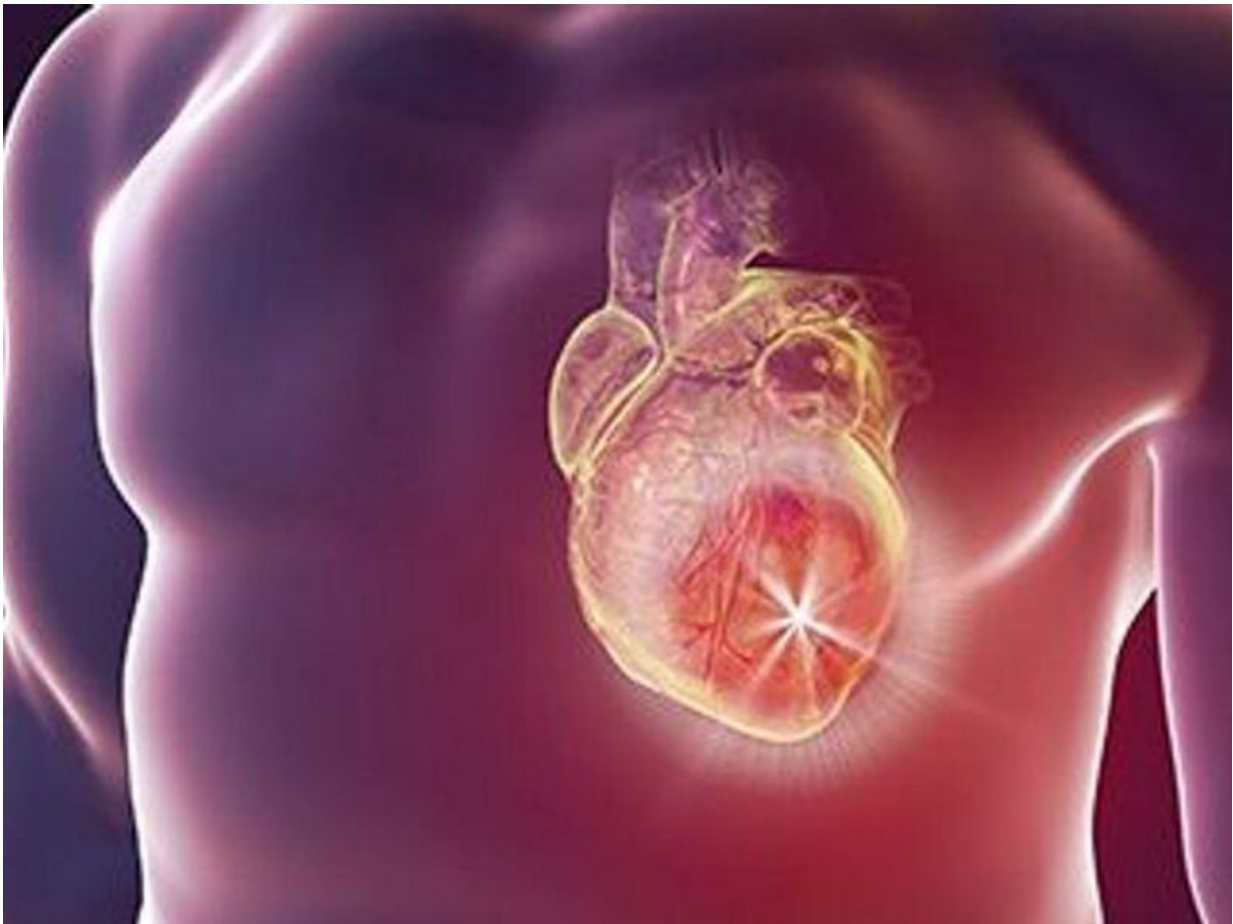


Preablation weight loss linked to freedom from A-fib

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(HealthDay)—Preablation weight loss is associated with freedom from

atrial fibrillation (FFAF) in both obese and nonobese patients, according to a study published online June 30 in the *Journal of Cardiovascular Electrophysiology*.

Graham Peigh, M.D., from the Feinberg School of Medicine at Northwestern University in Chicago, and colleagues assessed the impact of preprocedure weight changes on FFAF after ablation in obese and nonobese patients. The analysis included 601 patients, of whom 234 were obese and 315 had paroxysmal AF.

The researchers found that FFAF was achieved by 69.9 percent of patients at 15 months. There was an independent association between percent change in weight during the year prior to ablation and FFAF through 15 months in all patients (adjusted odds ratio, 1.17). Similarly, the percent change in weight during the year prior to ablation was independently associated with FFAF in all subgroups (paroxysmal versus persistent AF, presence of obesity, and history of prior ablation), except for nonobese patients with persistent AF.

"Patient directed weight loss should be encouraged prior to AF ablation," the authors write. "Further studies are needed to define the optimal approach to [weight](#) loss prior to AF [ablation](#)."

Several authors disclosed financial ties to Medtronic.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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