

Atrial Fibrillation in Hypertension

Korea University Cardiovascular Center

Hong Euy Lim, M.D., Ph.D.

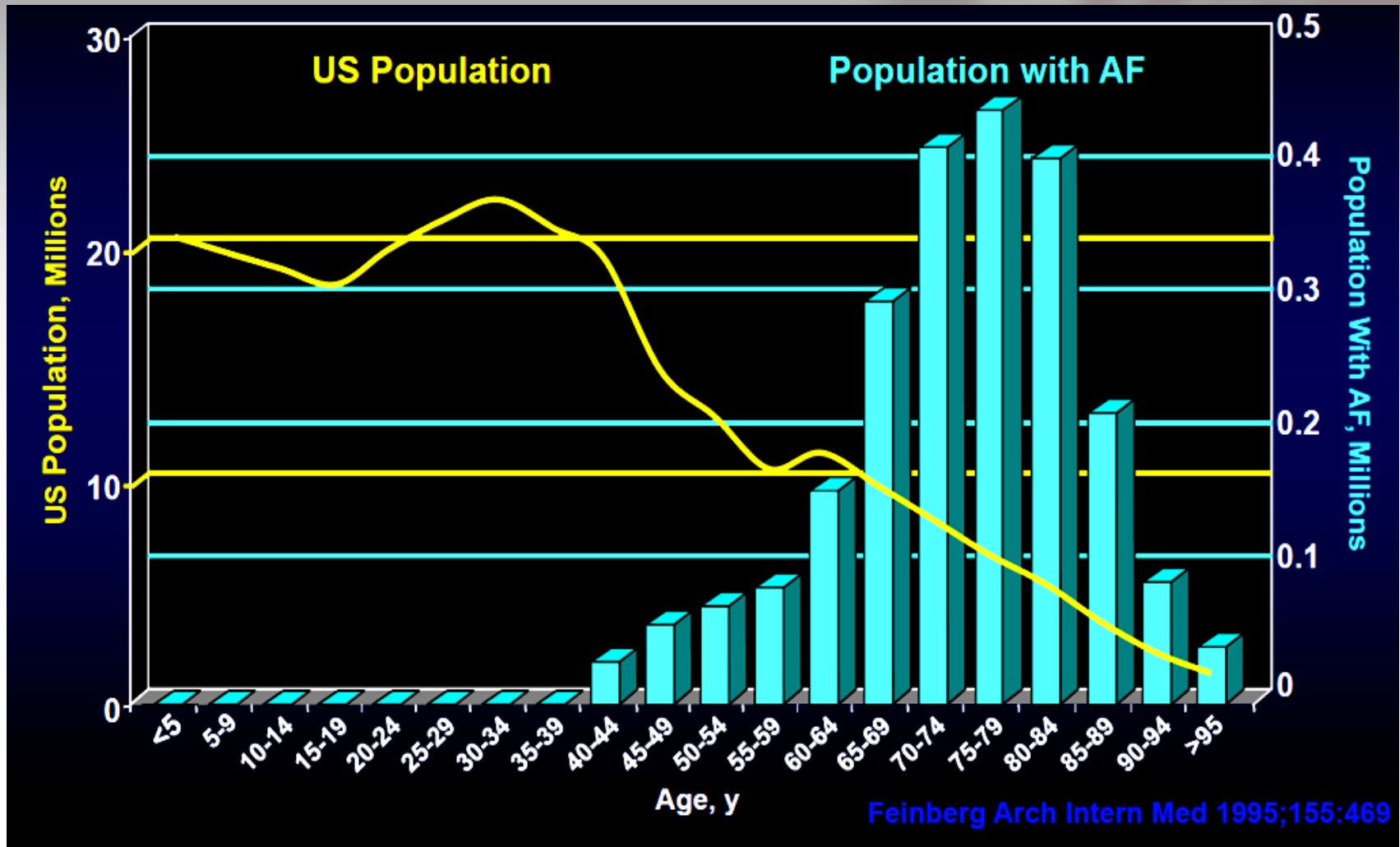
Contents

- **Epidemiology**
- **Pathophysiology**
 - **Diastolic dysfunction (pressure-induced stretch)**
- **Upstream treatment**
- **New guideline of anticoagulation**

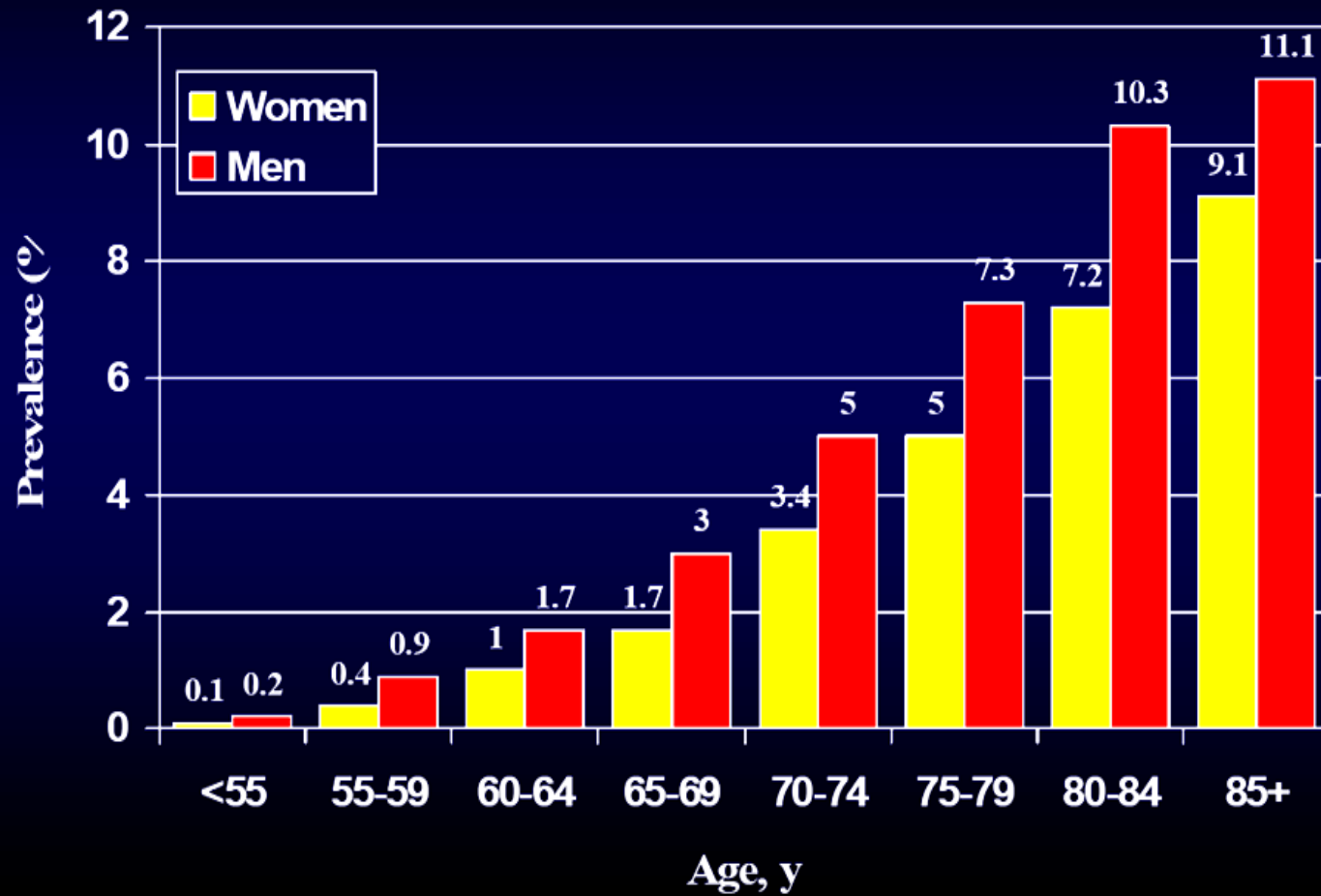
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Prevalence of AF

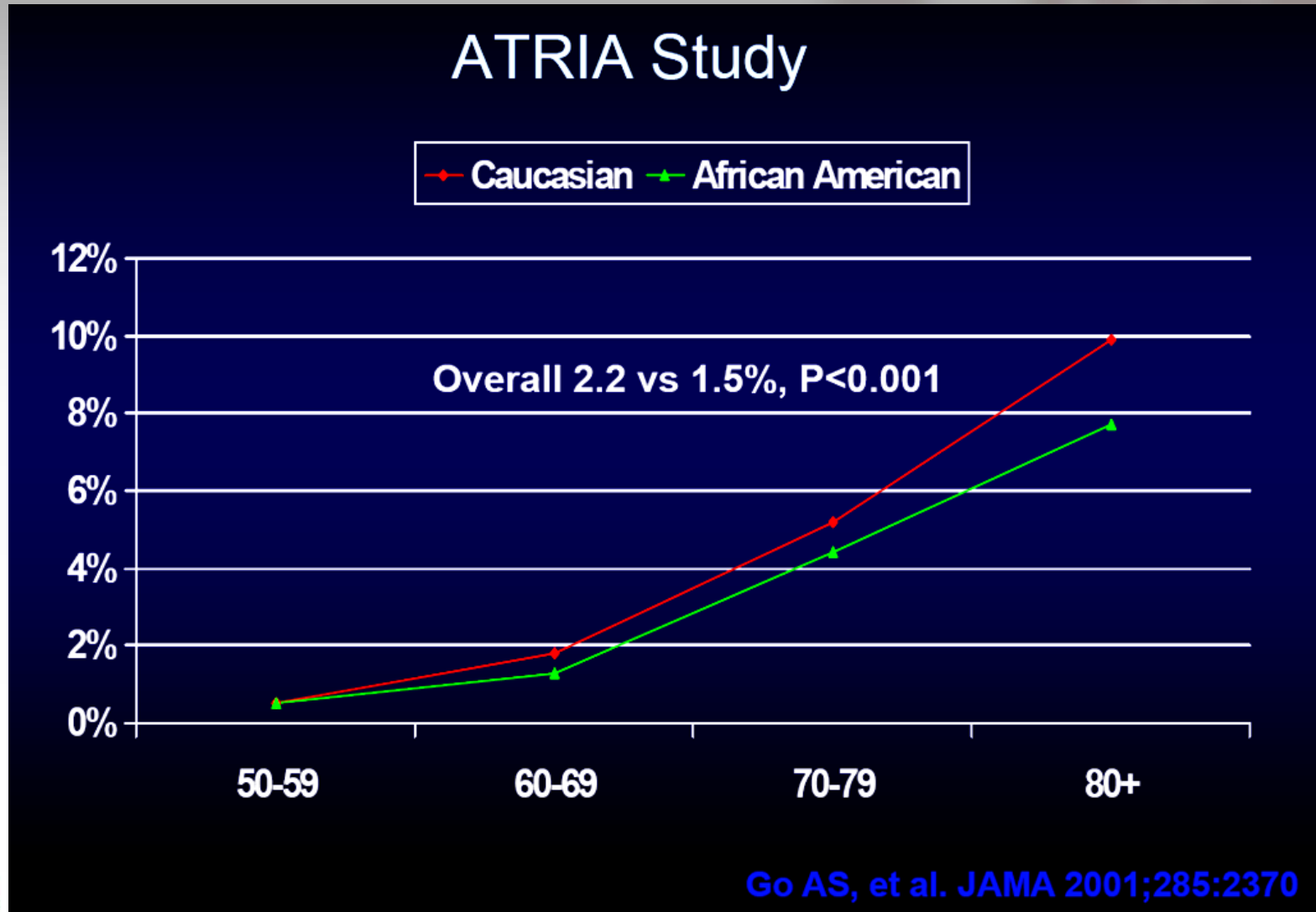


Prevalence of AF

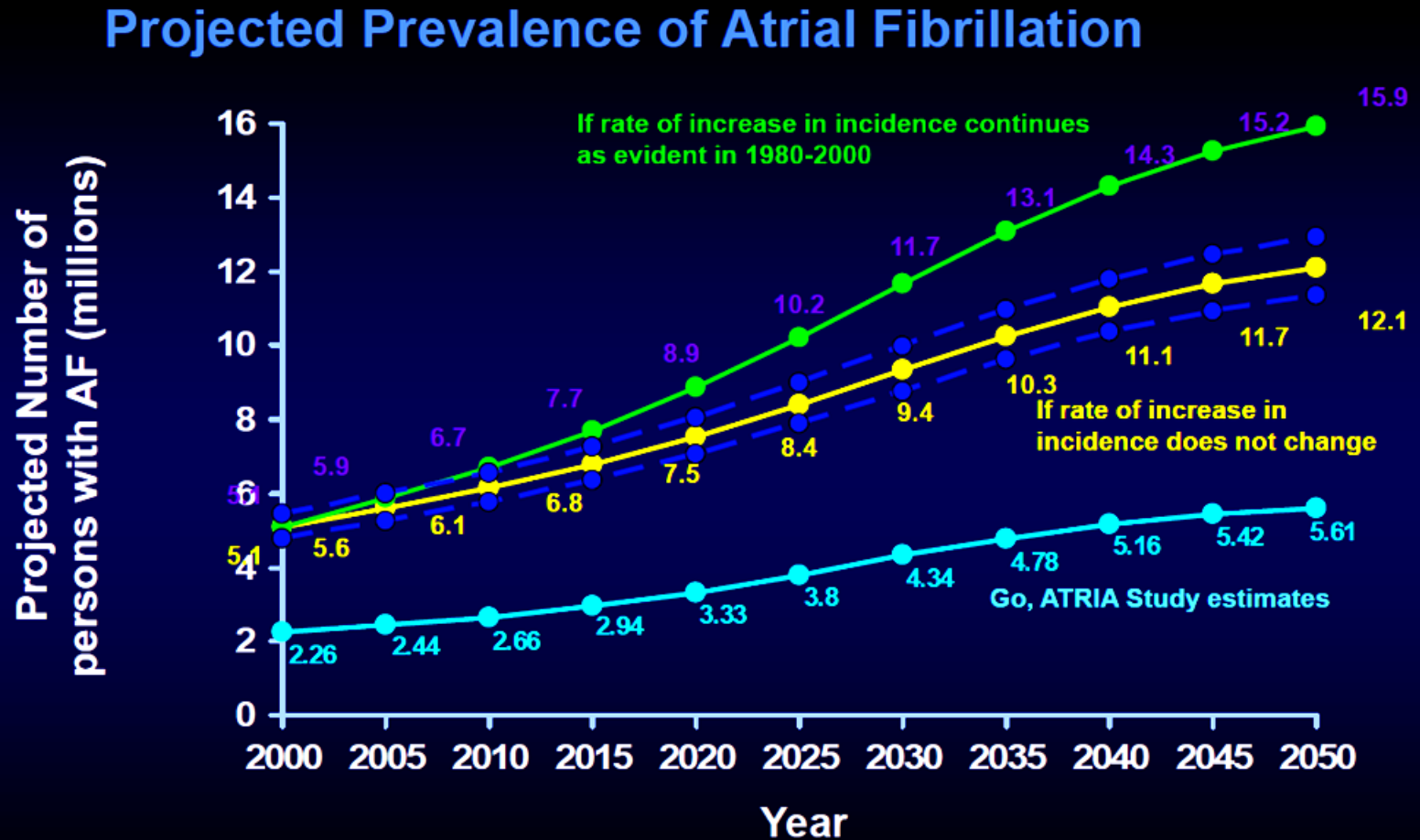


Go AS, et al. JAMA 2001;285:2370

Prevalence of AF



Prevalence of AF



Risk Factors of AF

Clinical

Non-modifiable: Age, sex, ethnicity, genetic/familial

Acquired :

***Traditional* : HTN, DM, CAD(MI), CHF, VHD, COPD, hyper and hypothyroidism, post-op**

***Novel* : obesity, sleep apnea, pulse pressure**

Subclinical/ Biomarkers

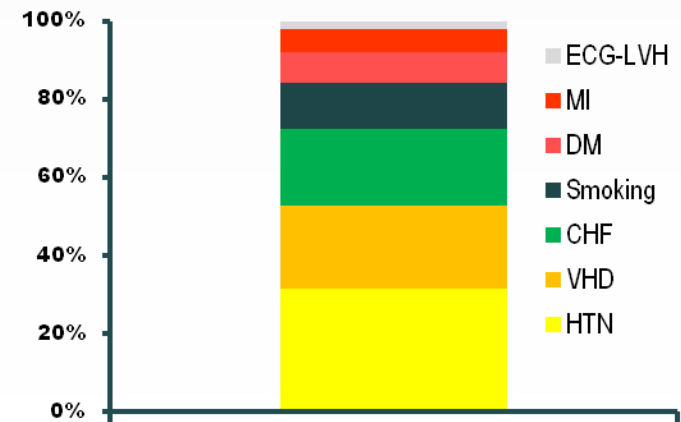
LVH

LV systolic / diastolic dysfunction

LA size / function

CRP and BNP

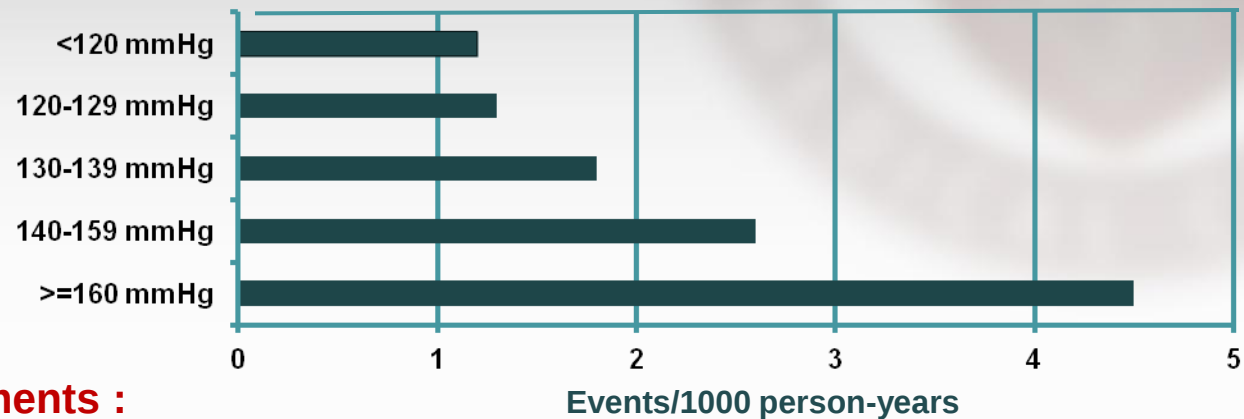
Population-Attributable Risk % for AF



Incidence of AF

Systolic Blood Pressure and Risk of AF among Apparently Healthy Women

Age adjusted AF Incidence by Baseline SBP:



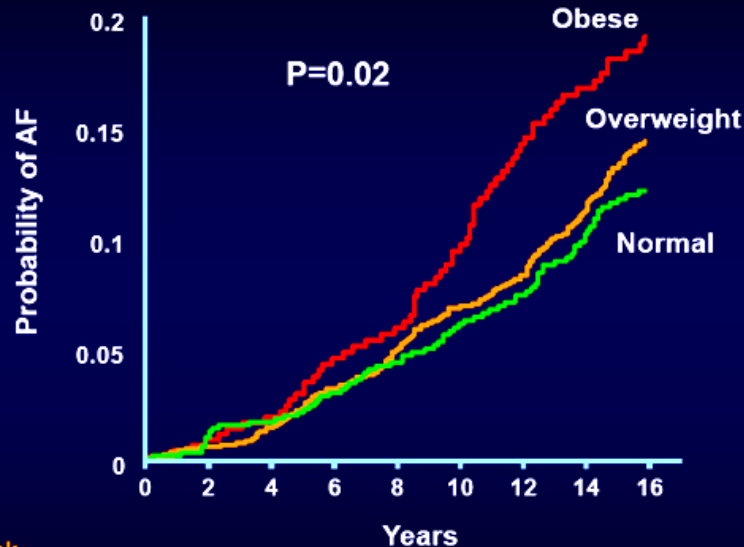
Updated BP Measurements :

