Alcohol abuse is associated with increased risk of ischemic stroke in low risk patients with non-valvular atrial fibrillation.


Disclosures: None.
Declaration of Interest

- I have nothing to declare
Declaration of Interest

None relevant to the study
**Background**

Patients with non-valvular atrial fibrillation

- under the age of 65
- $\text{CHA}_2\text{DS}_2\text{-VASc}$ of 0 point in men
- 1 point in women
- are considered to be at low risk for future ischemic stroke event.

**Stroke Risk in AF**

<table>
<thead>
<tr>
<th>$\text{CHA}_2\text{DS}_2\text{-VASc}$ risk score</th>
<th>Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Previous stroke/TIA</td>
<td>2</td>
</tr>
<tr>
<td>Age $\geq 75$ years</td>
<td>2</td>
</tr>
<tr>
<td>Heart Failure</td>
<td>1</td>
</tr>
<tr>
<td>Hypertension</td>
<td>1</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>1</td>
</tr>
<tr>
<td>Age 65 – 74 years</td>
<td>1</td>
</tr>
<tr>
<td>Female gender</td>
<td>1</td>
</tr>
<tr>
<td>Vascular disease</td>
<td>1</td>
</tr>
</tbody>
</table>
Purpose and key points about methods

• To assess
  • The incidence
  • The predictors
  • Related mortality
  • of ischemic stroke.

• In 25,252 low risk non-valvular AF patients (age 18 – 64)
  • out of total 345,123 AF

• Using the Swedish Nationwide Hospital Registries
  • Drug National Registry
  • Database for health insurance and labour market studies

• Follow-up of 5.0 (interquartile range 2.9-6.8) years.
Results

• The median age was 55 years, males 72%.

• Ischaemic stroke occurred at an annual rate of 3.4 per 1000 patient-years.

• In the multivariable analysis
  • Age HR 1.06 (CI 1.05-1.08) per incremental year
  • Alcohol related hospitalization HR 2.01 (CI 1.45 – 2.79).

• The overall mortality during follow-up was
  • 7.5 per 1000 patient-years in patients without ischaemic stroke
  • 29.6 per 1000 patient-years in patients who had suffered an ischaemic stroke.

• Use of oral anticoagulants HR 0.78 (CI 0.63-0.97) was associated with lower risk for ischaemic stroke.
Conclusions

- Previous hospitalization with an alcohol related disease was associated with significant increase in the risk of stroke among low risk non-valvular AF patients.

- More research about relation between alcohol use and ischaemic stroke in AF patients is warranted.

- Alcohol abuse should be carefully penetrated in the history taking among patients with atrial fibrillation and proper measures should be considered to prevent it.