# Atrial Fibrillation

## Prevalence

Prevalence of AF in developed countries has been estimated to be about



Source: Nielsen JR, et al. The relationship between physical activity and risk of atrial fibrillation-a systematic review and meta-analysis. *J Atr Fibrillation*. 2013;5:20-27.

## AF and Stroke

Patients with AF have



the incidence of stroke compared with non-AF patients.

Source: Boulad N, et al. Ten-year outcome of intraoperative treatment of atrial fibrillation using radiotherapy ablation. *Ther Clin Risk Manag.* 2017;13:1233-1237.

## AF and Ablation

The rate of catheter ablations in AF patients increased from

0.06%

IN 1990

to

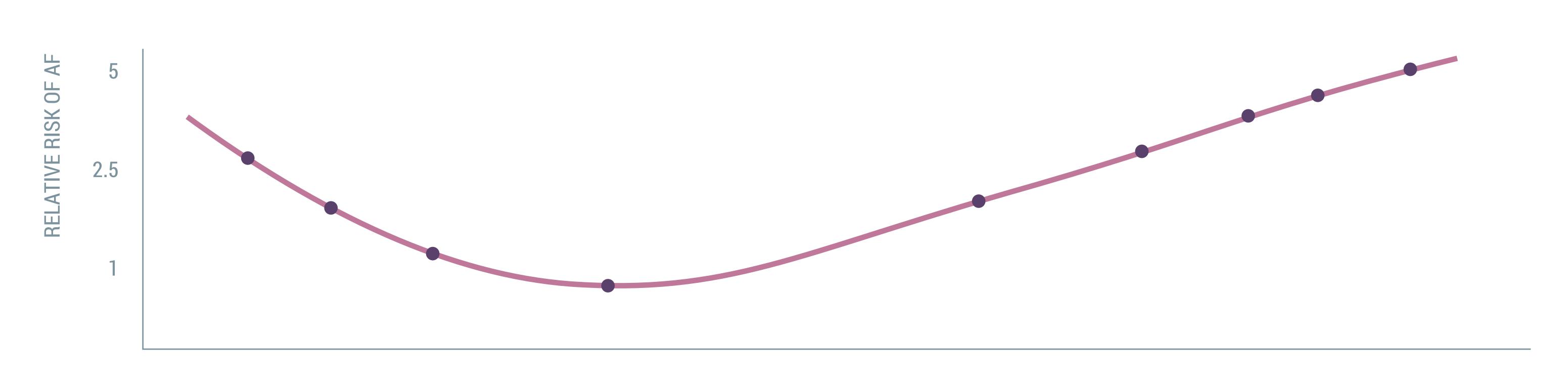
0.79%

IN 2005

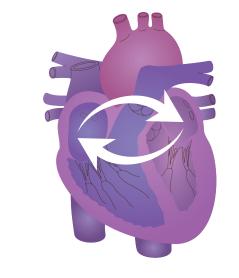
### an average increase of 15% per year

Source: Kneeland PP, Fang MC. Trends in catheter ablation for atrial fibrillation in the United States. *J Hosp Med.* 2009;4:E1-E5

# Exercise and AF Risk



### LOW-INTENSITY EXERCISE



### MODERATE-INTENSITY EXERCISE



#### HIGH-INTENSITY EXERCISE