Systolic BP	120-129	130-139	140-159	≥160 mmHg
	N=9448	N=6952	N=5304	N=444
Incident AF	136	160	181	27
Multivariable	1.14 (0.89-1.46)	1.37 (1.07-1.76)	1.71 (1.33-2.21)	2.21 (1.45-3.36)
Combined w/ DBP	1.18 (0.91-1.51)	1.43 (1.09-1.87)	1.78 (1.34-2.38)	2.29 (1.45-3.63)

Incidence of AF

AF and Obesity Framingham Heart Study

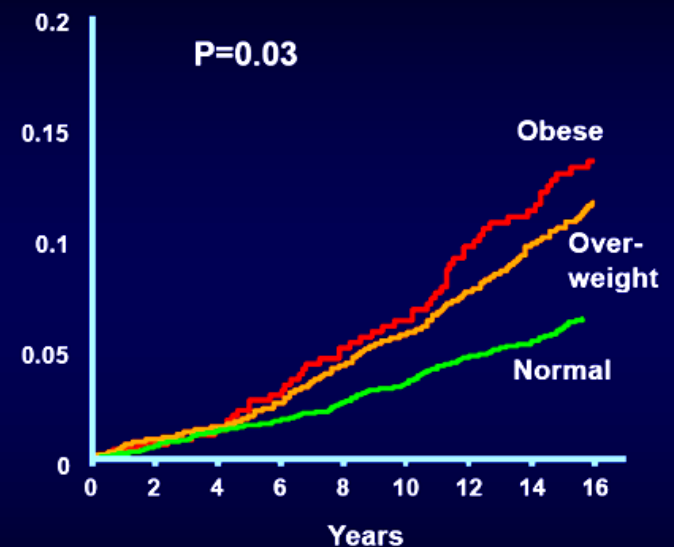
Men



No. at risk

Normal	755	699	614	557	482
Overweight	1216	1146	1023	908	776
Obese	413	380	336	280	238

Women



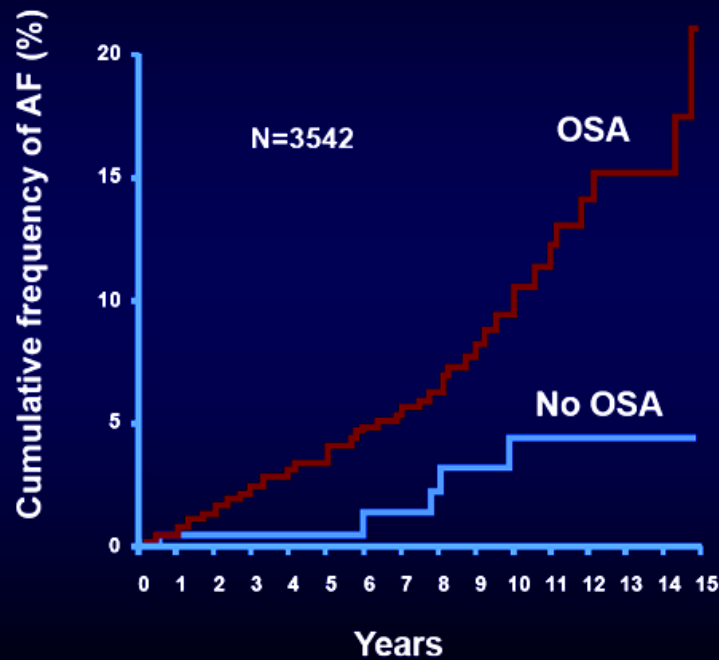
Normal	1536	1479	1394	1282	1180
Overweight	898	852	776	696	612
Obese	464	444	397	345	299

Obesity versus Normal BMI : HR 1.5 (adjusted risk)
Mediated by left atrial enlargement

Wang et al. JAMA 2004;292: 2471

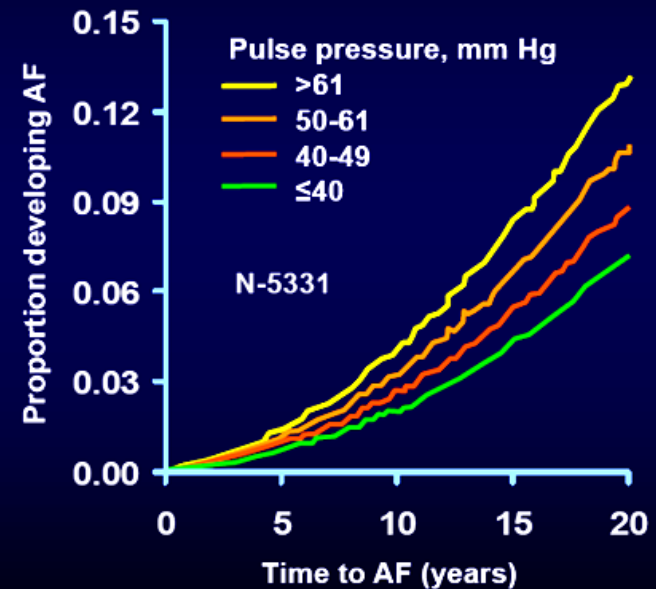
Incidence of AF

Obstructive Sleep Apnea and AF Olmsted County Study



Gami et al. JACC 2007; 49: 565-71

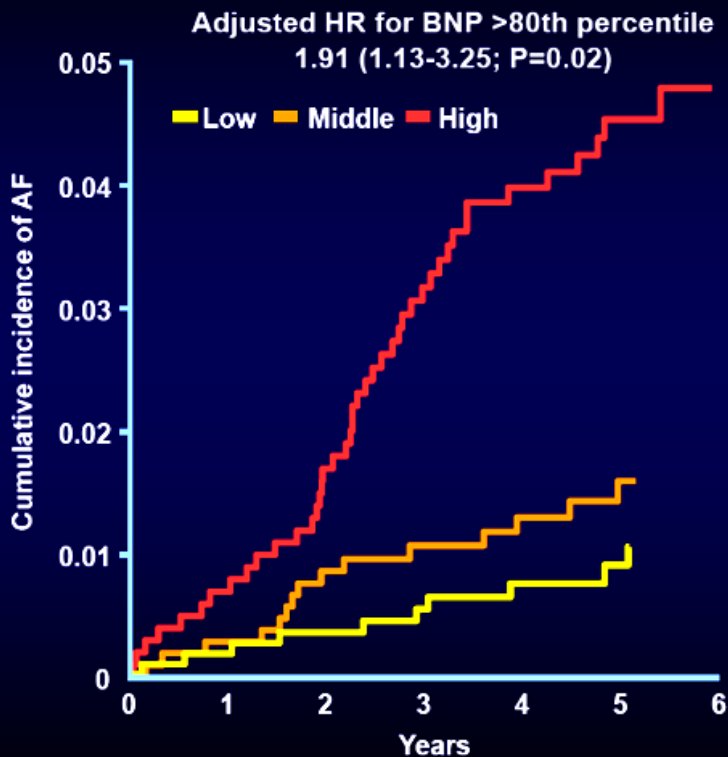
Pulse Pressure and AF Framingham Heart Study



Mitchell, G. F. et al. JAMA 2007;297:709-715

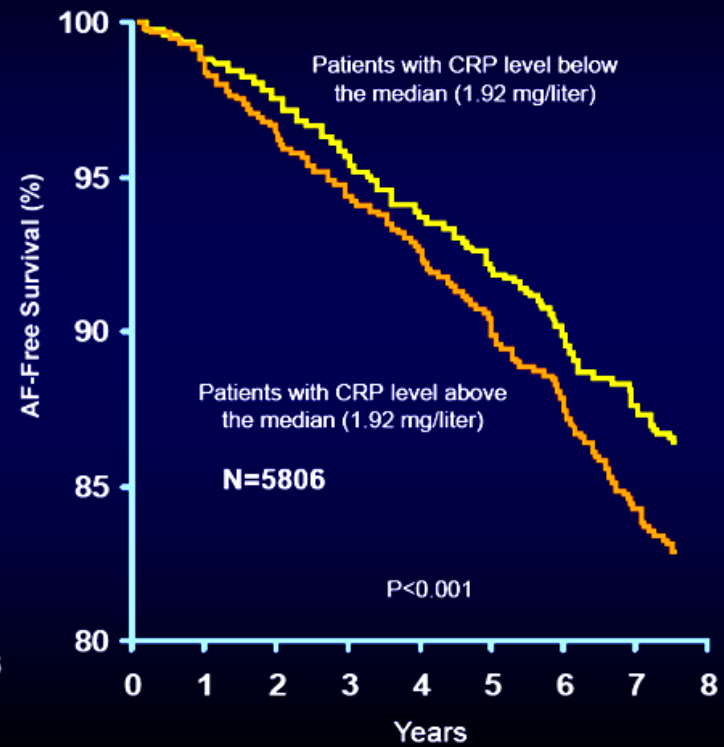
Incidence of AF

BNP and AF Framingham Heart Study



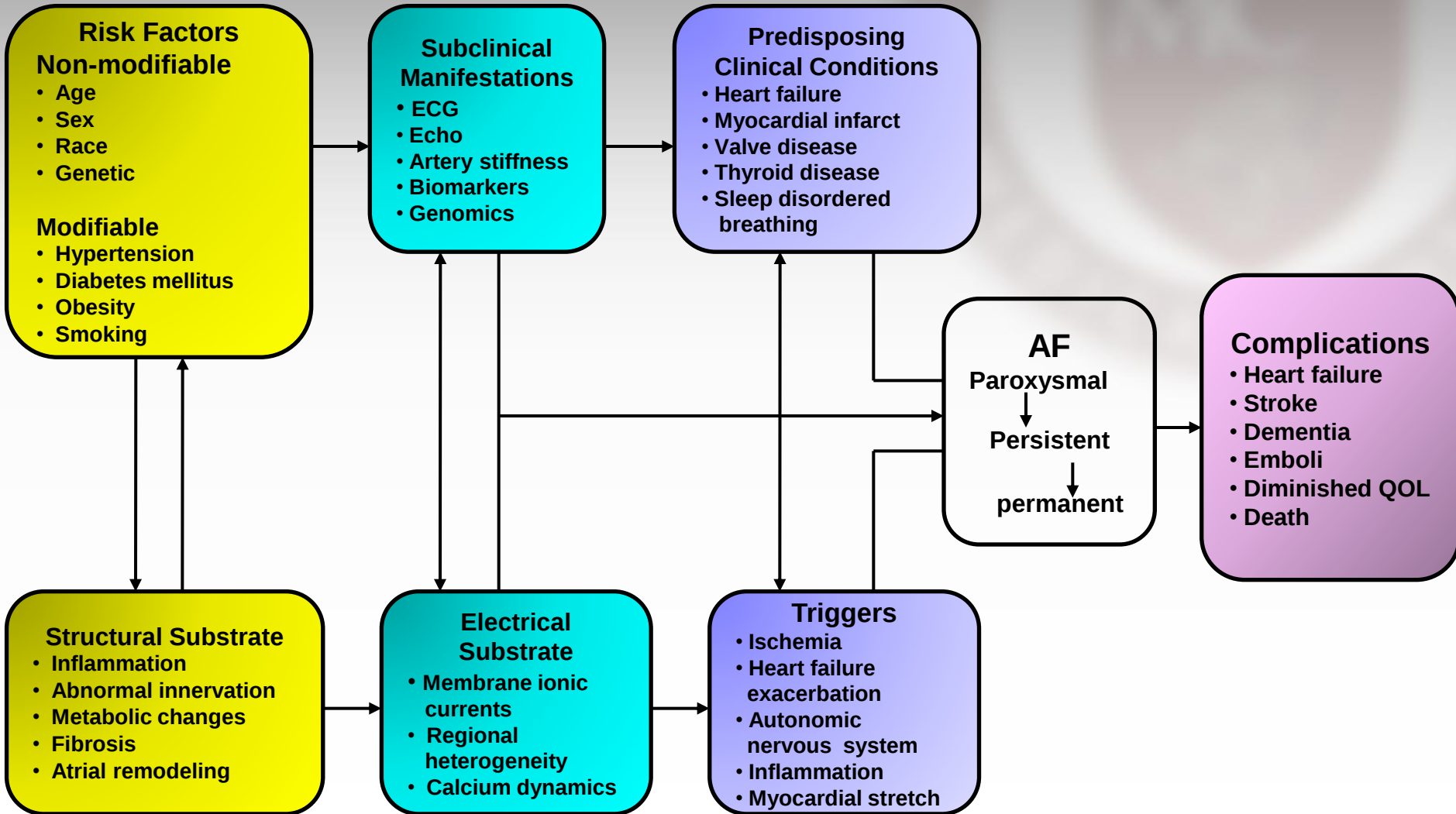
Wang et al NEJM 2004;350:655

CRP and Incident AF Cardiovascular Health Study



Aviles et al. Circulation 2003; 108: 3006-3010

AF Outcomes



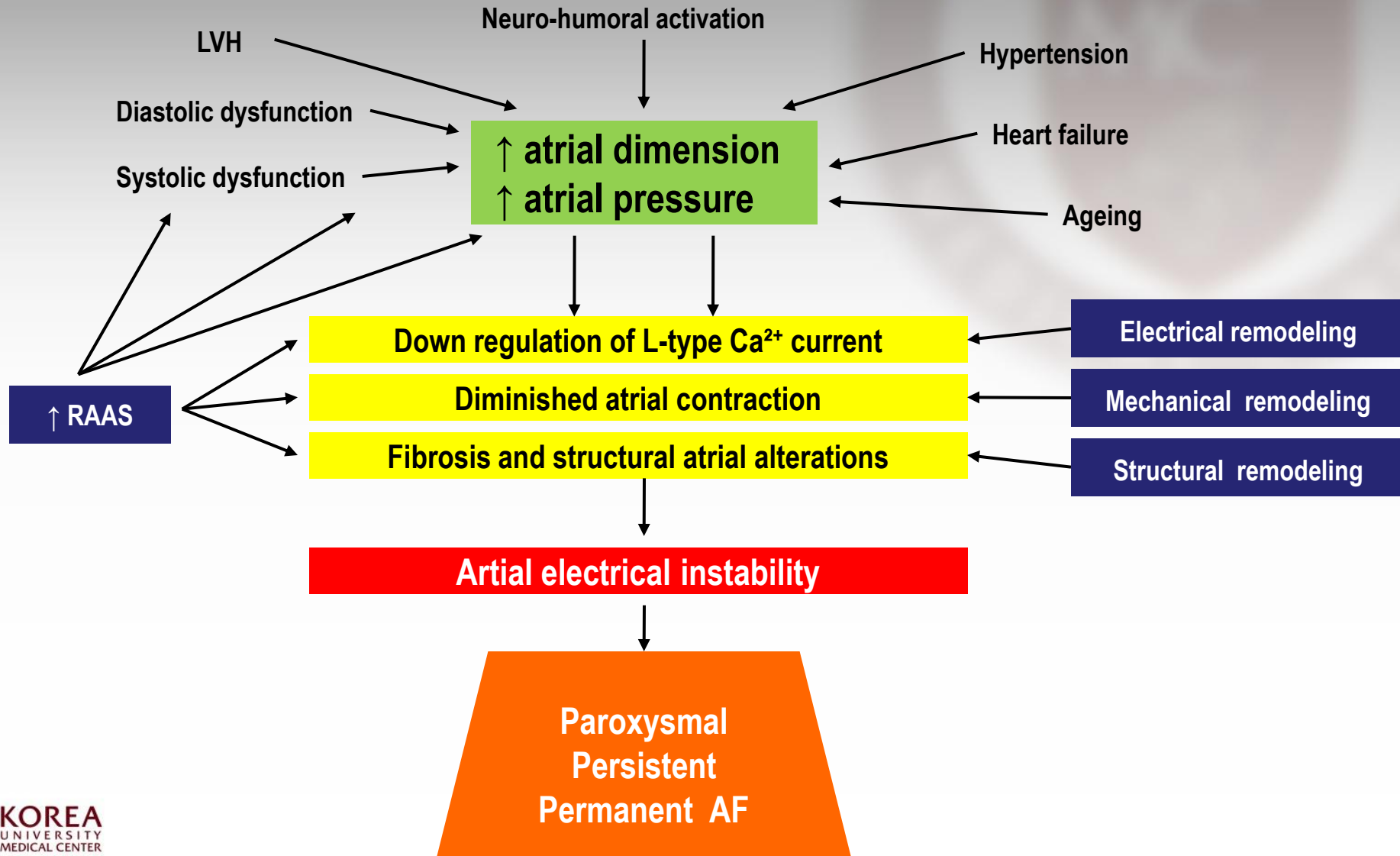
Estimated Risk of AF

AF Risk Prediction		Enter Values Here
Risk Factor	Units	
Sex	male or female	f
Age	years	60
Body Mass Index	kg/m ²	29
Systolic Blood Pressure	mmHg	140
PR Interval	milliseconds	200
Treatment for Hypertension	yes (Y) or no (N)	Y
Significant Murmur	yes (Y) or no (N)	N
Prevalent Heart Failure	yes (Y) or no (N)	Y
Your 10-Year Risk		28.10%

