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## *Association of Atrial Fibrillation and Obstructive Sleep Apnea*

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### ◆ *Find This Study*

Circulation 2004;110:364-367 <http://circ.ahajournals.org/cgi/content/abstract/110/4/364>

### ◆ *The Study*

The prospective study evaluated the prevalence of OSA in atrial fibrillation patients referred for electrical cardioversion (n = 115) compared to non-atrial fibrillation patients in a cardiology practice (n = 373).

The Berlin Questionnaire was used to screen patients for OSA. Patients in each group had similar age, gender, BMI, and rates of diabetes, hypertension, and congestive heart failure. A subgroup of patients (n = 44) were studied with full PSG to validate the Berlin Questionnaire's results.

### ◆ *The Results*

- ◆ 49% prevalence of OSA in atrial fibrillation patients
- ◆ 32% prevalence of OSA in general cardiology group (patients which had no past or current atrial fibrillation)
- ◆ Compared to PSG, the Berlin Questionnaire had a sensitivity of 86%, specificity of 89% and a positive predictive value of 97% in this patient population.

### ◆ *What's New*

Study demonstrates that the association of atrial fibrillation and OSA is stronger than the traditional risk factors for OSA including BMI, neck circumference and hypertension.

### ◆ *Note*

Untreated OSA has been previously shown to double the risk of recurrence of atrial fibrillation in patients after electrical cardioversion.

Treatment of OSA with CPAP for patients with atrial fibrillation decreased the risk of recurrence after cardioversion by approximately 50%.

### ◆ *Bottom Line*

The presence of OSA should be considered in all atrial fibrillation patients.

The Berlin Questionnaire is an effective screening tool in this population with a positive predictive value of 97%.