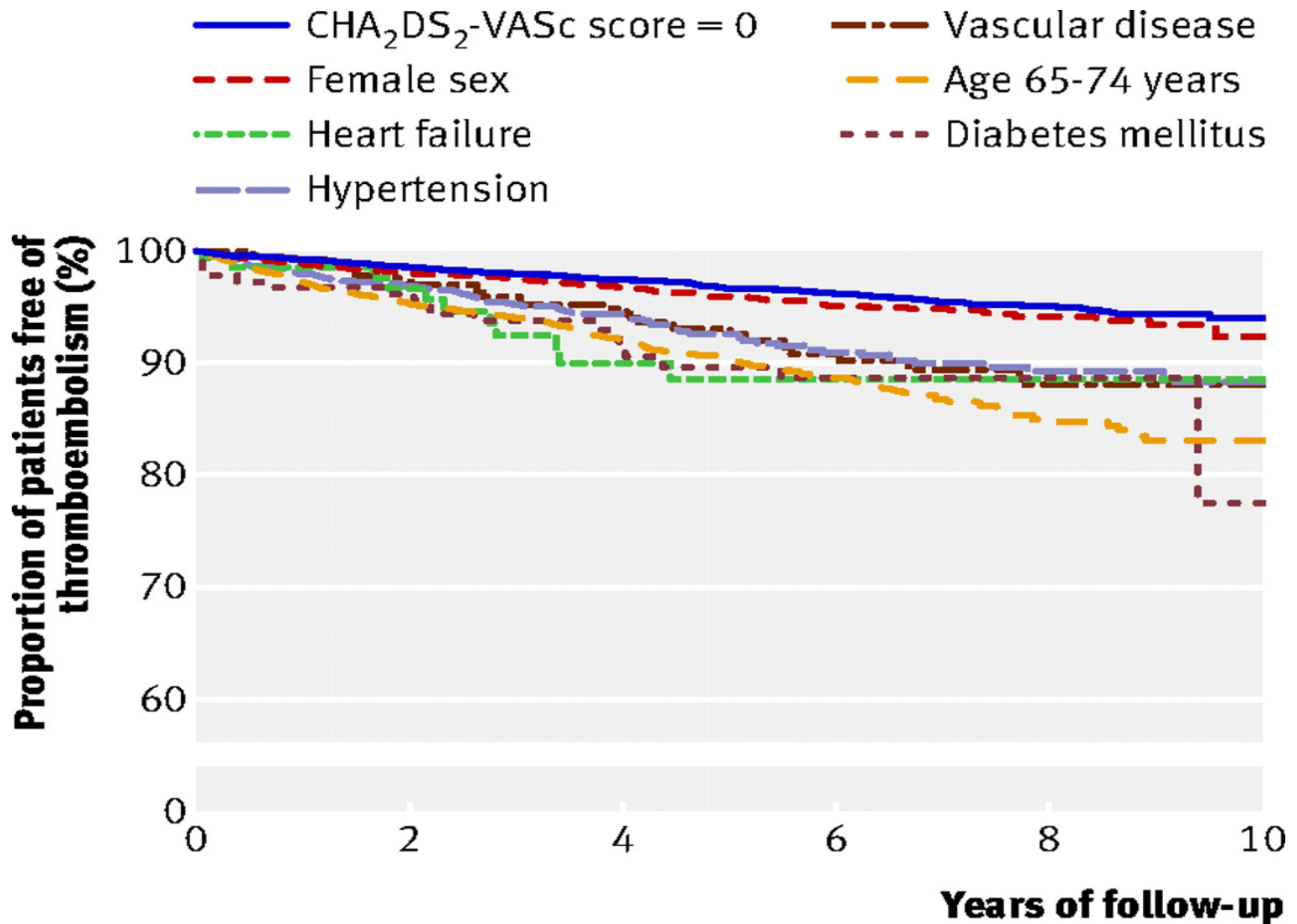
# Anticoagulation - Risk

Risk Factors	Score	CHA2DS2-VASc score	Stroke Risk per Year
Congestive Heart Failure/LV dysfunction	1	0	0%
		1	1.3%
Hypertension	1	2	2.2%
Age $\geq$ 75 years	2	3	3.2%
Diabetes Mellitus	1	4	4.0%
Stroke/TIA/Thromboembolism	2	5	6.7%
Vascular Disease	1	6	9.8%
Age 65 – 74	1	7	9.6%
Female	1	8	6.7%
<b>Total</b>	<b>9</b>	<b>9</b>	<b>15.2%</b>

## CHA2DS2-VASc



# Anticoagulation – Risk



# Anticoagulation - Strategy

- Warfarin, goal INR 2-3
- NOAC (Novel Oral AntiCoagulant)
  - Direct Thrombin Inhibitor: Dabigatran
  - Factor Xa Inhibitors: Apixaban, Rivaroxaban, Edoxaban