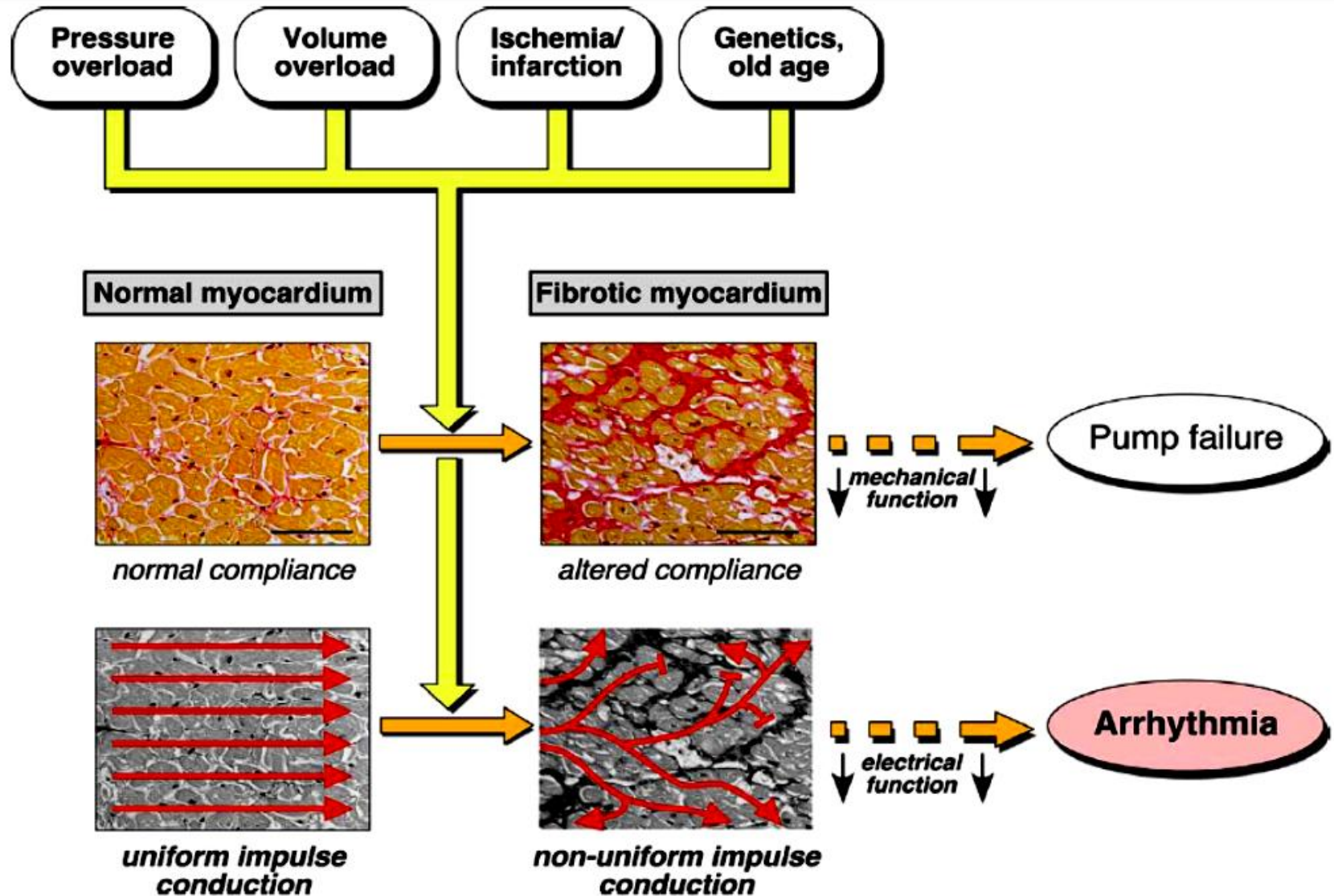
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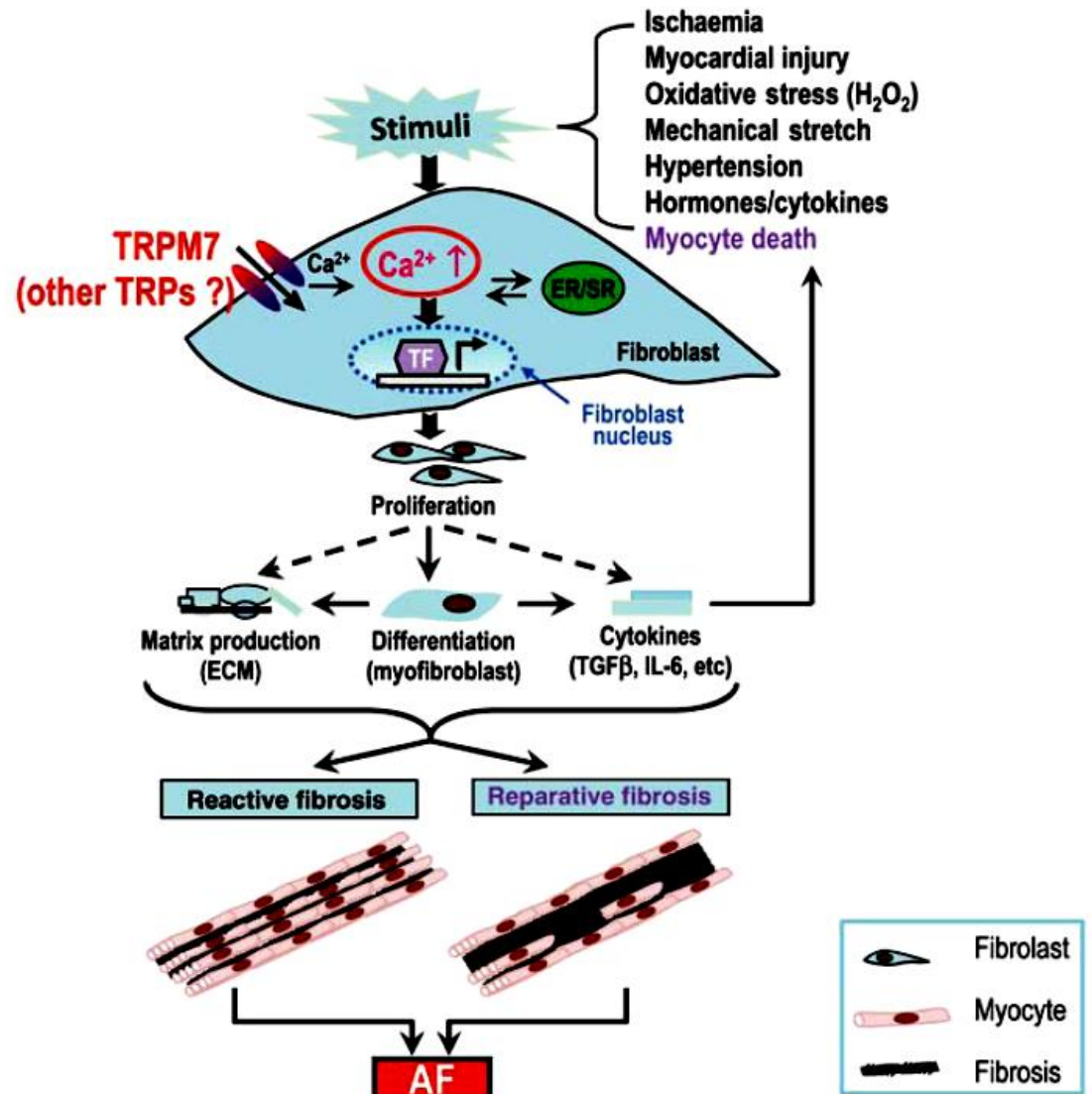
Pathophysiology



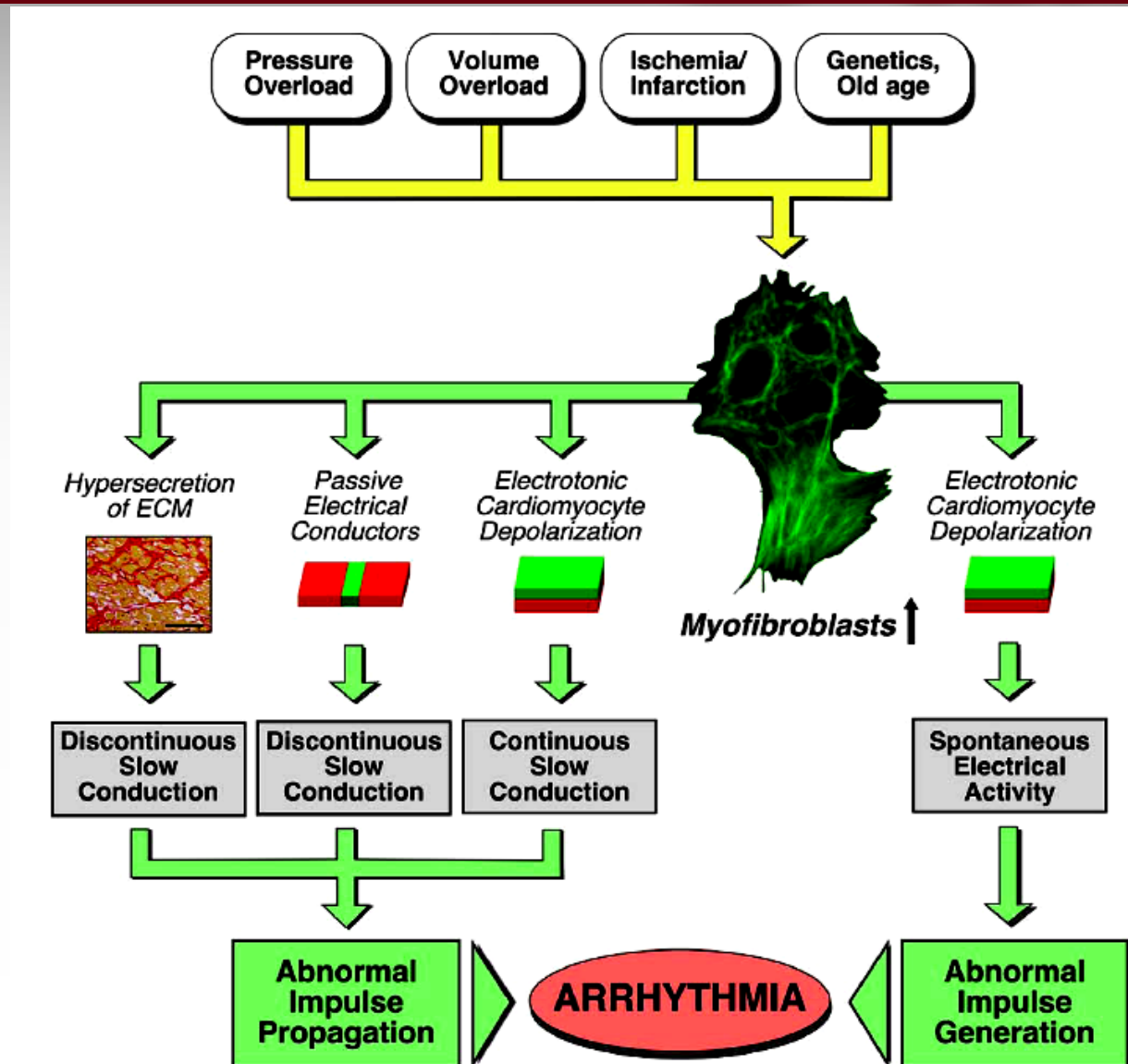
Pathophysiology



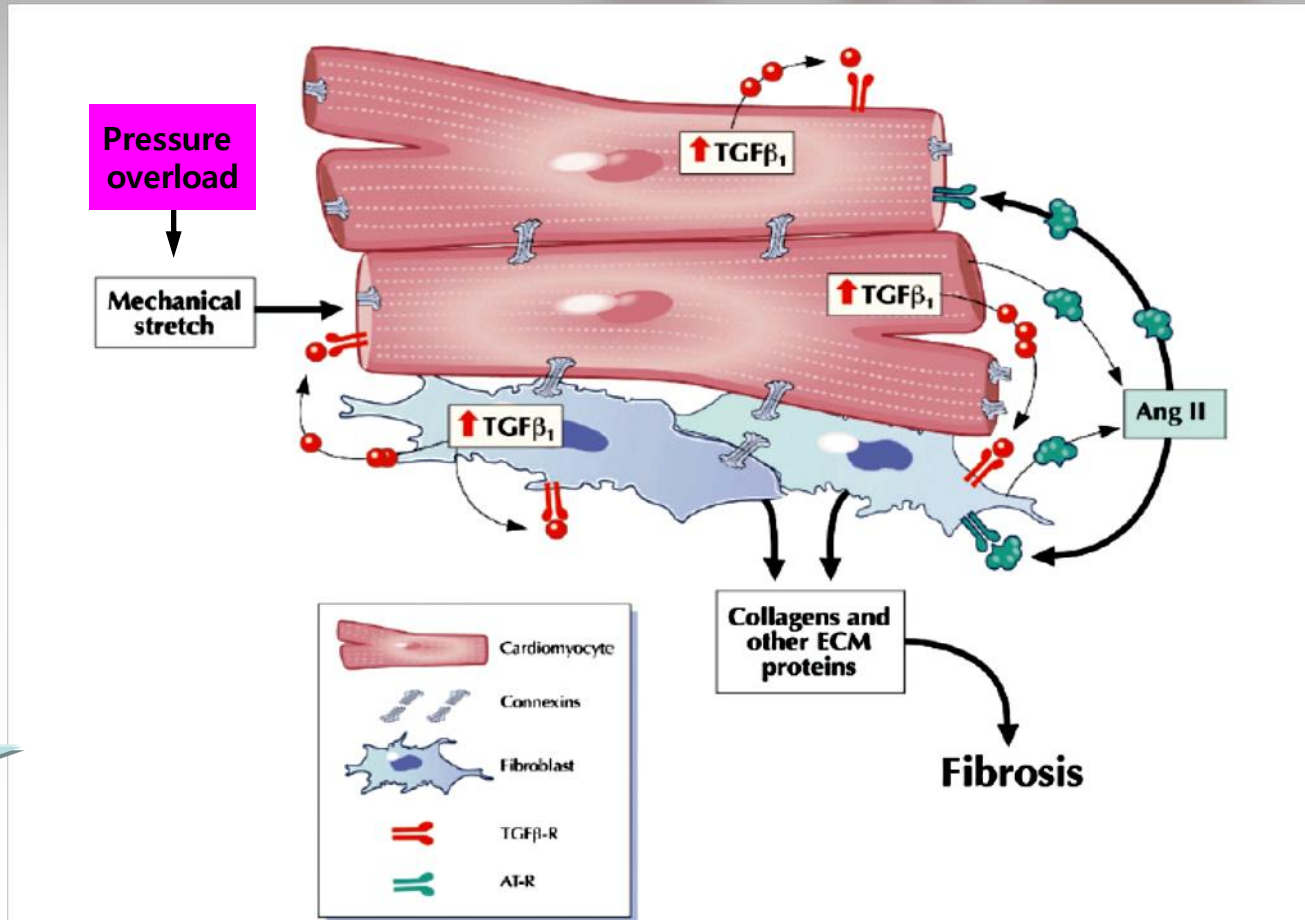
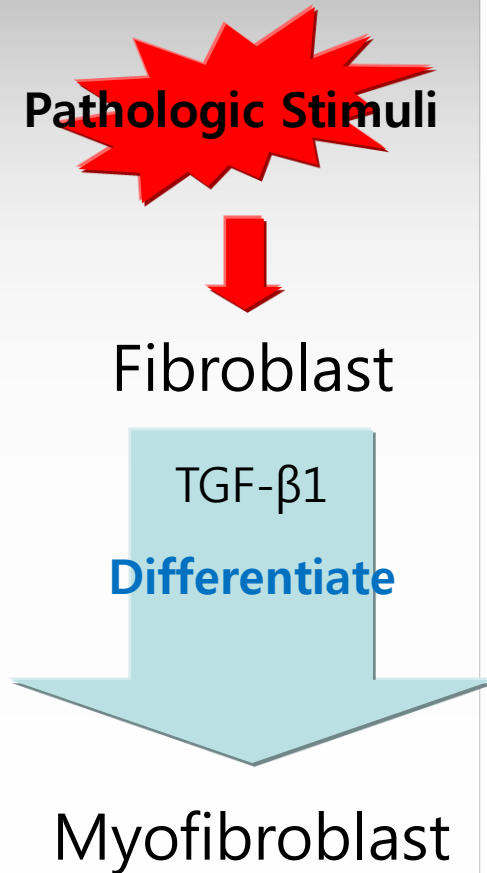
Myofibroblast



Myofibroblast



Mechanical Stretch



Diastolic Dysfunction

Table 2 Hazard ratio for incident atrial fibrillation according to echocardiographic parameters^a

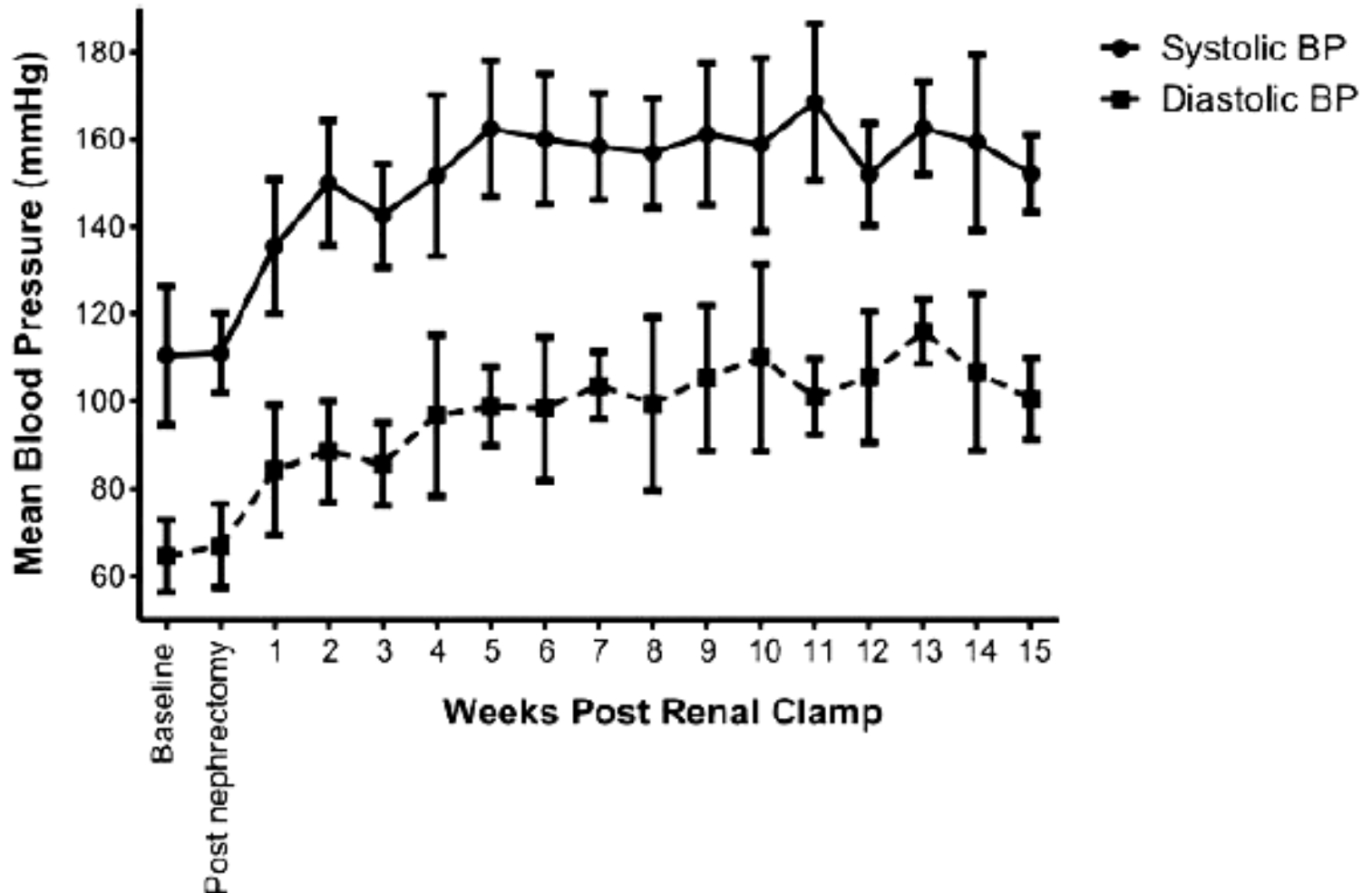
Parameter	Quantile/group	Adjusted HR	95% CI	P heterogeneity
Peak E velocity	1 (0.16–0.56 m/s)	1.0	–	<0.001
	2 (0.57–0.65 m/s)	0.983	0.807–1.197	
	3 (0.66–0.73 m/s)	1.095	0.900–1.334	
	4 (0.74–0.83 m/s)	1.172	0.961–1.429	
	5 (0.84–1.85 m/s)	1.549	1.275–1.883	
A wave VTI	1 (1–6 cm)	1.0	–	0.005
	2 (7–7 cm)	0.881	0.716–1.085	
	3 (8–9 cm)	0.742	0.622–0.886	
	4 (10–10 cm)	0.803	0.645–1.001	
	5 (11–80 cm)	0.946	0.772–1.160	
Left atrial diameter	1 (1.5–3.3 cm)	1.0	–	<0.001
	2 (3.3–3.7 cm)	1.002	0.818–1.228	
	3 (3.7–4.0 cm)	0.954	0.774–1.177	
	4 (4.0–4.4 cm)	1.176	0.961–1.440	
	5 (4.4–6.5 cm)	1.696	1.386–2.075	
LV systolic function	Normal	1.0	–	0.33
	Mildly depressed	1.227	0.937–1.605	
	Severely depressed	1.077	0.694–1.670	
LV chamber size	Normal	1.0	–	0.55
	Mildly dilated	1.072	0.839–1.368	
	Severely dilated	1.212	0.844–1.741	

Diastolic Dysfunction

Baseline characteristics and co-morbidities according to left ventricular ejection fraction (LVEF)			
Variable	HF-PEF Group (EF $\geq$ 45%; n = 1,291)	HF-REF Group (EF <45%; n = 699)	p Value
Age (years)	65 $\pm$ 12	62 $\pm$ 13	<0.001
Women	648 (50%)	193 (28%)	<0.001
Smoking (current and former)	388 (30%)	322 (46%)	<0.001
Obesity	499 (39%)	184 (27%)	<0.001
Diabetes mellitus	498 (39%)	267 (38%)	0.87
Hypercholesterolemia	622 (48%)	308 (44%)	0.08
Hypertension	1,008 (78%)	370 (53%)	<0.001
Coronary artery disease	587 (46%)	428 (62%)	<0.001
Myocardial infarction	272 (21%)	310 (44%)	<0.001
Valvular heart disease	412 (32%)	181 (26%)	0.005
Atrial fibrillation	372 (29%)	170 (24%)	0.03
Stroke or transient ischemic attack	81 (6%)	53 (8%)	0.27
Peripheral artery disease	101 (8%)	52 (8%)	0.77
Chronic obstructive pulmonary disease	183 (14%)	88 (13%)	0.33
Heart failure duration*			<0.001
<1 year	358 (37%)	177 (30%)	
1-5 years	445 (47%)	305 (51%)	
>5 years	152 (16%)	116 (19%)	
New York Heart Association class III/IV	383 (30%)	275 (39%)	<0.001
Echocardiographic data			
Left ventricular ejection fraction (%)	57 $\pm$ 10	32 $\pm$ 8	<0.001
Left ventricular end-diastolic diameter (mm)	50 $\pm$ 10	62 $\pm$ 9	<0.001
Left ventricular end-systolic diameter (mm)	38 $\pm$ 11	52 $\pm$ 9	<0.001
Posterior wall thickness (mm)	12 $\pm$ 3	10 $\pm$ 2	<0.001
Interventricular septum thickness (mm)	12 $\pm$ 3	10 $\pm$ 3	<0.001
Relative wall thickness >0.44 [†]	557 (53%)	62 (11%)	<0.001
Left ventricular hypertrophy [‡]	588 (58%)	357 (69%)	<0.001
Left atrium diameter (mm)	43 $\pm$ 8	45 $\pm$ 8	<0.001
Doppler data (E/A ratio) [§]	1.0 $\pm$ 0.6	1.5 $\pm$ 0.9	<0.001

