

51st CARDIOCON 2022: ABSTRACT**FREQUENCY OF ATRIAL FIBRILLATION AMONG PATIENTS WITH ISCHEMIC HEART DISEASE****Sami Ullah Shakir¹, Naveed Danish¹, Javid Hayat¹, Asfandyar Ahmad¹, Amber Ashraf¹**¹Cardiology Division, Department of Medical Specialties, KMC, KTH - MTI, Peshawar, Pakistan

Objectives: Although improvements seen in mortality during the last four decades, Coronary Artery Disease (or Ischemic Heart Disease) remains to be the first & foremost cause of death among adults in United States, rising the toll of death to one-third of the population aged more than 35 years'. Increased body mass index (BMI) in child-hood, adolescence, or adult-hood, and decreased aerobic (cardiorespiratory) fitness in adolescence or adult-hood, Diabetes mellitus & positive family history are known risk factors for CAD/IHD later in life'. Different studies have shown that increased exercise and physical activity in adults upto certain level reduces the amount of risks of CAD/IHD or mortality from cardio-vascular causes related with obesity, but without important interactions between these risk factors. To Determine the Frequency of Atrial Fibrillation among patients with Coronary Artery Disease.

Methodology: This descriptive cross-sectional study was conducted at department of Cardiology, MTI-KTH, Peshawar from 31 Jan, 2020 to 31 July, 2020. All patients matching the inclusion criteria presented to OPD of Cardiology Department were enrolled in the study. All patients had subjected to detailed history & clinical/physical examination. ECG and Echocardiography were done on all enrolled patients. Cardiac biomarker (Troponin) levels were done. Compliance with medications and treatment was asked and assured.

Results: Mean and SDs for age was 60.51+7.826. Mean and SDs for duration of IHD was 15.66+5.884. 141 (48.3%) patients were recorded in 45-60 years age group while 151 (51.7%) patients were recorded in 61-72 years age group. 197 (67.5%) patients were male while 95 (32.5%) female patients were recorded. As per frequencies and percentages for atrial fibrillation, only 14 (4.8%) patients were recorded with atrial fibrillation.

Conclusion: We have come to the conclusion that patients suffering from IHD or CAD, Atrial fibrillation occurs but in rare cases, as explained in this study, which occurred as a result of ischemia therefore causing Atrial fibrillation.

Keywords: Atrial Fibrillation (AF), Body Mass Index (BMI), Coronary Artery Disease

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