

# Single three-minute freeze beneficial in paroxysmal A-fib

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(HealthDay)—For patients with paroxysmal atrial fibrillation (PAF) undergoing pulmonary vein isolation (PVI), a single 3-minute freezing approach is as effective as a conventional 4-minute approach plus bonus application using second-generation cryoballoon (CB-Adv), according to a study published online April 11 in the *Journal of Cardiovascular Electrophysiology*.

Giuseppe Ciconte, M.D., from the Vrije Universiteit in Brussels, and colleagues compared the efficacy of a single 3-minute [approach](#) (3-min group) with the conventional 4-minutes plus bonus-freeze (4-min group) using CB-Adv among 160 [patients](#) undergoing PVI for PAF. Participants were randomized in a 1:1 ratio (80 patients in each group).

The researchers found that the mean procedure and fluoroscopy times were significantly shorter in the 3- versus the 4-min group (P

"A 'single 3-minutes strategy' showed equal efficacy as compared to the conventional 4-minutes plus bonus freeze approach at two-year follow-up, providing shorter [procedure](#) and fluoroscopy time," the authors write.

Several authors disclosed financial ties to Medtronic and Biotronik.

**More information:** [Abstract](#)  
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