Magana-Serrano JA, et al. Am J Cardiol. 2011;108(9):1289-96

One Kidney-One Clip Model



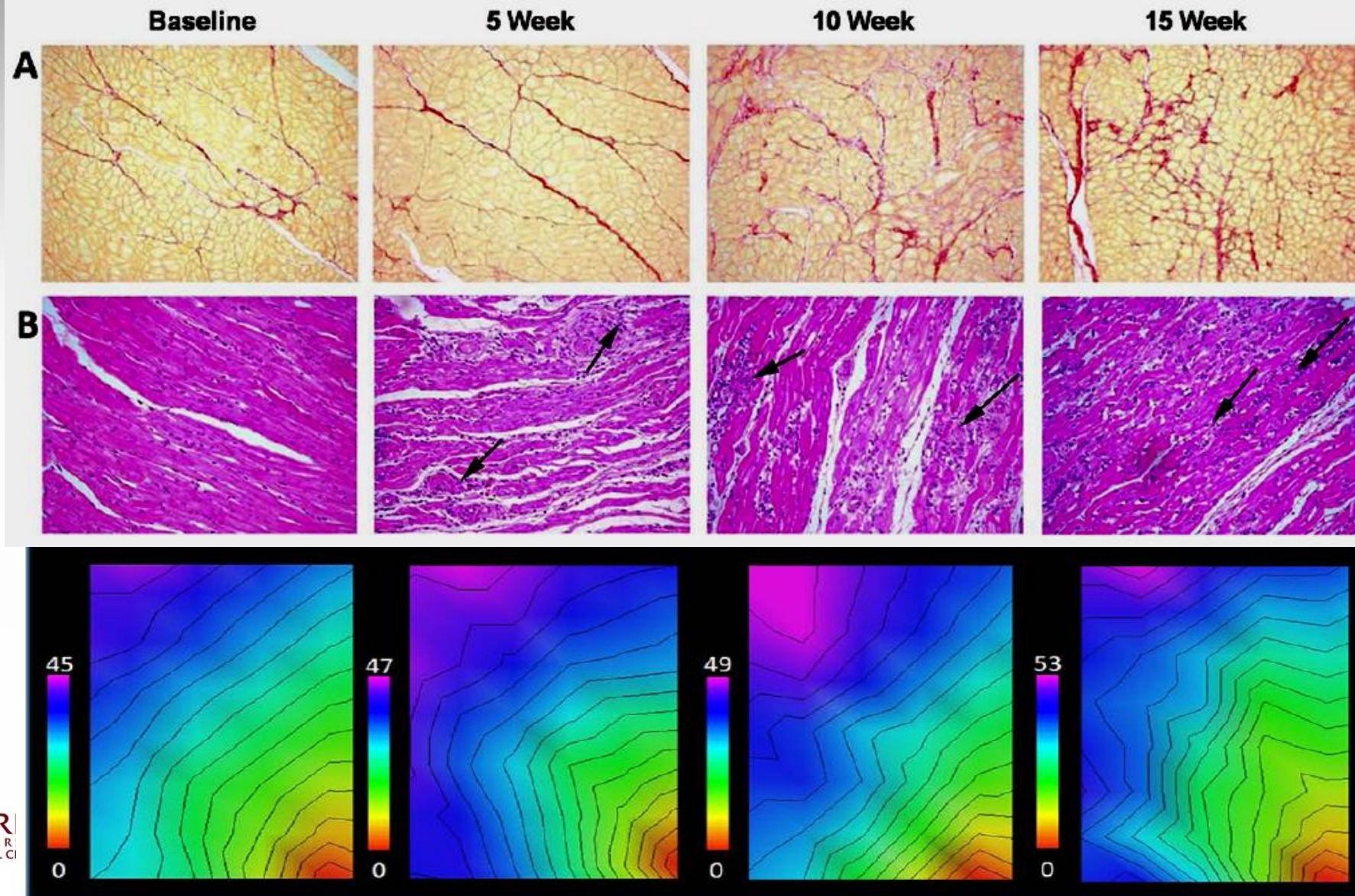
One Kidney-One Clip Model

Table 1 Anatomic and functional characteristics

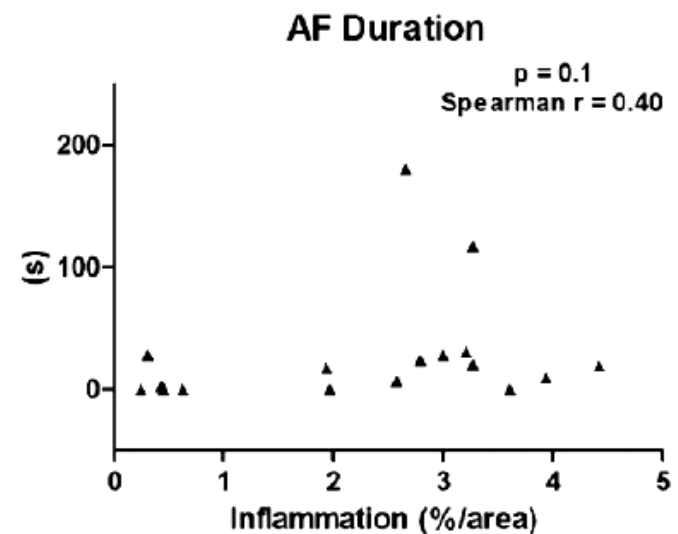
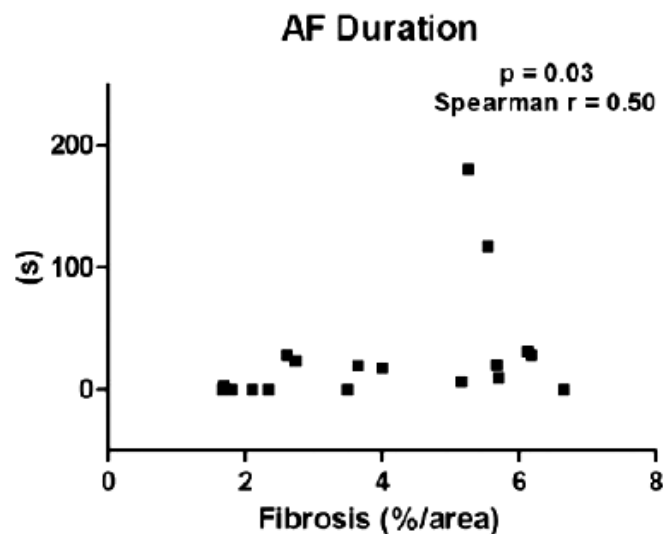
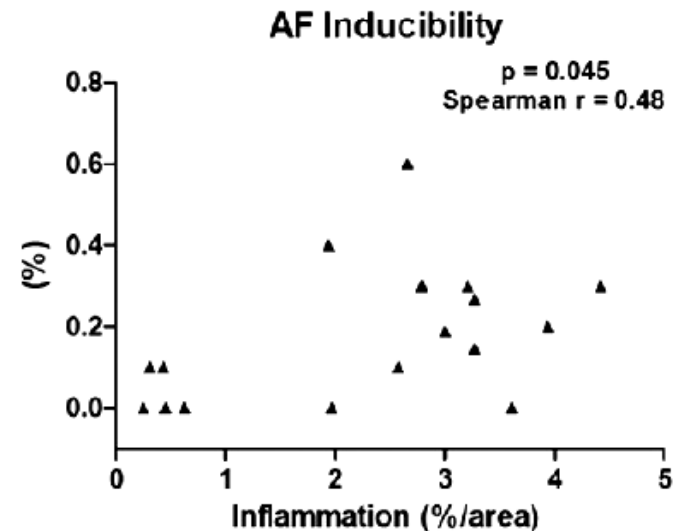
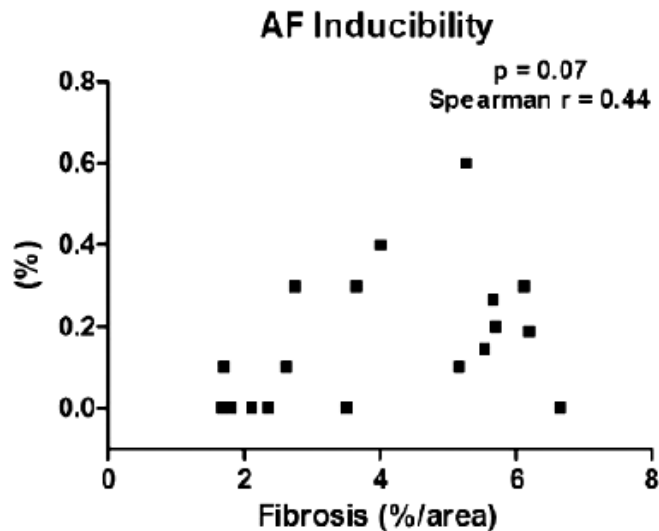
	Baseline (n = 5)	5 Weeks (n = 5)	10 Weeks (n = 5)	15 Weeks (n = 5)	P value
Pathology					
LA weight (g)	21.4 ± 4.3	27.2 ± 7.6	34.9 ± 3.8	29.9 ± 5.2	.003
RA weight (g)	15.7 ± 3.4	18.7 ± 5.1	20.6 ± 4.2	19.5 ± 2.5	.003
IVS weight (g)	42.4 ± 1.2	46.8 ± 3.6	51.0 ± 7.5	56.5 ± 5.4	.03
LV weight (g)	98.1 ± 7.9	101.4 ± 10.5	112.5 ± 20.7	118.2 ± 14.7	.02
IVS (mm)	12.1 ± 0.7	16.2 ± 0.8	15.8 ± 0.3	16.5 ± 1.4	.005
PW (mm)	9.2 ± 1.0	10.7 ± 0.8	12.5 ± 0.5	11.9 ± 1.3	.002
Cardiac Magnetic Resonance Imaging					
LA EDV (mL)	24.9 ± 3.3	35.6 ± 3.9	38.9 ± 11.6	38.9 ± 5.5	.02
LA EF (%)	33.4 ± 2.9	30.9 ± 4.2	29.3 ± 1.6	28.3 ± 0.8	<.05
LV EDV (mL)	84.6 ± 5.6	97.0 ± 16.7	99.5 ± 20.0	96.3 ± 6.8	NS
LV EF (%)	46.3 ± 3.8	43.7 ± 6.6	42.6 ± 4.2	42.9 ± 5.1	NS

EDV = end-diastolic volume; EF = ejection fraction; IVS = interventricular septum; LA = left atrial; LV = left ventricular; PW = posterior left ventricular wall; RA = right atrial.

One Kidney-One Clip Model



One Kidney-One Clip Model

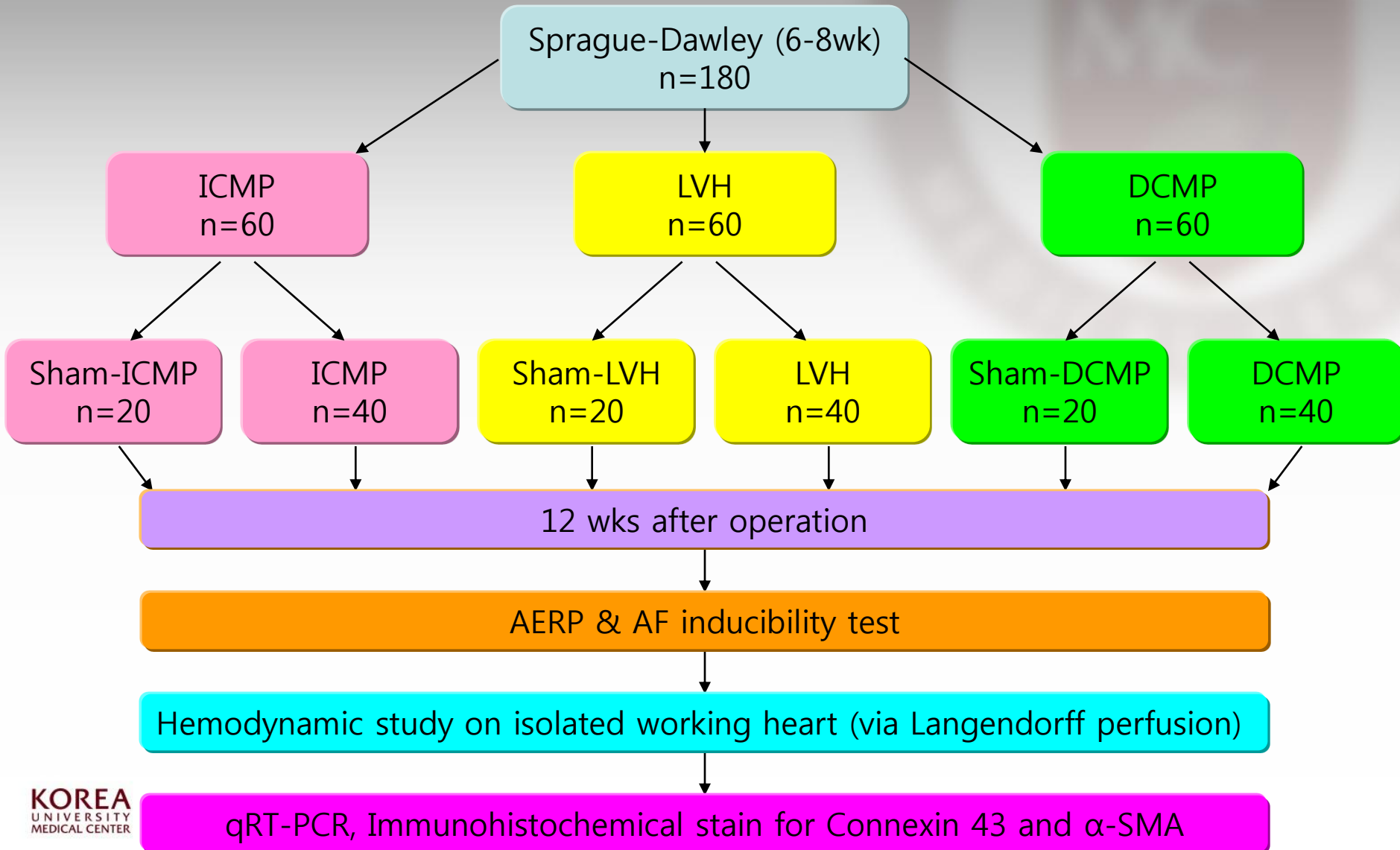


Atrial Remodeling and the Substrate for Atrial Fibrillation in Different Experimental Rat Hearts

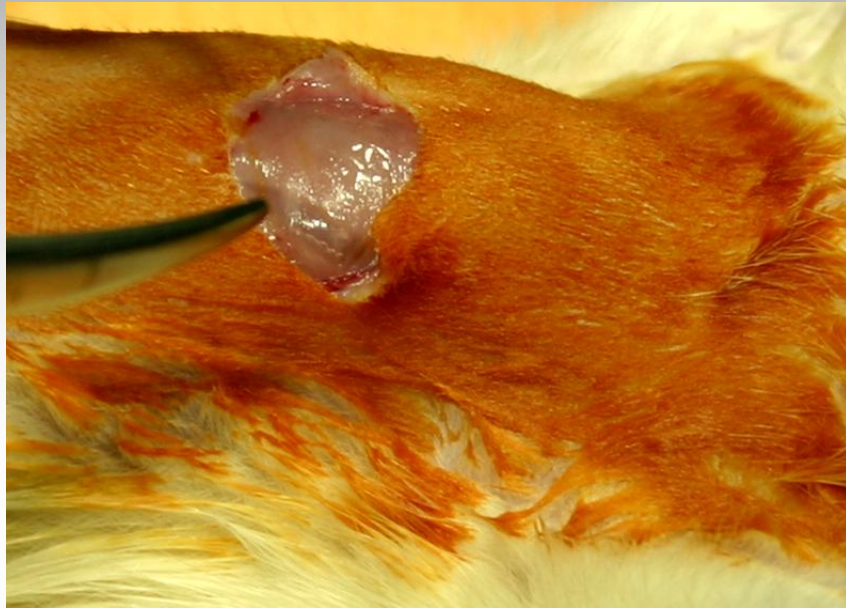
Korea University Cardiovascular Center

Hong Euy Lim / Seung Yong Shin / Young-Hoon Kim, M.D., Ph.D.

