

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

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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
- CHA₂DS₂-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

CHA ₂ DS ₂ -VASc risk score	Point
Previous stroke/TIA	2
Age ≥ 75 years	2
Heart Failure	1
Hypertension	1
Diabetes Mellitus	1
Age 65 – 74 years	1
Female gender	1
Vascular disease	1

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.
- Period January 01, 2006 - December 31, 2012.

Results

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