

# 5<sup>th</sup> International Conference on **Clinical & Experimental Cardiology**

April 27-29, 2015 Philadelphia, USA

## Global atrial fibrillation burden: Prevention rather treatment must be the goal

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The estimated number of individuals with AF globally in 2010 was 33.5 million (20.9 million men] and 12.6 million women. The burden associated with AF, measured as disability-adjusted life-years, increased by 18.8 in men and 18.9% in women from 1990 to 2010. In 1990, the estimated age-adjusted prevalence rates of AF (per 100 000 population) were 569.5 in men and 359.9 in women. Mortality associated with AF was higher in women and increased by 2-fold and 1.9-fold in men and women, respectively, from 1990 to 2010. There was evidence of significant regional heterogeneity in AF estimations. The incidence of atrial fibrillation is twice as high in

developed countries compared to the developing countries. The increase of AF incidence was 70% in the developed countries compared to only 11% in the developing countries.

There are several risk factors for atrial fibrillation which could be influenced: Obesity, diabetes, hypertension, inflammation, and sleep apnea. Weight reduction and cardiometabolic risk factor management can reduce the burden of atrial fibrillation. In addition the recurrence rate could be reduced with an intensive cardiometabolic risk factor management either after pharmacological treatment or after catheter ablation of AF

**Conclusion:** These findings provide evidence of progressive increases in overall burden, incidence, prevalence, and AF-associated mortality between 1990 and 2010, with significant public health implications. Cardiometabolic risk factor management can further reduce the burden of atrial fibrillation in addition to conventional treatment options.

### Biography

Karlheinz Seidl has completed his PhD at the age of 27 years at the University of Heidelberg. He is a member of the teaching staff at the University of Heidelberg. His scientific interest is in cardiology especially cardiac arrhythmias. Since 2010 he has been the Director of the department of cardiology at the teaching hospital of Ingolstadt. He has published more than 25 papers in reputed journals and has been serving as an editorial board member of reputed.

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