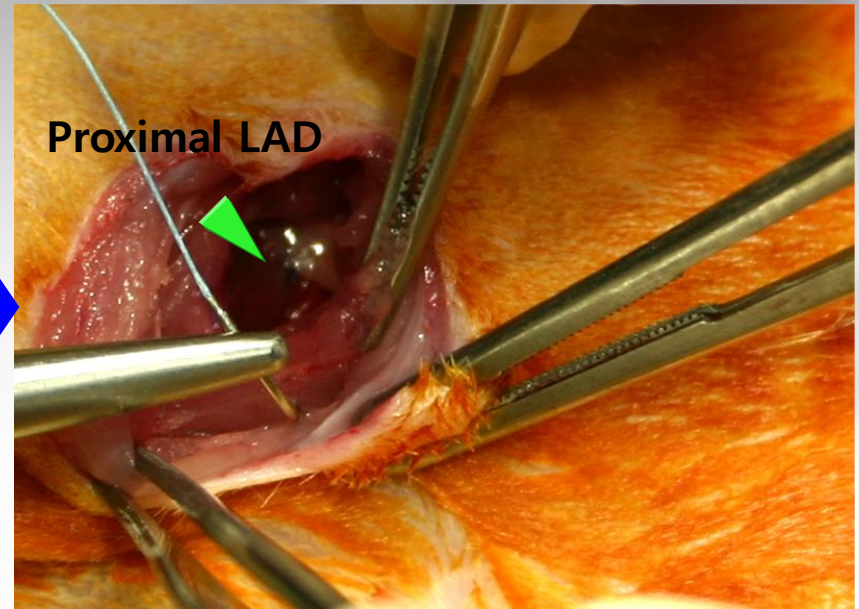
Method



Ischemic Cardiomyopathy (ICMP)

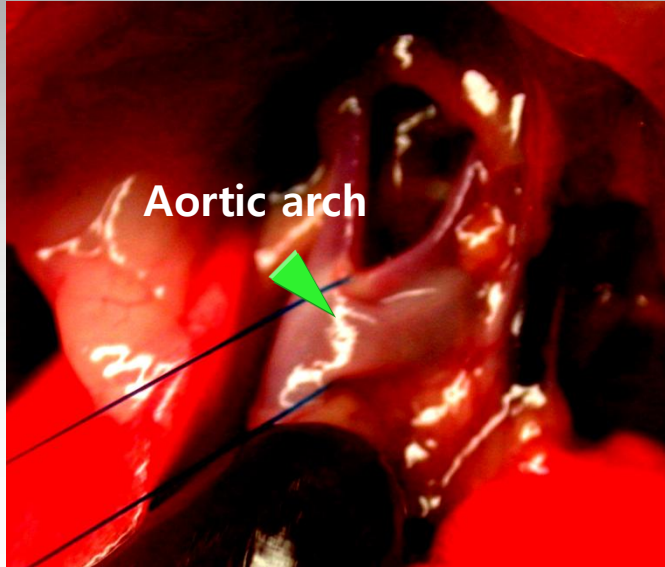


Left anterior thoracotomy

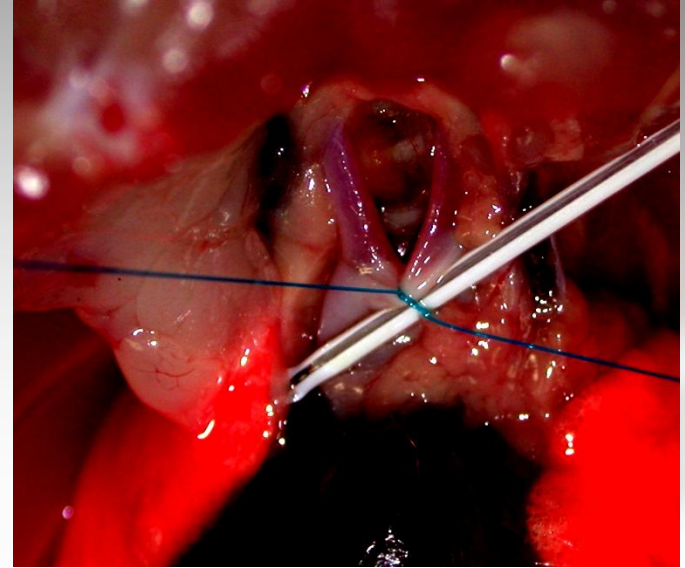


Proximal LAD was ligated

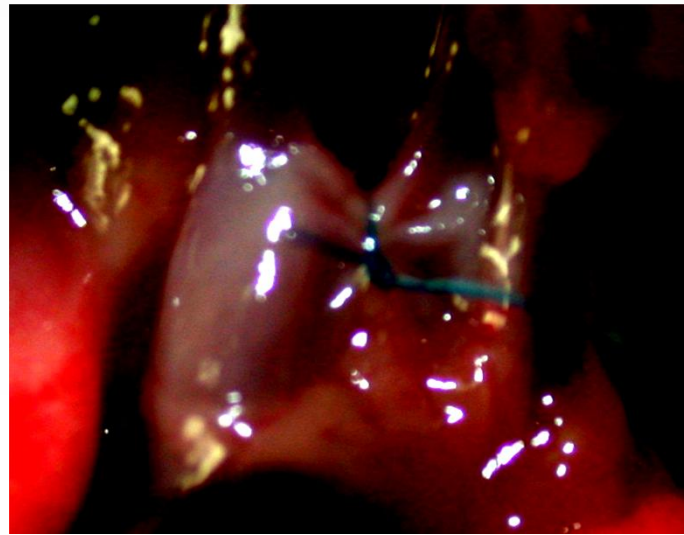
Left Ventricular Hypertrophy (LVH)



Midline cervical incision

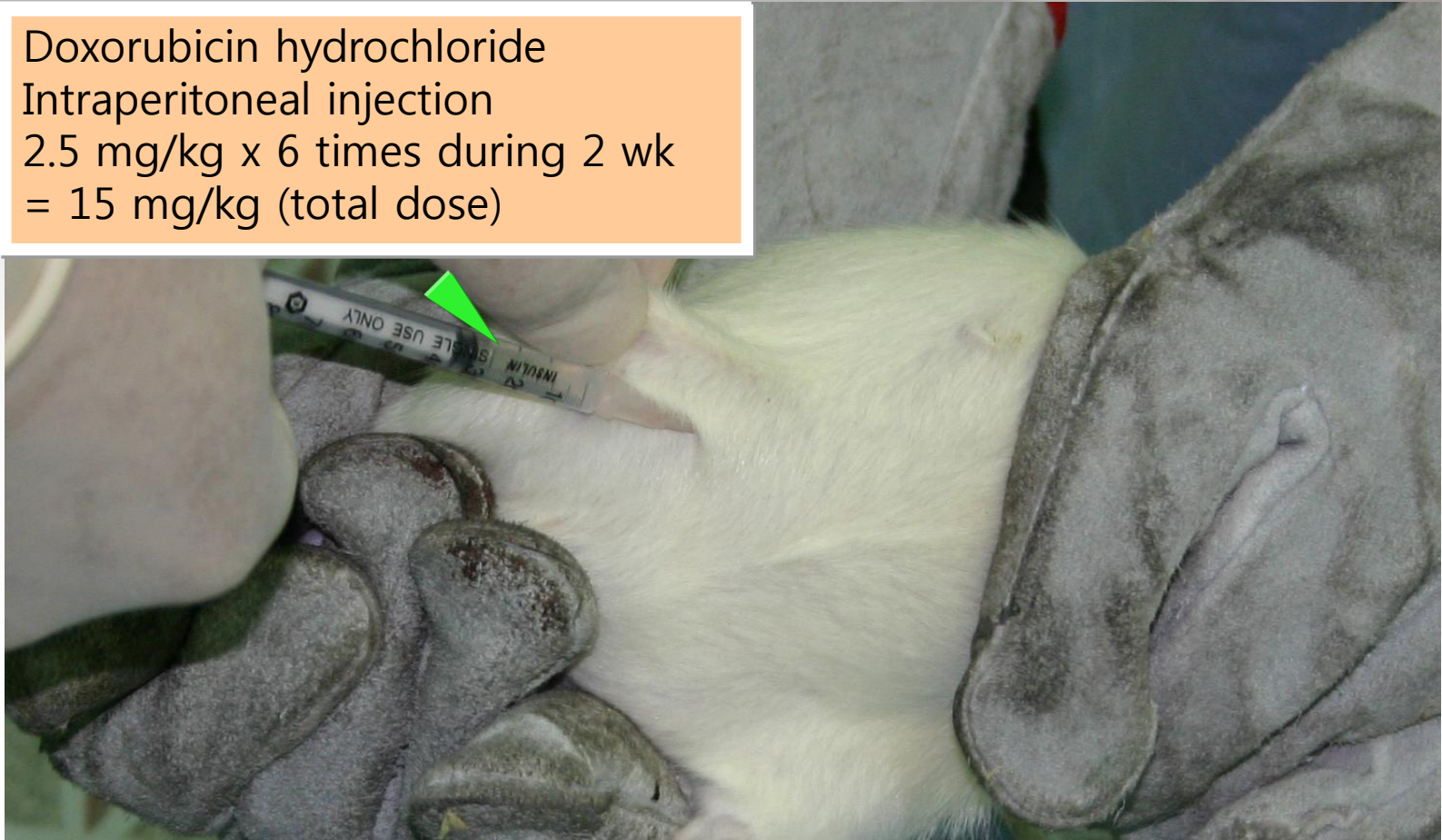


Constriction of aortic arch, (0.8 mm)

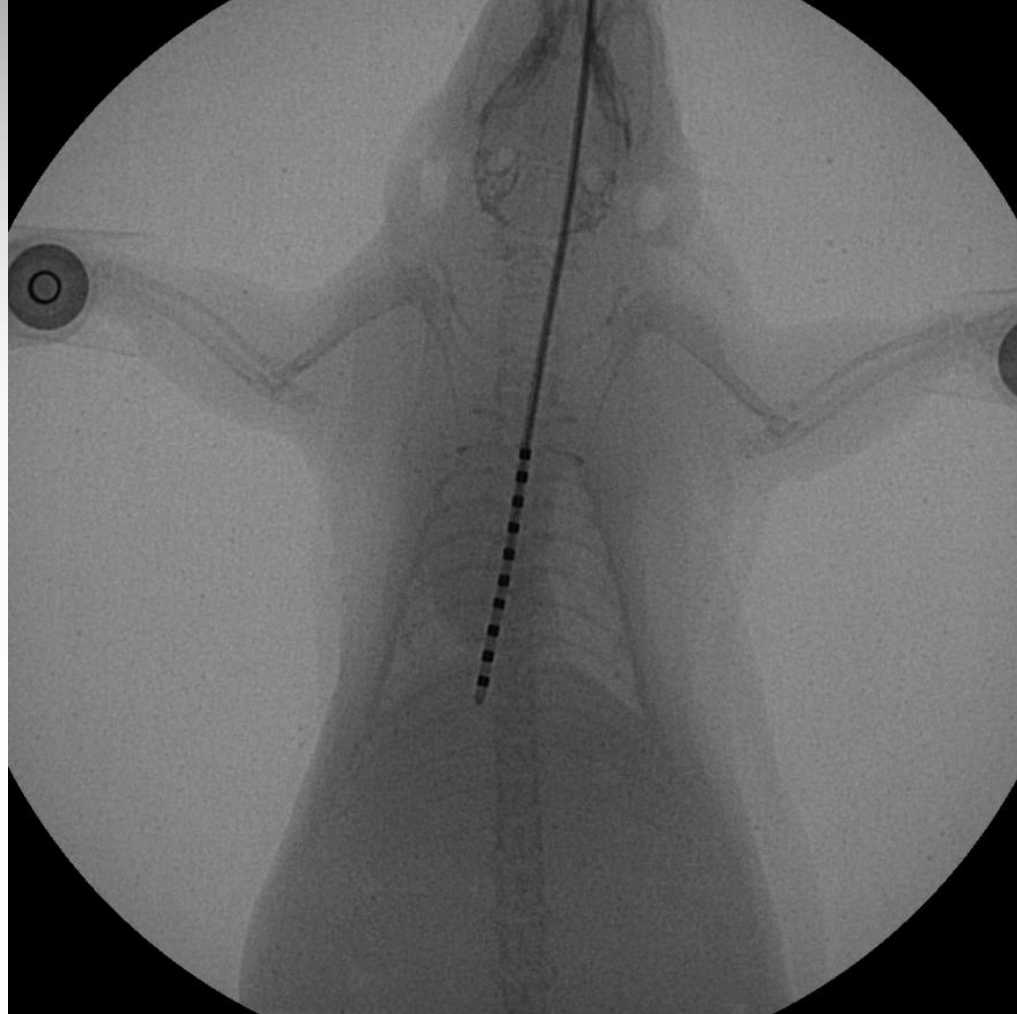


Dilated Cardiomyopathy (DCMP)

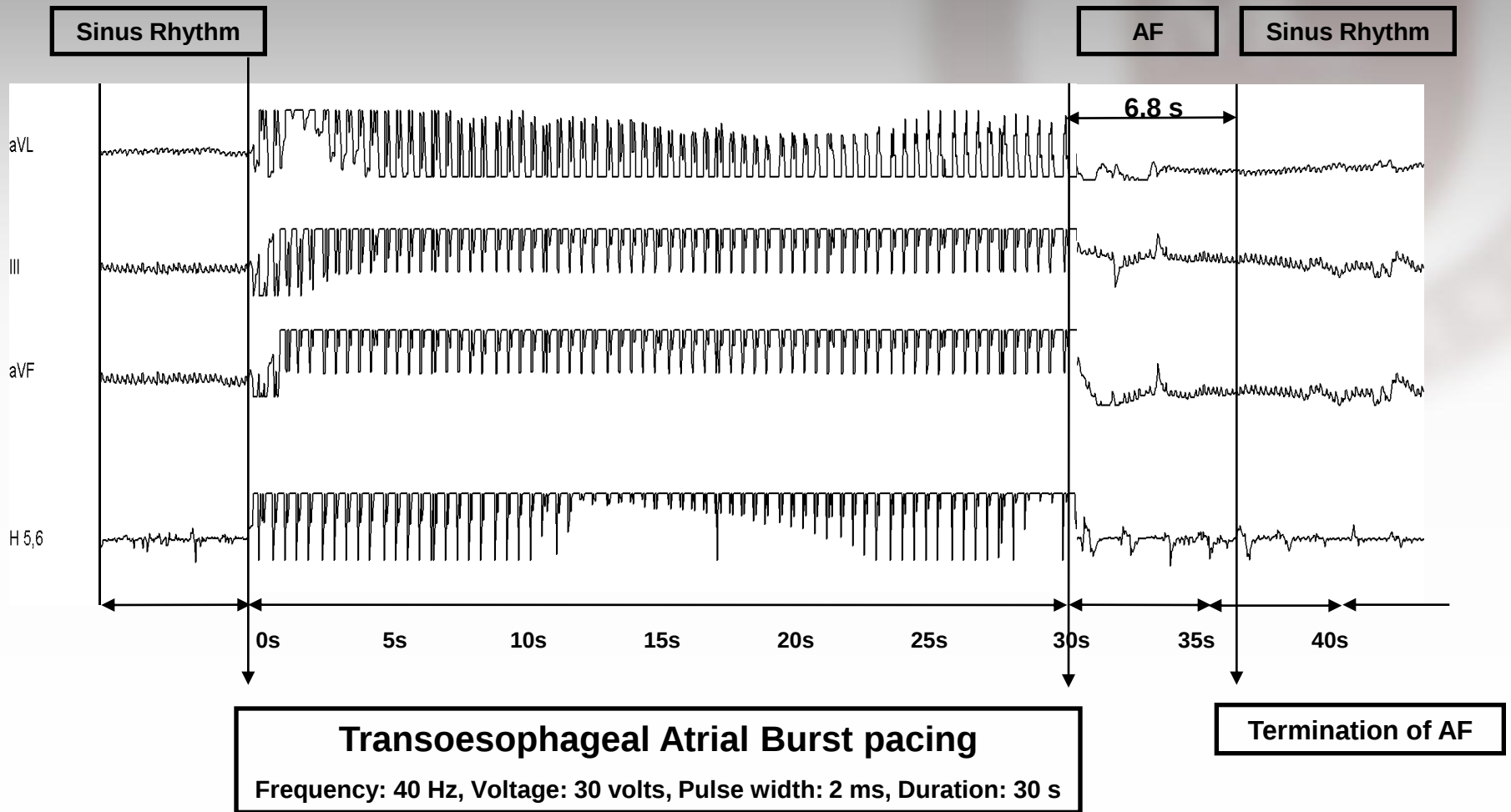
Doxorubicin hydrochloride
Intraperitoneal injection
2.5 mg/kg x 6 times during 2 wk
= 15 mg/kg (total dose)



Transesophageal Pacing



Inducibility of AF



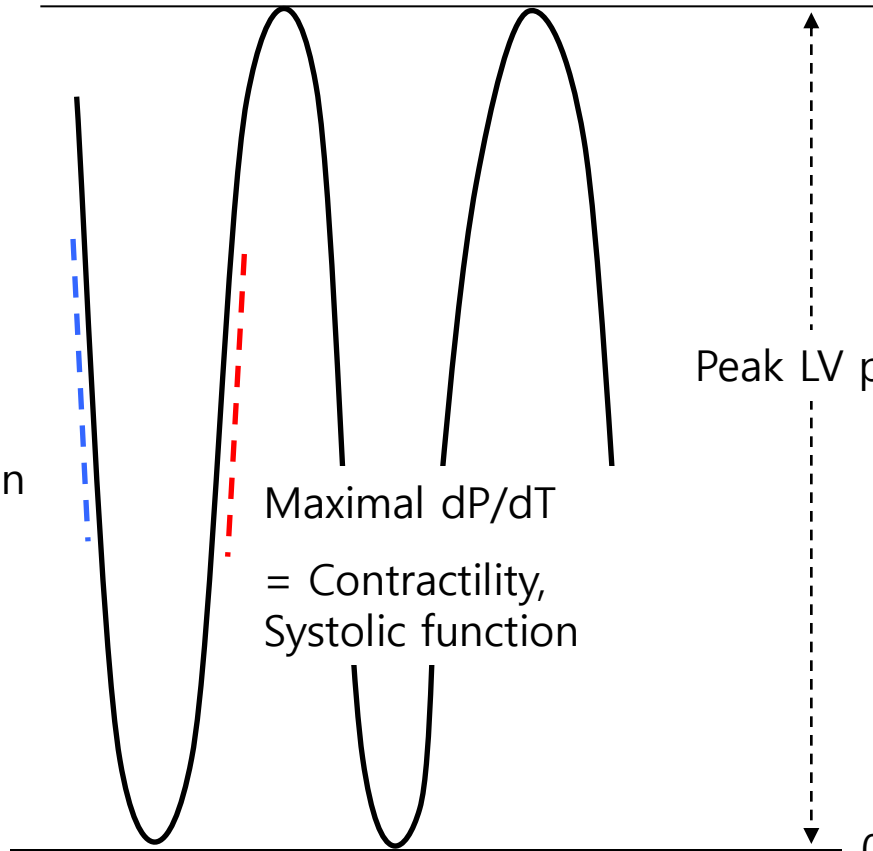
Hemodynamic Parameters

Minimal dP/dT
= Compliance,
Diastolic function

Maximal dP/dT
= Contractility,
Systolic function

Peak LV pressure

0 mmHg (open circuit)



Quantitative RT-PCR

- Machine: LC 480 (Roche® Diagnostics, Germany)
- Material: Atrial tissue homogenates
- Target gene: Cx43, α -SMA (β -Actin for housekeeping gene)

Target	Primer	Length	Position	Sequence
Cx43	Left	23	95-117	agcctgaactctcatttttcctt
	Right	18	183-200	ccatgtctgggcacctct
α -SMA	Left	21	453-473	tgccatgtatgtggctattca
	Right	21	493-513	accagttgtacgtccagaagc
β -Actin	Left	18	398-415	aggcccctctgaacccta
	Right	20	448-467	ggggtgttgaagggtctcaaa

Histology

- Tissue fixation: 4% neutral buffered formalin for 1 hr
- Tissue storage: 70% alcohol
- Paraffin block: cut at 4 μ m thickness
- Masson's trichrome stain for fibrosis
- Antibodies (Ab) for immunohistochemical (IHC) stain
 - α -SMA: Ready-to-Use, clone 1A4, Dako
 - Cx43: 1:1000, polyclone, Abfrontier
 - 2ndary Ab: REALTMEnVisionTM/HRP, Dako
- Analysis: Image J software (Ver. 1.44p, NIH, USA)

