

# Gastroesophageal reflux disease increases risk for atrial fibrillation: Study

July 2 2024, by Lori Solomon

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Gastroesophageal reflux disease (GERD) is associated with an increased incidence of atrial fibrillation, according to a study [published](#) online June 2 in *Frontiers in Cardiovascular Medicine*.

Lei Wang and Yi Wei Lu, from the Aerospace Center Hospital in Beijing, and colleagues assessed GERD's role as a potential contributing factor in atrial fibrillation using a two-sample Mendelian randomization technique. The examination of the association of genetic variants with GERD used data from a [genome-wide association study](#) (GWAS) of 602,604 people, while data on the association between genetic variations and atrial fibrillation was obtained from a second GWAS involving 1.03 million participants.

The researchers found that Mendelian randomization analyses, using 76 [single nucleotide polymorphisms](#) as markers, revealed a relationship between genetically predicted GERD and a greater atrial fibrillation incidence (odds ratio, 1.165). There was no evidence of gene pleiotropy (intercept = 0.003). Similar results were seen in a sensitivity analysis.

"The Mendelian randomization analysis revealed a correlation between GERD and increased atrial fibrillation incidence, supporting the idea that treating patients with GERD as early as possible might reduce their chance of developing [atrial fibrillation](#)," the authors write.

**More information:** Lei Wang et al, Gastroesophageal reflux disease may causally associate with the increased atrial fibrillation risk: evidence from two-sample Mendelian randomization analyses, *Frontiers in Cardiovascular Medicine* (2024). [DOI: 10.3389/fcvm.2024.1393383](https://doi.org/10.3389/fcvm.2024.1393383)

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Citation: Gastroesophageal reflux disease increases risk for atrial fibrillation: Study (2024, July 2) retrieved 10 September 2024 from <https://medicalxpress.com/news/2024-07-gastroesophageal-reflux-disease-atrial-fibrillation.html>

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