

Catheter ablation of AF – is it a cure?

AFA Patient Day – Heart Rhythm Congress 2009

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Cure ?

To cure.... to end a disease, condition or problem by treatment or appropriate action

To treat to give medical care that so that a disease no longer gives undesirable symptoms

Should a cure be permanent?

GOALS of treatment of AF:

- 1. Improve symptoms**
- 2. Prevent stroke**

Paroxysmal AF

1. Prevent stroke

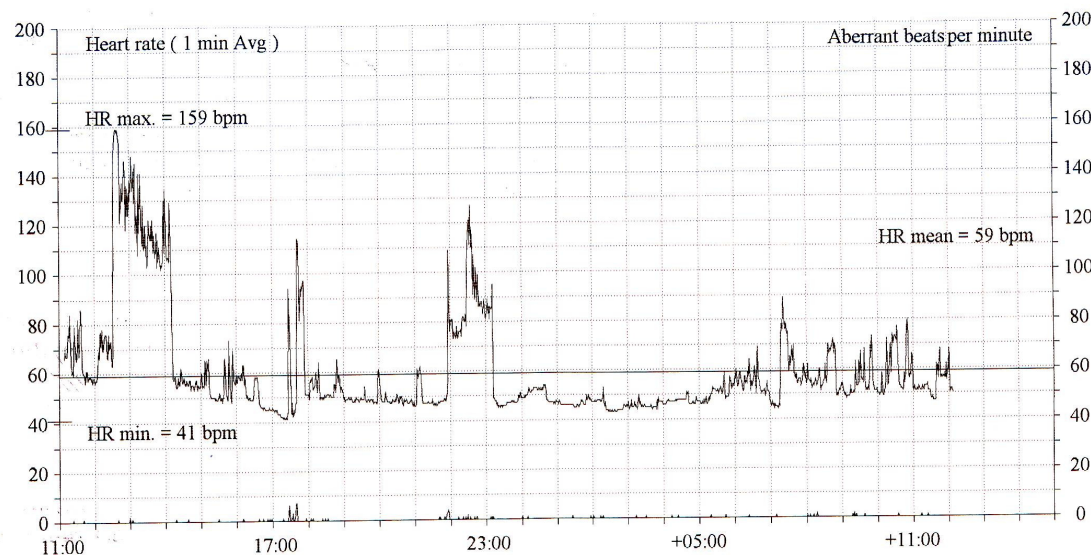
- **Warfarin?**

2. Prevent paroxysms

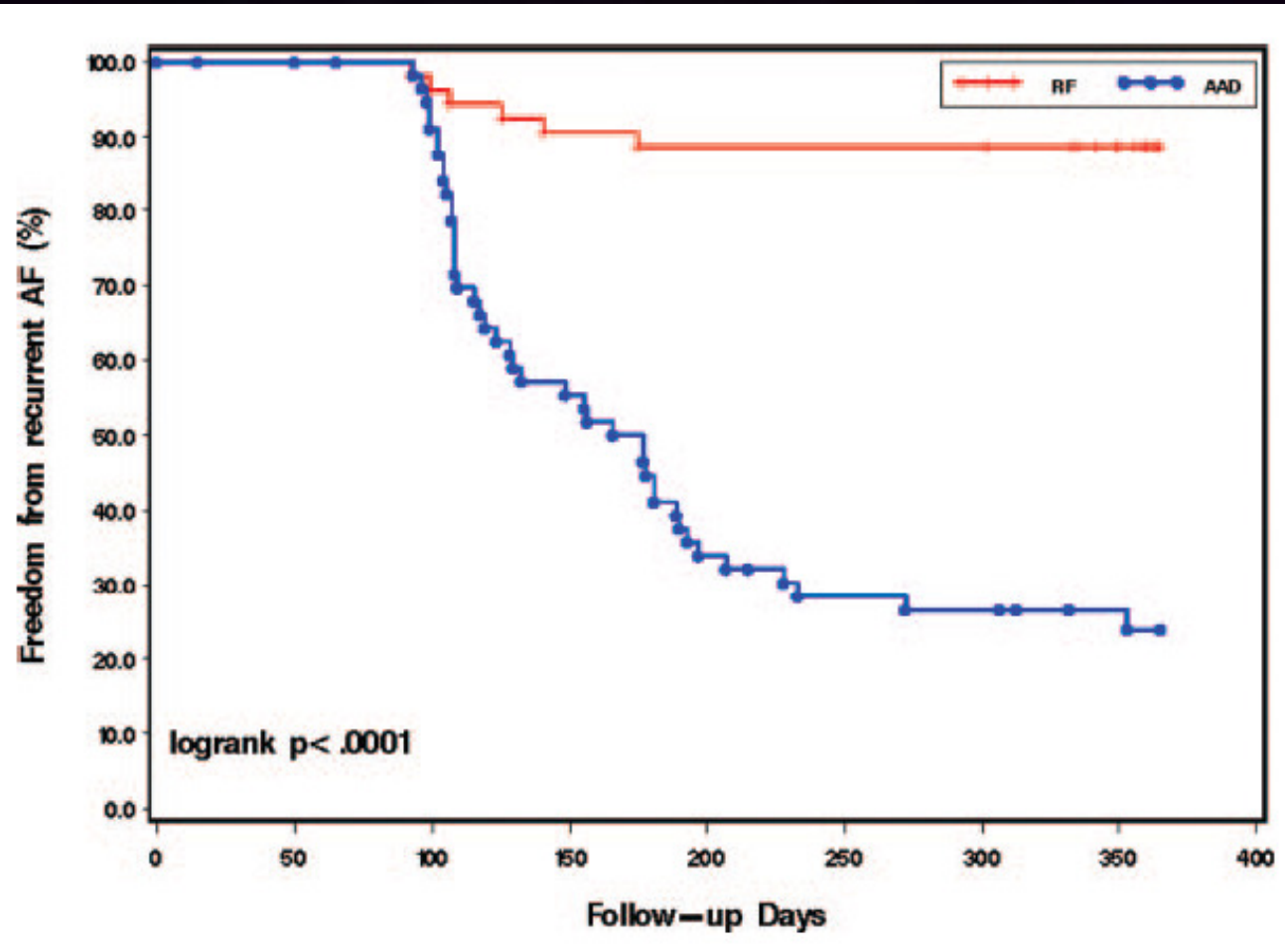
1. Drugs

beta blockers
flecainide
propafenone
sotalol
amiodarone

2. Catheter ablation



Paroxysmal AF – can it be cured?