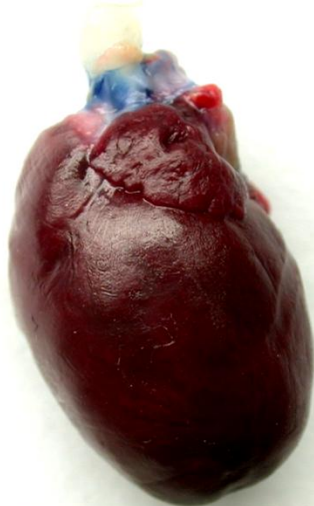
Experimental Models



Sham group



ICMP group



LVH group

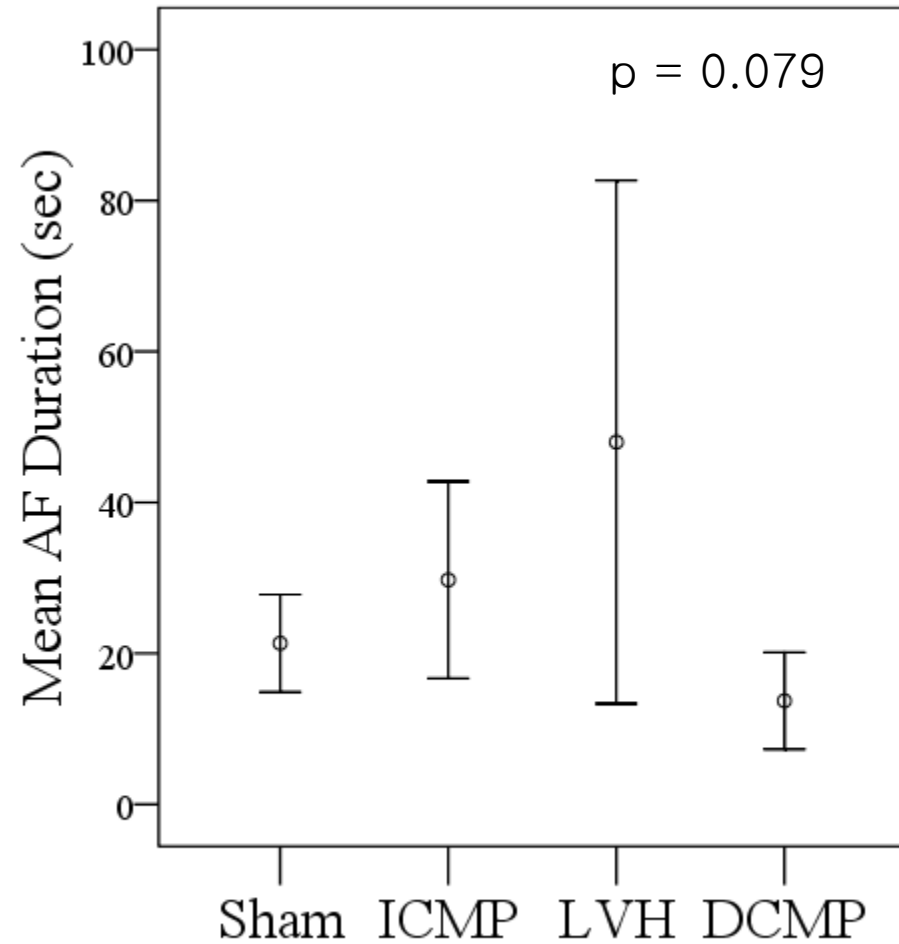
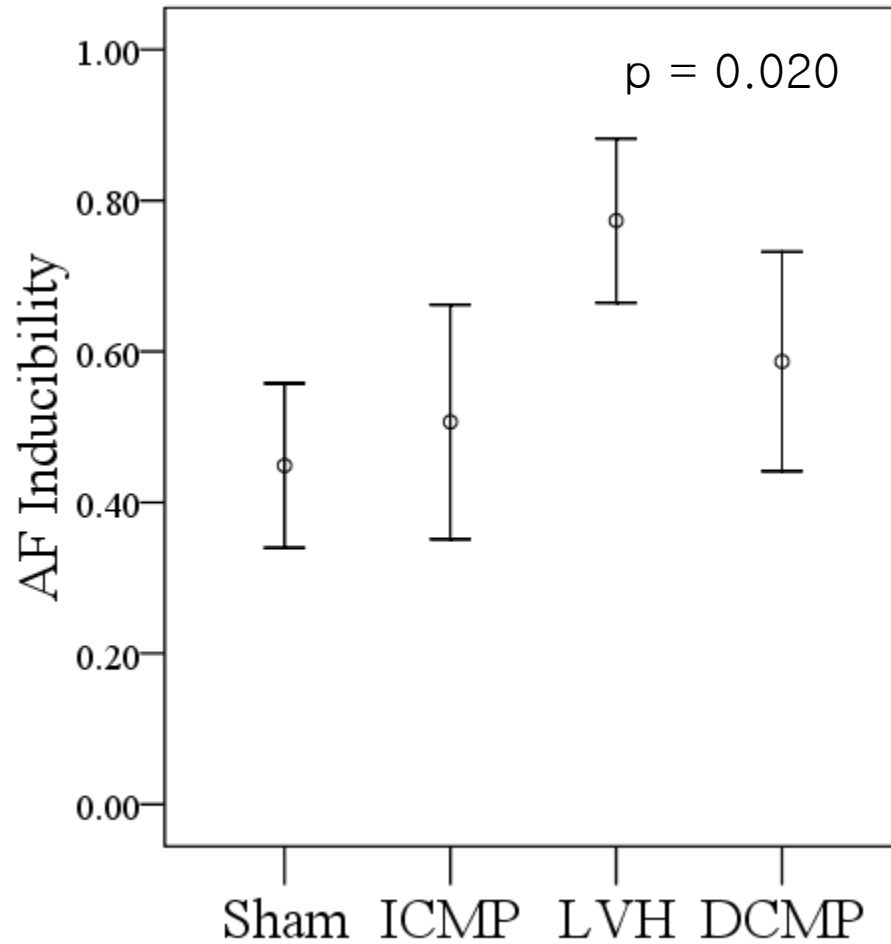


DCMP group

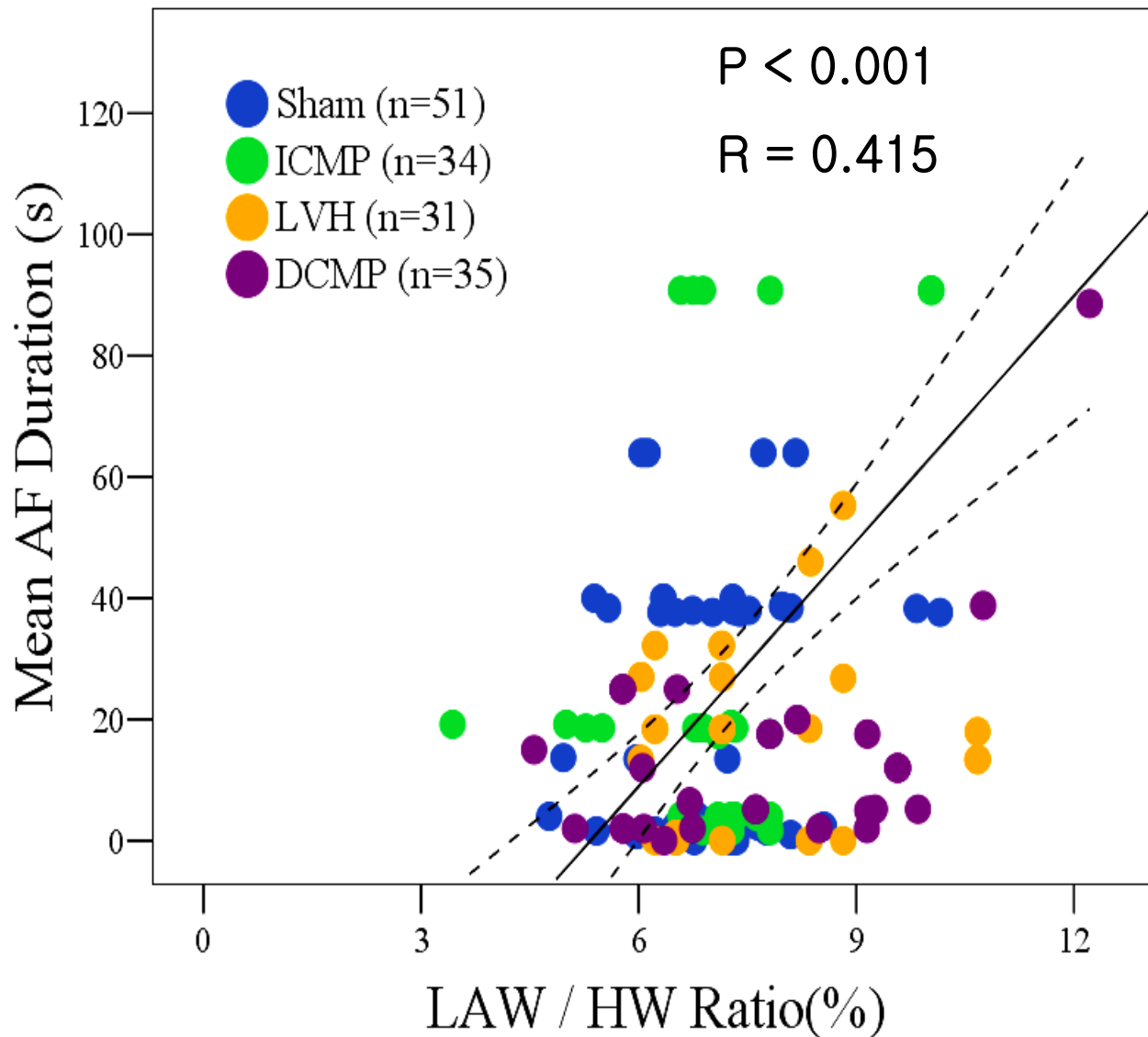
Results

Variables	ICMP group		LVH group		DCMP group	
	Sham-ICMP	ICMP	Sham-LVH	LVH	Sham-DCMP	DCMP
	(n = 17)	(n = 34)	(n = 16)	(n = 31)	(n = 18)	(n = 35)
Heart rate (bpm)	225.3 ± 18.4 [†]	211.0 ± 10.7 [†]	227.1 ± 21.8 [†]	220.8 ± 11.2 [†]	230.2 ± 20.1 [†]	207.1 ± 8.8 [†]
SBP (mmHg)	139.9 ± 5.2	140.4 ± 5.3	141.6 ± 5.7	140.5 ± 5.4	141.2 ± 5.5	138.7 ± 4.9
DBP (mmHg)	105.3 ± 4.0	105.6 ± 4.1	106.3 ± 4.8	105.7 ± 4.3	106.1 ± 4.6	104.6 ± 4.1
Body weight (g)	436.9 ± 40.5	448.1 ± 43.9	441.7 ± 38.3	434.7 ± 31.8	442.1 ± 38.1	448.7 ± 81.4
Heart weight (g)	1.84 ± 0.16	1.82 ± 0.11	1.81 ± 0.18 [†]	1.92 ± 0.22 [†]	1.81 ± 0.15 [†]	1.52 ± 0.17 [†]
HW / BW ratio	0.42 ± 0.02	0.41 ± 0.03	0.41 ± 0.03 [†]	0.44 ± 0.04 [†]	0.41 ± 0.02 [†]	0.37 ± 0.06 [†]
IVS (mm)	2.01 ± 0.14	1.91 ± 0.21	2.02 ± 0.17 [†]	2.45 ± 0.20 [†]	2.00 ± 0.17 [†]	1.54 ± 0.20 [†]
PW (mm)	2.04 ± 0.14	1.94 ± 0.20	2.02 ± 0.23 [†]	2.65 ± 0.40 [†]	2.07 ± 0.21 [†]	1.60 ± 0.16 [†]
LVID (mm)	3.85 ± 0.25	3.95 ± 0.46	3.89 ± 0.23 [†]	3.45 ± 0.21 [†]	3.84 ± 0.25	4.12 ± 0.44
LV mass (mg)	966.0 ± 38.7 [†]	927.3 ± 72.9 [†]	967.3 ± 33.5 [†]	1096.0 ± 114.2 [†]	967.3 ± 37.8 [†]	866.3 ± 66.3 [†]
RA mass (mg)	131.7 ± 25.7	120.0 ± 29.2	128.9 ± 32.4	114.7 ± 18.1	131.9 ± 27.0 [†]	119.1 ± 18.9 [†]
LA mass (mg)	129.6 ± 28.8	130.0 ± 27.1	125.4 ± 13.1 [†]	151.3 ± 37.5 [†]	127.5 ± 22.4 [†]	115.3 ± 29.1 [†]
LAW/HW ratio (%)	7.00 ± 1.20	7.15 ± 1.35	7.00 ± 0.97 [†]	7.89 ± 1.77 [†]	7.04 ± 1.16	7.62 ± 1.89
Electrophysiologic study						
AF Inducibility (%)	45.3 ± 38.1	50.7 ± 41.6	44.0 ± 35.6 [†]	77.3 ± 29.1 [†]	45.3 ± 37.4	58.7 ± 38.9
AF Duration (sec)	20.8 ± 23.6	29.7 ± 34.9	21.5 ± 21.2	48.0 ± 92.8	21.7 ± 21.1	13.7 ± 17.2
Hemodynamic study						
dP/dt _{max} (mmHg/s)	2657.0 ± 203.1 [†]	2343.0 ± 267.2 [†]	2686.0 ± 225.4	2527.7 ± 164.1	2675.0 ± 200.3 [†]	1522.6 ± 157.3 [†]
dP/dt _{min} (mmHg/s)	-1443.0 ± 301.0	-1328.7 ± 256.1	-1503.3 ± 351.0 [†]	-1011.3 ± 162.5 [†]	-1500.0 ± 337.5 [†]	-1032.5 ± 92.2 [†]
Peak LVP (mmHg)	144.7 ± 6.7 [†]	136.3 ± 6.6 [†]	144.3 ± 5.6 [†]	148.2 ± 7.2 [†]	145.3 ± 6.1 [†]	131.0 ± 7.9 [†]

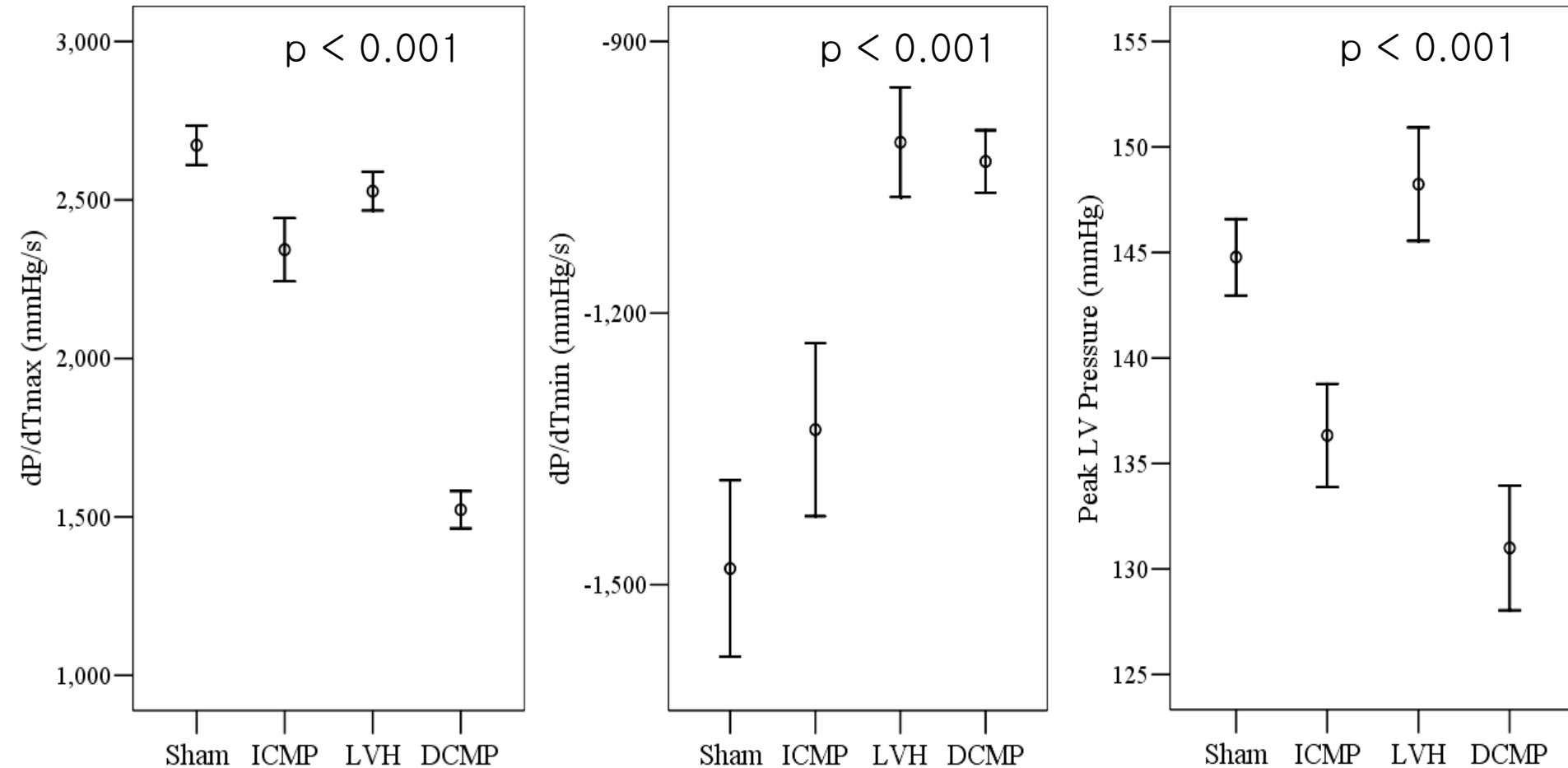
Results - Electrophysiologic Study



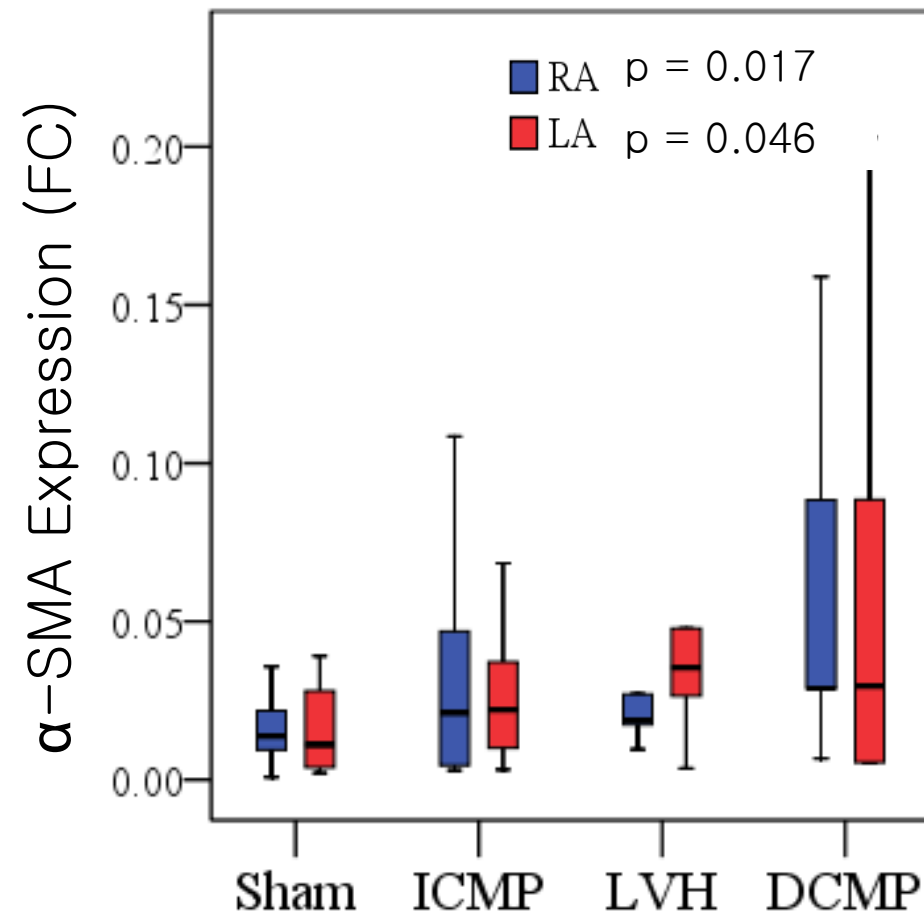
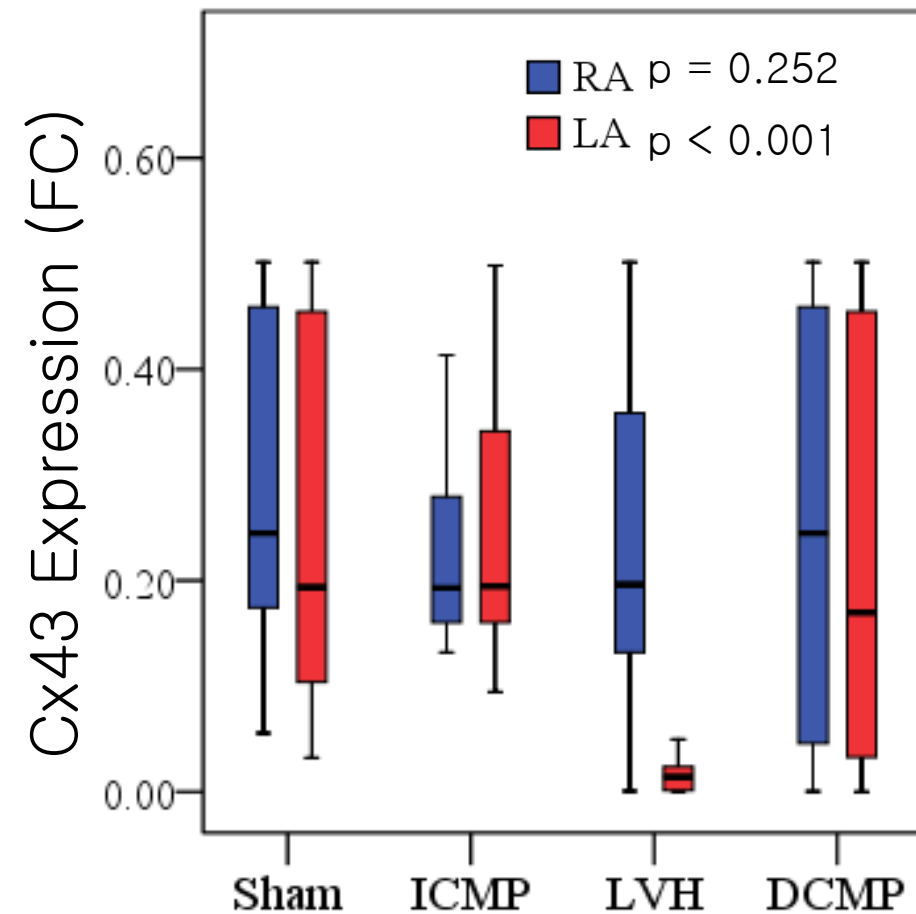
LAW/HW Ratio vs. Mean AF Duration



