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Heart rate variability linked to atrial fibrillation

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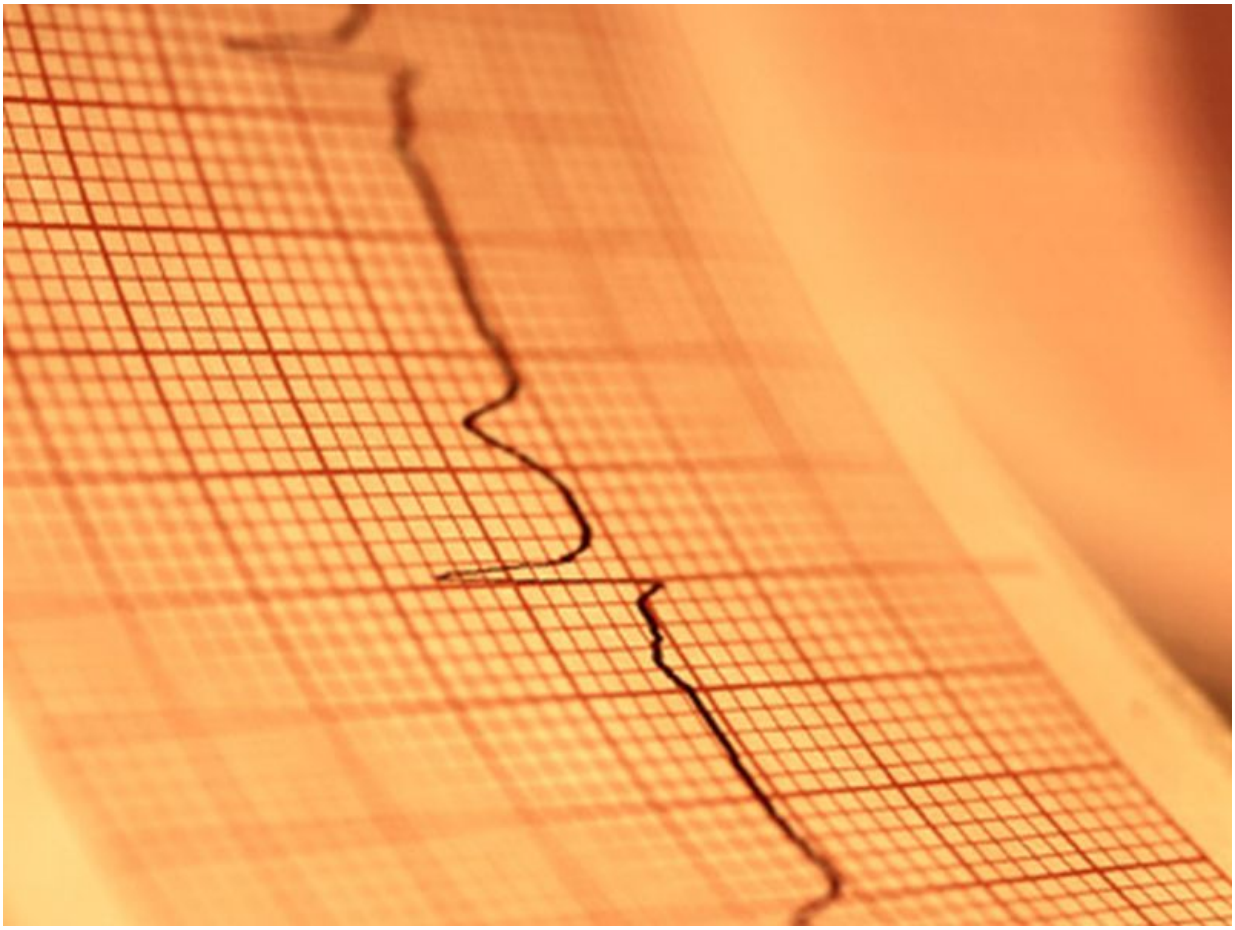

(HealthDay)—Low resting short-term heart rate variability (HRV) is

associated with increased incidence of atrial fibrillation (AF), according to a study published in the Jan. 24 issue of the *Journal of the American College of Cardiology*.

Sunil K. Agarwal, M.D., M.P.H., Ph.D., from Mount Sinai School of Medicine in New York City, and colleagues examined the correlation between HRV and the risk of AF using data from 11,715 middle-aged adults in the Atherosclerosis Risk in Communities cohort. Heart rate and HRV measures were obtained from two-minute electrocardiogram recordings performed at baseline (1987 to 1989).

The researchers found that 13.5 percent of participants developed AF during an average follow-up of 19.4 years. There was a modest correlation for a baseline heart rate

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