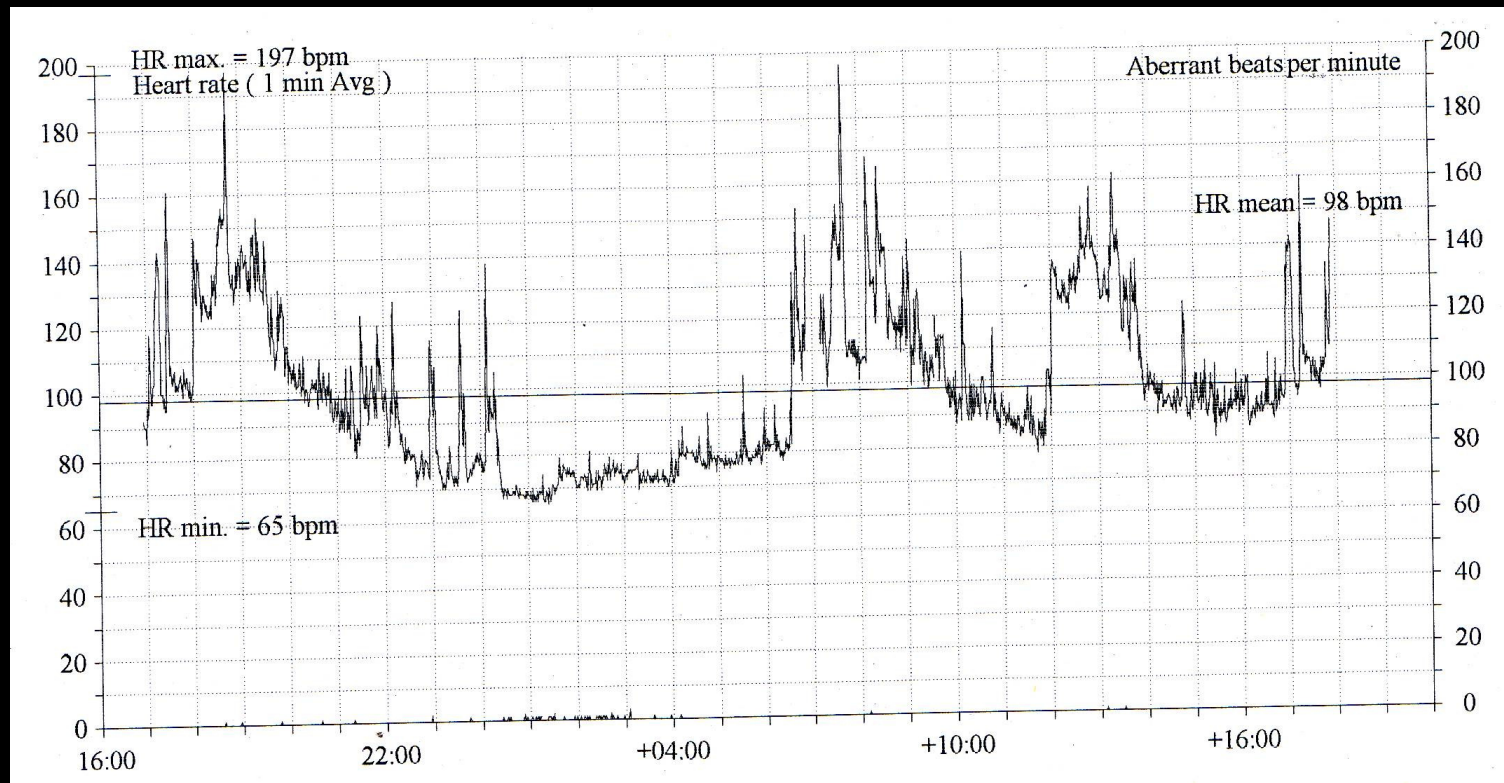


Persistent AF – can it be cured?

Accept permanent AF = Accept AF forever

Or

Restore normal (sinus) rhythm



Persistent AF – can it be cured?