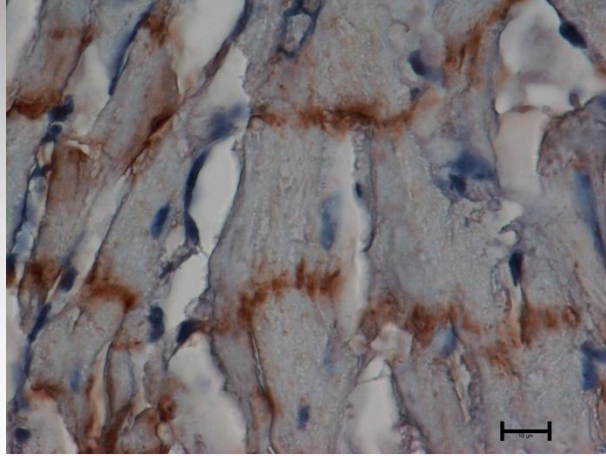
Results - Hemodynamic Study



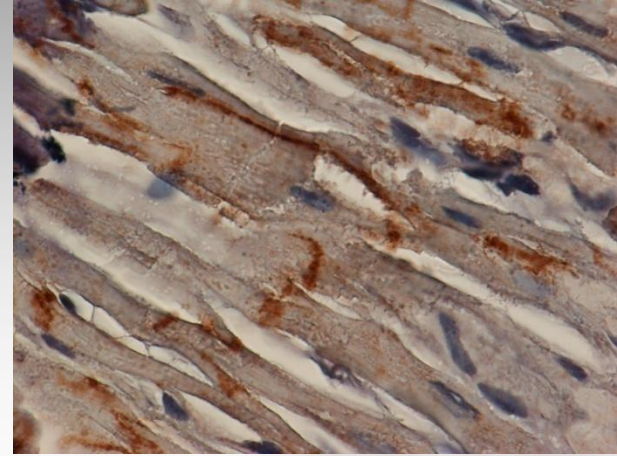
Quantitative RT-PCR



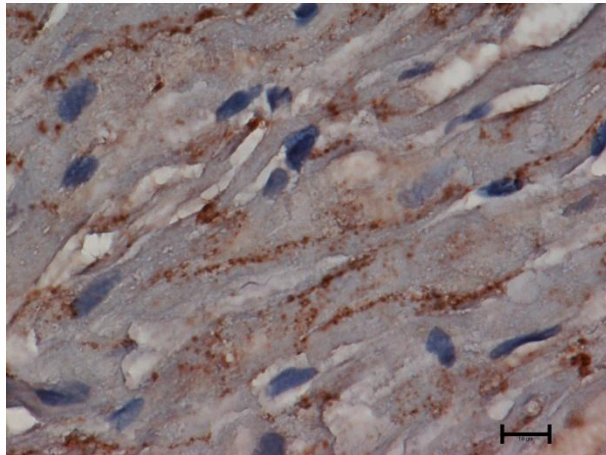
Immunohistochemical Stain – Cx43



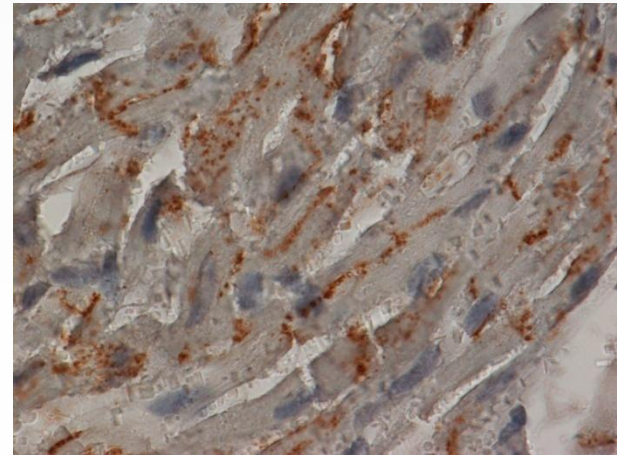
Sham group (x1000)



ICMP group (x1000)

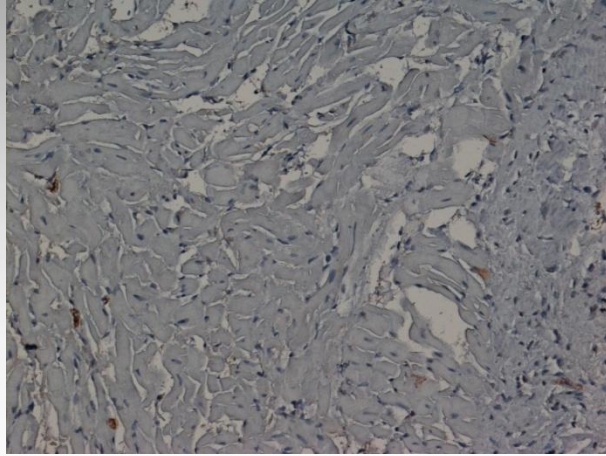


LVH group (x1000)

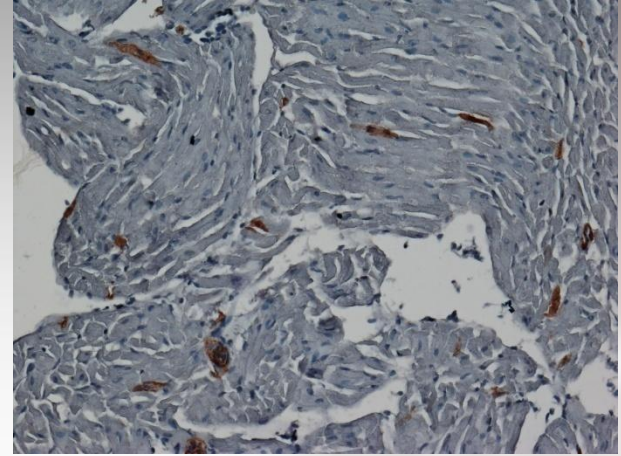


DCMP group (x1000)

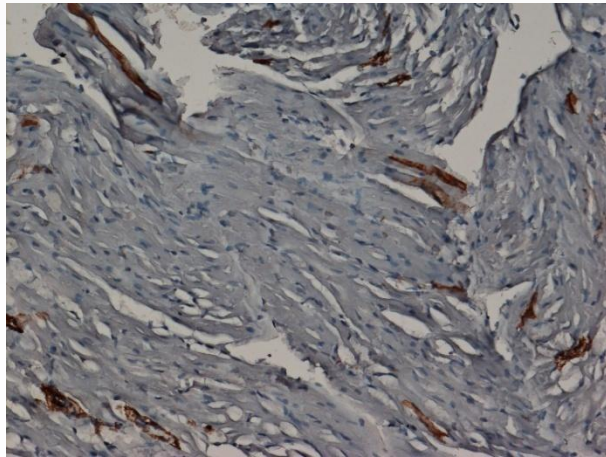
Immunohistochemical Stain – α -SMA



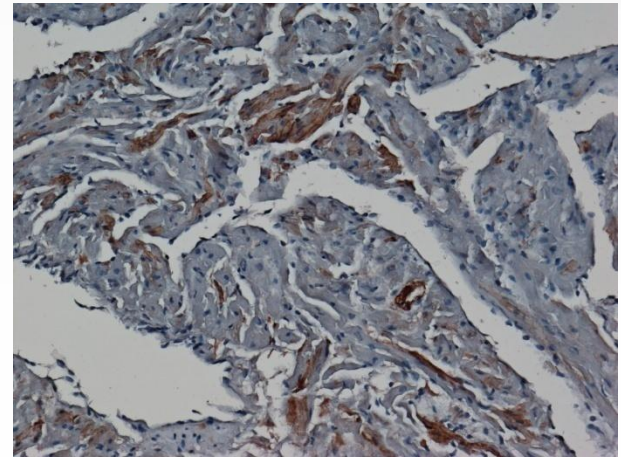
Sham group (x200)



ICMP group (x200)

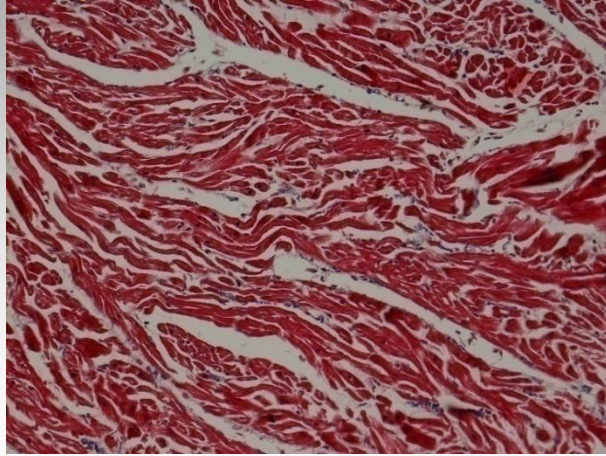


LVH group (x200)

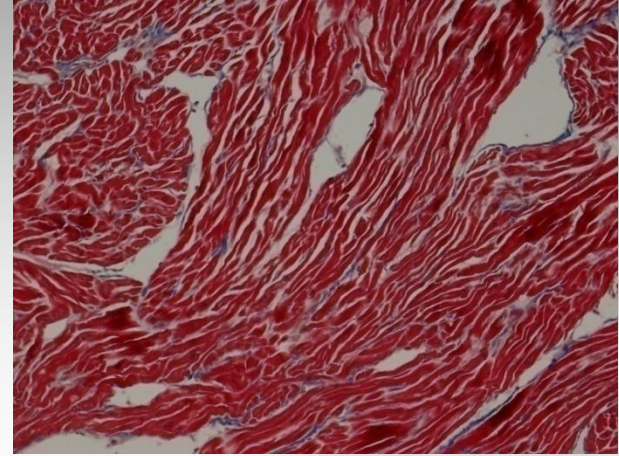


DCMP group (x200)

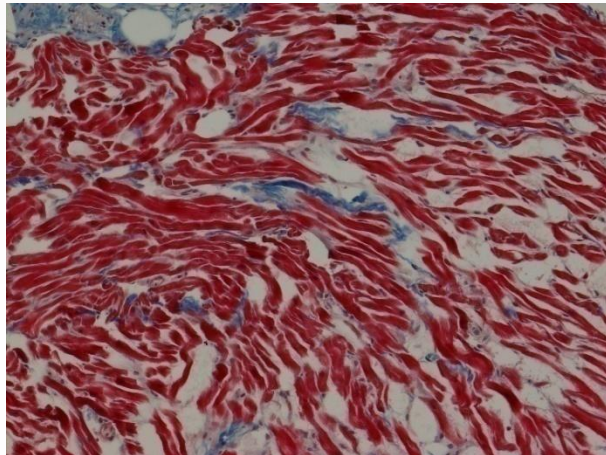
Masson's Trichrome Stain



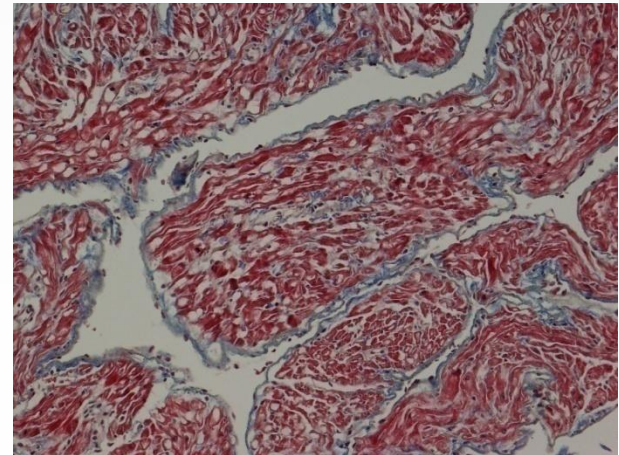
Sham group (x200)



ICMP group (x200)



LVH group (x200)



DCMP group (x200)

Conclusions

- DCMP and ICMP without end-stage heart failure had no AF-susceptible remodeling because decreased peak LV pressure caused by increased LVID, even though they had substantial LV systolic dysfunction.
- In LVH with preserved LV systolic function, pressure overload caused by LV diastolic dysfunction might play an important role in AF susceptible remodeling via depressed Cx43 expression as well as CX43 lateralization.

Contents

- Epidemiology
- Pathophysiology
 - Diastolic dysfunction (pressure-induced stretch)
- **Upstream treatment**
- New guideline of anticoagulation

