

Weight loss before Afib ablation procedure results in improved outcomes among obese patients

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Results from a new clinical trial found overweight and obese patients with persistent and paroxysmal atrial fibrillation (AF) who lose weight prior to a catheter ablation procedure have improved clinical outcomes.

The study, led by researchers with UHealth—the University of Miami Health System and the Miller School of Medicine, identifies weight loss before undergoing an ablation procedure as a risk-factor reduction tool for AF patients. Findings were presented today as a late-breaking clinical trial during Heart Rhythm 2023.

AF is the most common type of arrhythmia. There are approximately 2.3 million people in the United States who have AF, with 160,000 new cases diagnosed every year. Catheter ablation is a frequently used treatment for people with arrhythmias that can't be controlled by medication or with certain types of arrhythmias from the heart's upper chambers.

While [catheter](#) ablation is a common AF treatment option, researchers are continuously evaluating how to improve AF ablation patient outcomes. This trial sought to determine whether additional non-ablation therapy targets can be integrated into treatment plans for patients undergoing catheter ablation for persistent AF and paroxysmal AF.

In the study, 65 patients with $BMI \geq 27 \text{ kg/m}^2$ who opted for catheter ablation to treat AF were enrolled and randomized to a 3-month pre-ablation period of standard risk factor modification (RFM) or RFM plus Liraglutide. From the enrolled participants, there were 59 patients (age 62 ± 9 years, 27% female) weighing $106.4 \pm 18.5 \text{ kg}$ ($BMI 36.1 \pm 5.8 \text{ kg/m}^2$); 79% had persistent AF and 21% had paroxysmal AF with 85% having hypertension, 27% diabetes, and 44% [obstructive sleep apnea](#).

Patients with a

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