Restore normal (sinus) rhythm

Cardioversion

- External
- Internal

• Flecainide

• Propafenone

Drugs

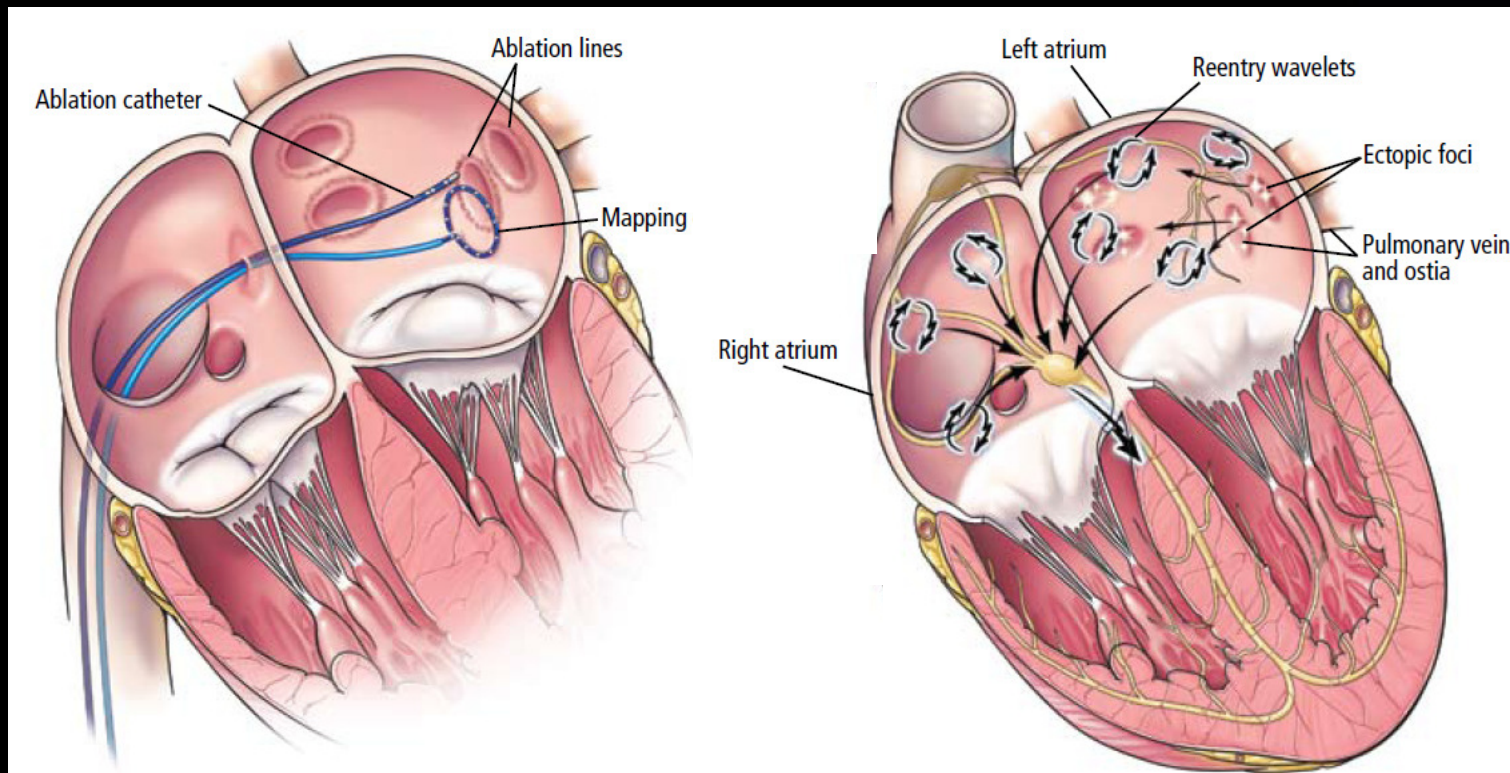
• Sotalol

• Amiodarone

• New drugs?

Catheter ablation

Catheter ablation – theory



Catheter ablation - complications

Immediate

- Perforation of the heart
 - Need drain
 - Cardiac surgery
- Stroke or TIA
- Pulmonary vein narrowing
- Major bleeding in leg
- Death

Late

- Atrial tachycardia

Minor

- Bruising in groin
- Chest pain
- Temporary damage to phrenic nerve
- “Knocked about”

Catheter ablation – outcomes

- 1/5/08 – 30/04/09
- n=173 – 91 paroxysmal 82 persistent
- 153 discharged - 20 still in follow up
- Success:

	Cured (%)	Number of procedures for success median (range)	Cured with 1 procedure (%)
All	83	1 (1-3)	54
Paroxysmal	89	1 (1-3)	67
Persistent	76	1 (1-3)	41

Catheter ablation – a cure for all?

- **Symptomatic**
- Failed or not tolerated antiarrhythmic drugs
- **Age 18-80 (57)**
- Can take warfarin
- **Accept 3-4% risk of major complication for 75-90% chance of cure**