Treatments

Rate Control

Pharmacologic

- Ca^{2+} blockers
- β -blockers
- Digitalis
- Amiodarone
- Dronedarone

Nonpharmacologic

- Ablate and pace

Rhythm Control

Pharmacologic

Class IA
Class IC
Class III
B-blocker
Other AADs

Nonpharmacologic

Catheter ablation
Pacing
Surgery
Implantable devices

Prevent Remodeling

CCB
ACEI, ARB
Statins
Fish oil

Prevention of Emboli

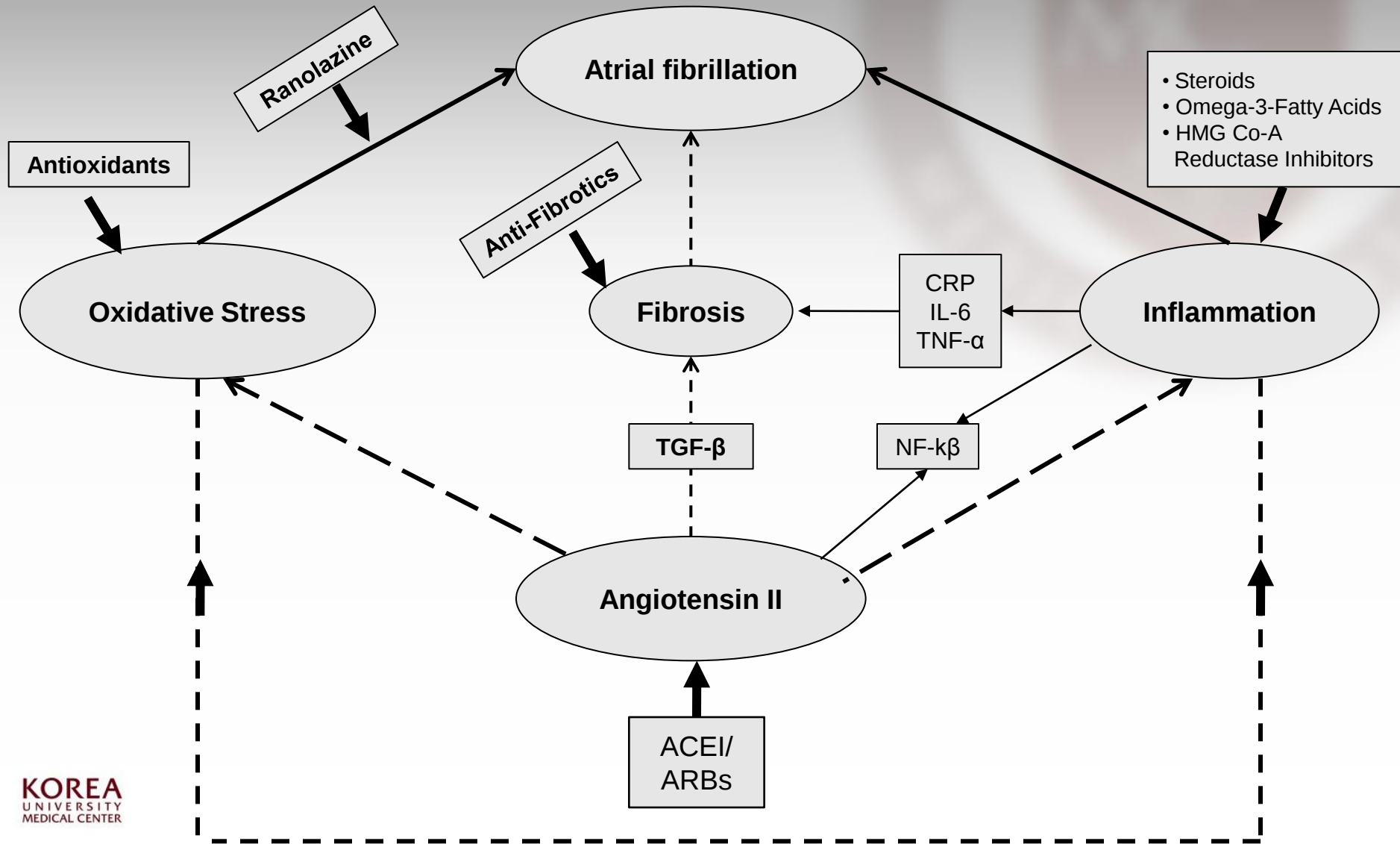
Pharmacologic

- Warfarin
- Aspirin
- Thrombin inhibitor
- Xa inhibitor

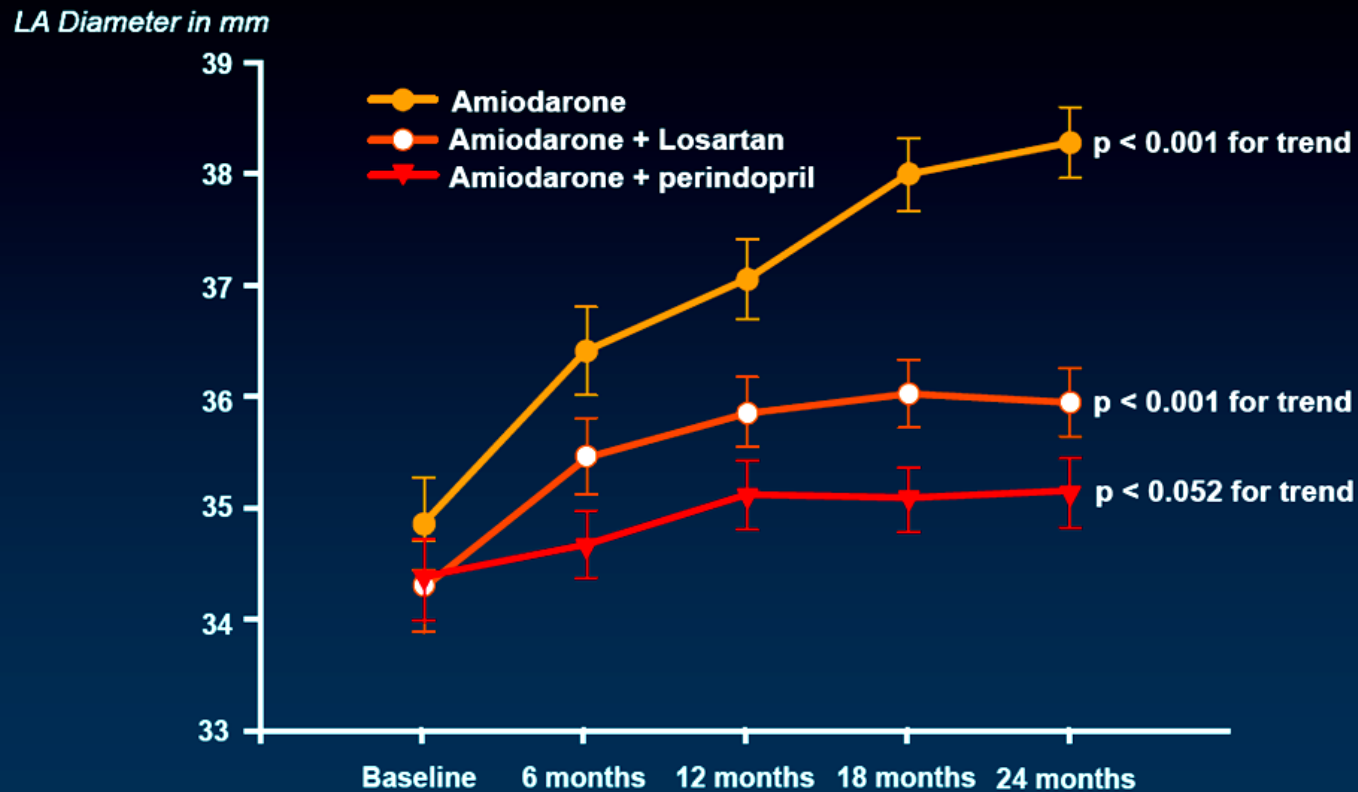
Nonpharmacologic

- Removal/isolation
LA appendage

Treatments



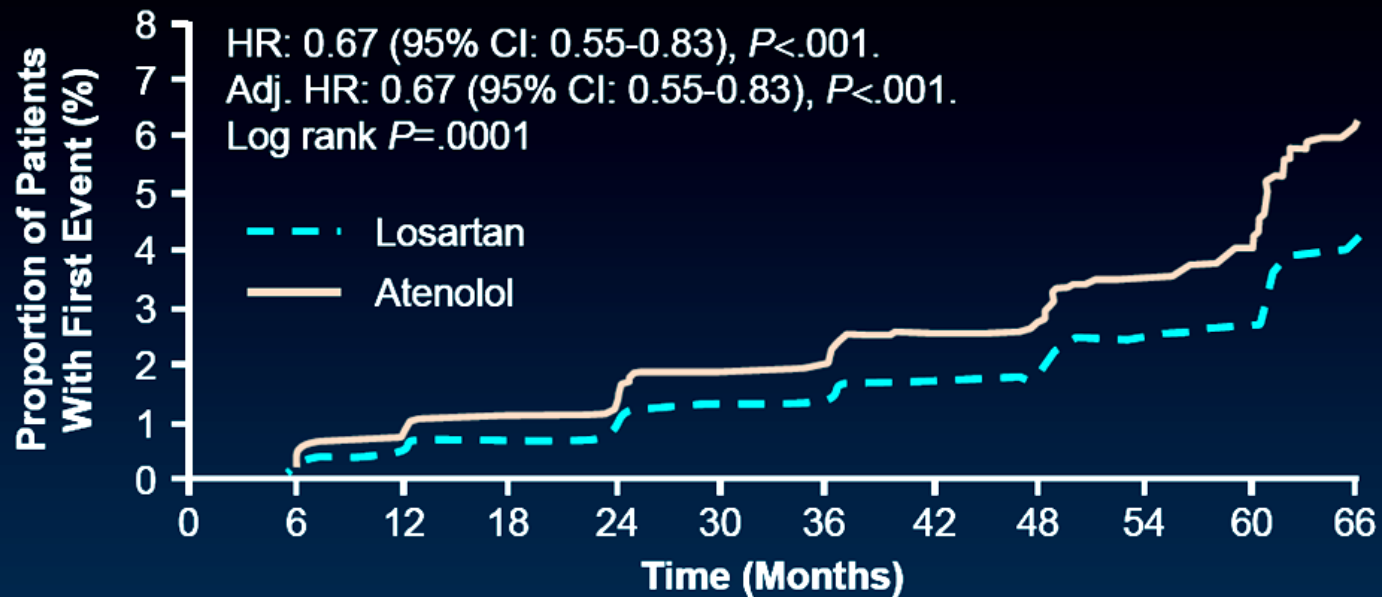
ACEI and ARB Attenuate Time Dependent Increase in LA Diameter In AF



Yin Y, et al. *Eur Heart J* 2006;27:1841.

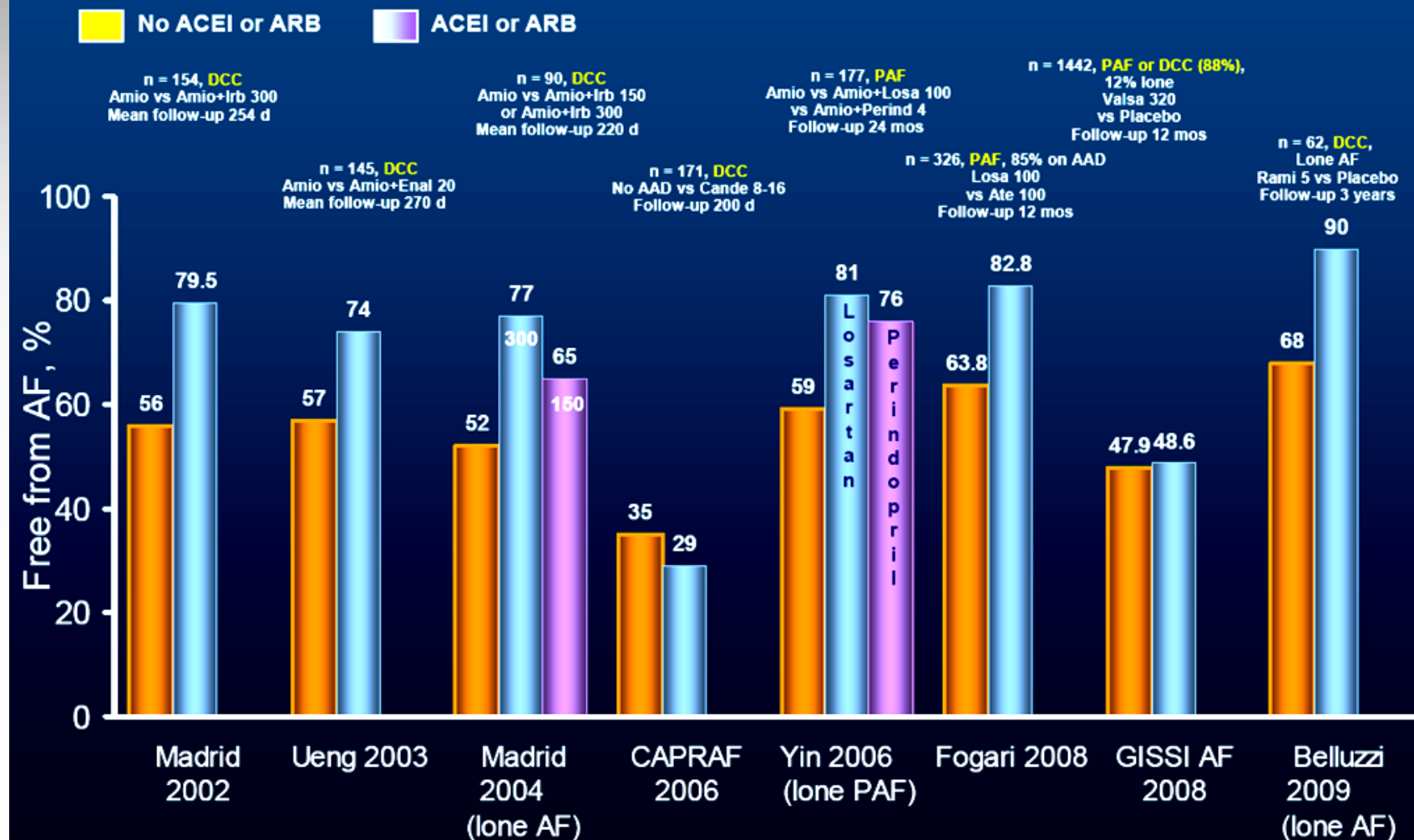
ACEI/ARB

Losartan Is Superior to Atenolol in Suppressing AF in the LIFE Study

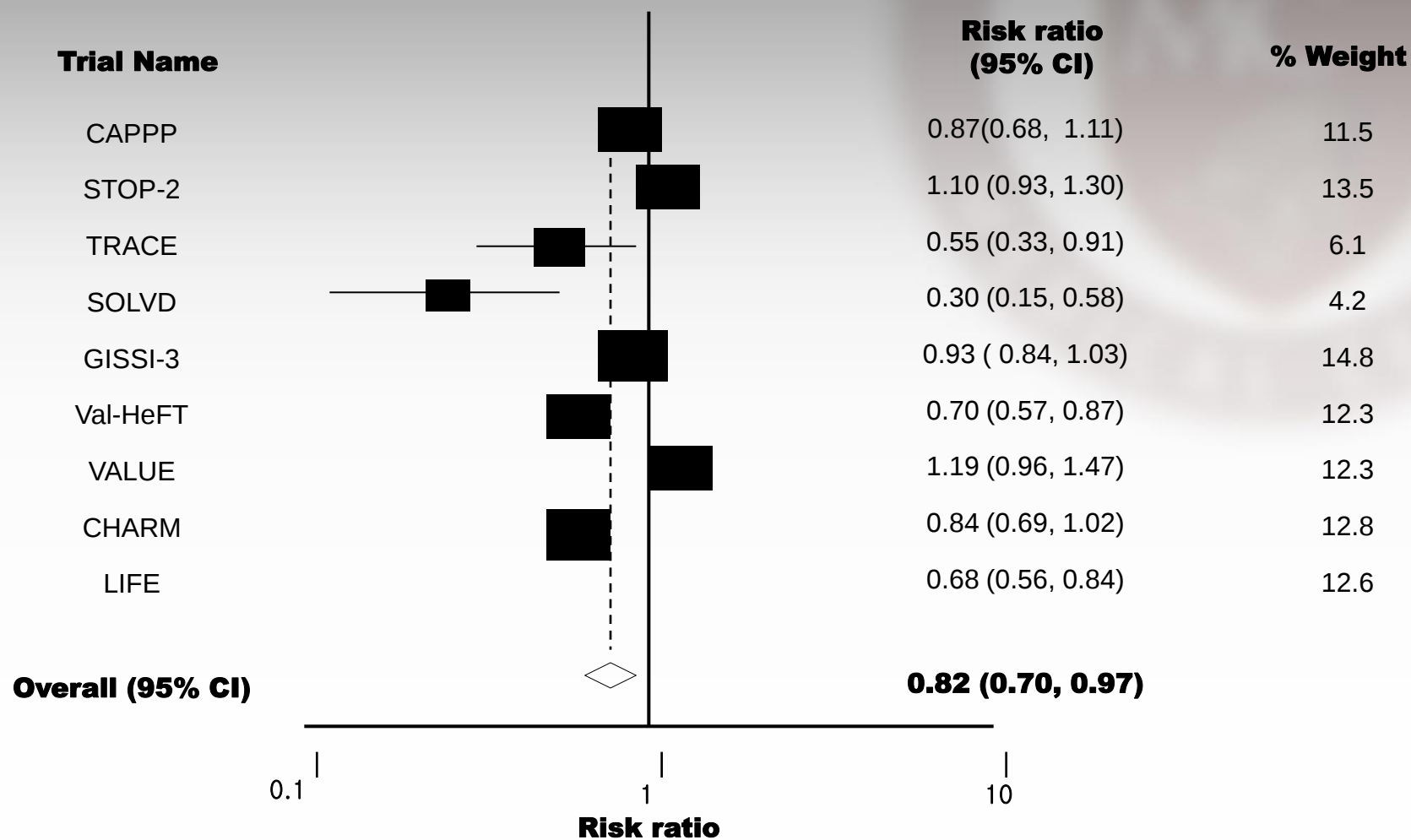


- Losartan reduced AF compared to atenolol (HR 0.67; $P < .001$) in 342 hypertensive patients with LVH and AF
- Losartan also reduced stroke (HR 0.49; CI 0.29-0.86; $P = .01$)

ACEI/ARB



ACEI/ARB



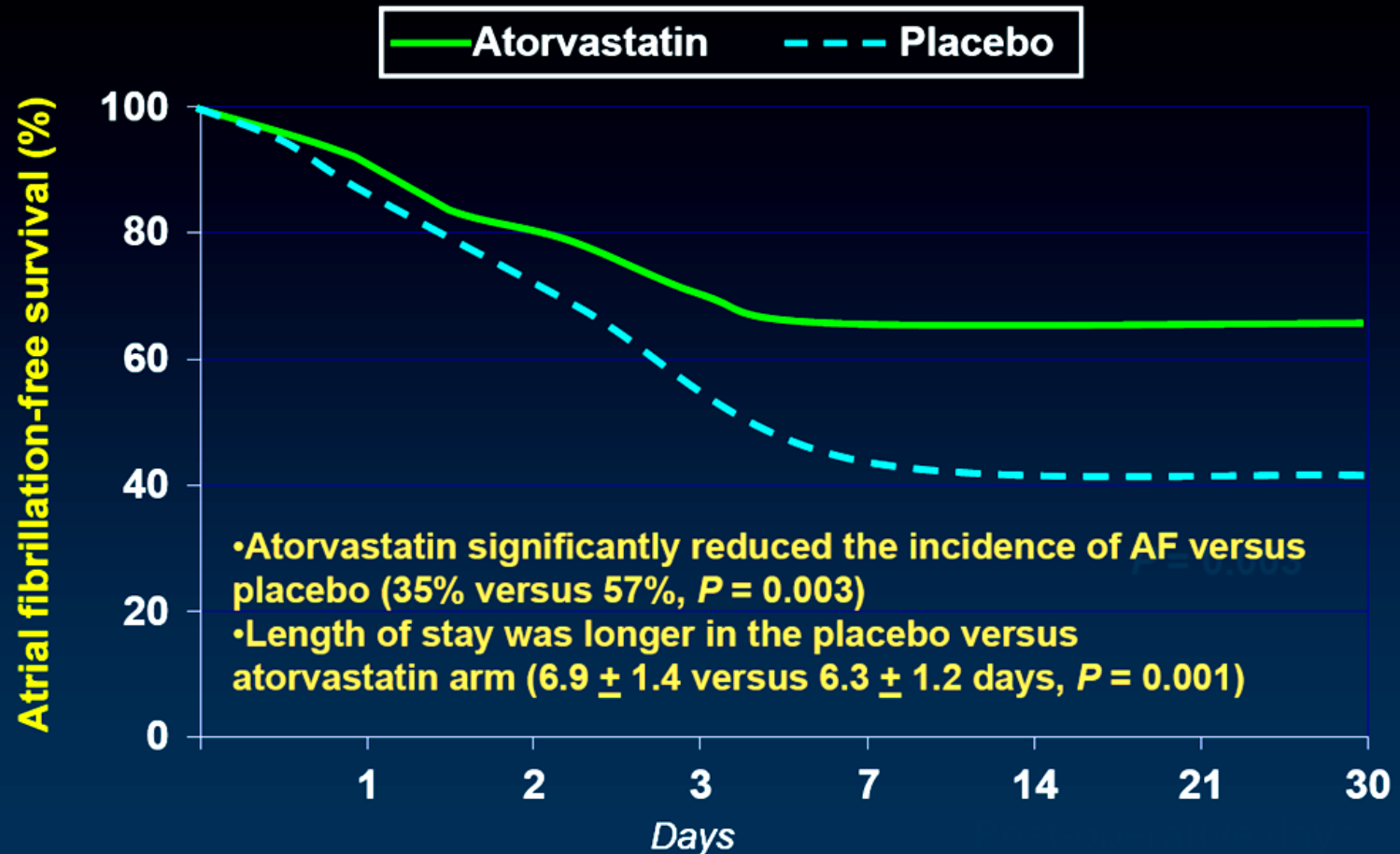
Treatments

Thiazide diuretics	β -blockers	Calcium antagonists (dihydropyridines)	Calcium antagonists (verapamil / diltiazem)
- Isolated systolic hypertension (elderly) - Heart failure - Hypertension in blacks	- Angina pectoris - Post-myocardial infarction - Heart failure - Tachyarrhythmias - Glaucoma - Pregnancy	- Isolated systolic hypertension (elderly) - Angina pectoris - LV hypertrophy - Carotid/coronary atherosclerosis - Pregnancy - Hypertension in blacks	- Angina pectoris - Carotid atherosclerosis - Supraventricular tachycardia
ACE inhibitors	Angiotensin receptor antagonists	Diuretics (antialdosterone)	Loop diuretics
- Heart failure - LV dysfunction - Post-myocardial infarction - Diabetic nephropathy - Non-diabetic nephropathy - LV hypertrophy - Carotid atherosclerosis - Proteinuria/microalbuminuria - Atrial fibrillation - Metabolic syndrome	- Heart failure - Post-myocardial infarction - Diabetic nephropathy - Proteinuria/microalbuminuria - LV hypertrophy - Atrial fibrillation - Metabolic syndrome - ACEI-induced cough	- Heart failure - Post-myocardial infarction	- End-stage renal disease - Heart failure

Mancia G et al. *Eur Heart J*;28:1462–1536

Statin

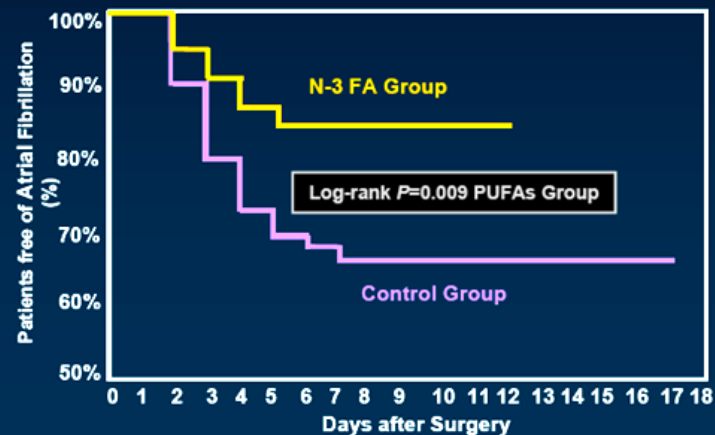
ARMYDA-3 (Atorvastatin for Reduction of MYocardial Dysrhythmia After Cardiac Surgery): AF Free Survival



Omega-3 for Prevention of Atrial Fibrillation Post-CABG

- 160 patients awaiting CABG
- Randomized to usual care or EPA+DHA (1.7 g/d)
- From 5 days pre-surgery through hospitalization
- Endpoint was AF detected by ECG during hospitalization. AF >5 min or requiring intervention

	Control (n=81)	N-3 FA (n=79)	P
Post CABG AF	33%	15%	0.013
Hours of AF	24	16	0.12
Length of Stay	8.2 days	7.3 days	0.017



Calo L et al. J Am Coll Cardiol. 2005;45:1723-1728

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CHA₂DS₂VASc

(a) Risk factors for stroke and thrombo-embolism in non-valvular AF	
'Major' risk factors	'Clinically relevant non-major' risk factors
Previous stroke, TIA, or systemic embolism Age ≥ 75 years	Heart failure or moderate to severe LV systolic dysfunction (e.g. LV EF $\leq 40\%$) Hypertension - Diabetes mellitus Female sex - Age 65–74 years Vascular disease ^a
(b) Risk factor-based approach expressed as a point based scoring system, with the acronym CHA ₂ DS ₂ -VASc (Note: maximum score is 9 since age may contribute 0, 1, or 2 points)	
Risk factor	Score
Congestive heart failure/LV dysfunction	1
Hypertension	1
Age ≥ 75	2
Diabetes mellitus	1
Stroke/TIA/thrombo-embolism	2
Vascular disease ^a	1
Age 65–74	1
Sex category (i.e. female sex)	1
Maximum score	9

CHA₂DS₂VASc

Risk category	CHA ₂ DS ₂ -VASc score	Recommended antithrombotic therapy
One 'major' risk factor or ≥ 2 'clinically relevant non-major' risk factors	≥ 2	OAC ^a
One 'clinically relevant non-major' risk factor	1	Either OAC ^a or aspirin 75–325 mg daily. Preferred: OAC rather than aspirin.
No risk factors	0	Either aspirin 75–325 mg daily or no antithrombotic therapy. Preferred: no antithrombotic therapy rather than aspirin.

Conclusions

- AF is the most common sustained cardiac arrhythmia and prevalence rates are rising and are expected to reach 12.1 million by 2050.
- Once AF begins, there are multiple adverse outcomes and therefore prevention is imperative.
- Modifiable risk factors may differ depending on the population studies and the subtype of AF examined.
- Further research in ethnically and medically diverse population is needed on prevention and prediction, and eventually involving randomized trials of promising interventions.

Thank you for your attentions !



Korea University Cardiovascular Center