

BMI affects young men's risk of early atrial fibrillation and subsequent health outcomes after diagnosis

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A recent analysis published in the *Journal of the American Heart Association* found that rising body mass index (BMI) in adolescent men

is strongly associated with developing early atrial fibrillation, or an irregular heart rate, as well as with subsequent worse clinical outcomes after being diagnosed with atrial fibrillation.

The study included 1,704,467 young men (average age of 18.3 years) enrolled in compulsory military service in Sweden from 1969 through 2005. During a median follow-up of 32 years, 36,693 cases of [atrial fibrillation](#) were recorded, at an average age of 52.4 years at [diagnosis](#). Compared with men with a baseline BMI of 18.5–

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