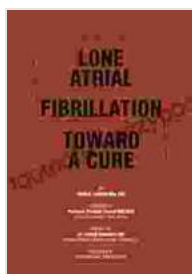


# Lone Atrial Fibrillation: Towards Cure

**Lone atrial fibrillation (AF) is a heart condition that occurs when the upper chambers of the heart (the atria) beat irregularly and too fast.** It is called "lone" because it is not caused by any other underlying heart disease. AF can cause a variety of symptoms, including palpitations, shortness of breath, chest pain, and fatigue. It can also lead to serious complications, such as stroke, heart failure, and dementia.

The traditional treatment for AF has been medication, which can help to control the heart rate and prevent blood clots. However, medication does not always work, and it can have side effects. **In recent years, a new treatment option has emerged: catheter ablation.** Catheter ablation is a minimally invasive procedure that uses heat or cold to destroy the tissue in the heart that is causing the AF.



## Lone Atrial Fibrillation Towards a Cure by Hans R. Larsen

★★★★☆ 4.5 out of 5

Language : English  
File size : 929 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 240 pages  
Lending : Enabled



Catheter ablation has been shown to be effective in curing AF in up to 80% of patients. However, it is important to note that catheter ablation is not a

cure for all cases of AF, and it may not be appropriate for all patients. **If you are experiencing symptoms of AF, it is important to see your doctor to discuss your treatment options.**

## **Causes of Lone Atrial Fibrillation**

The exact cause of lone AF is unknown. However, it is thought to be caused by a combination of genetic and environmental factors. Some of the risk factors for lone AF include:

- Age: Lone AF is more common in people over the age of 65.
- Family history: People who have a family history of AF are more likely to develop the condition.
- Obesity: Obesity is a risk factor for all types of AF, including lone AF.
- Alcohol consumption: Excessive alcohol consumption can increase the risk of AF.
- Caffeine consumption: Caffeine can trigger AF in some people.

## **Symptoms of Lone Atrial Fibrillation**

The symptoms of lone AF can vary from person to person. Some people experience only mild symptoms, while others experience more severe symptoms that can interfere with their daily lives. **The most common symptoms of lone AF include:**

- Palpitations: A feeling that your heart is racing or skipping beats.
- Shortness of breath: This is especially common during exercise or exertion.

- Chest pain: This pain is usually described as a dull ache or pressure in the chest.
- Fatigue: You may feel tired or weak even after getting a good night's sleep.
- Lightheadedness or dizziness
- Confusion or memory loss

## **Complications of Lone Atrial Fibrillation**

Lone AF can lead to a number of serious complications, including:

- Stroke: AF is a major risk factor for stroke, especially in people over the age of 65.
- Heart failure: AF can lead to heart failure, which is a condition in which the heart is unable to pump enough blood to meet the body's needs.
- Dementia: AF has been linked to an increased risk of dementia, including Alzheimer's disease.

## **Treatment of Lone Atrial Fibrillation**

The goal of treatment for lone AF is to control the heart rate and prevent blood clots. **The traditional treatment for AF has been medication,** which can help to control the heart rate and prevent blood clots. However, medication does not always work, and it can have side effects.

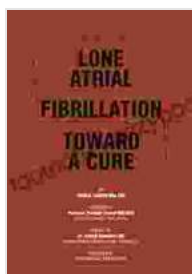
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