Novel insights into determinants and prevention of atrial fibrillation progression

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Novel insights into determinants and prevention of atrial fibrillation progression

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1. Continuous rhythm monitoring gives the opportunity to study atrial fibrillation progression in more detail, including increase of paroxysmal atrial fibrillation as a sign of progression – *This thesis*
2. Relatively simple to assess clinical markers, such as PR-interval, waist circumference and severity of mitral valve regurgitation, contribute to predicting patients at risk for atrial fibrillation progression – *This thesis*
3. Blood biomarkers associated with coagulation, cardiomyocyte stretch and atherosclerosis contribute to predicting atrial fibrillation progression in patients with paroxysmal atrial fibrillation – *This thesis*
4. In patients with early persistent atrial fibrillation and concomitant stable mild to moderate heart failure long-term maintenance of sinus rhythm, with treatment focused on risk factor management, remains cumbersome – *This thesis*
5. Lifestyle changes for the prevention of atrial fibrillation progression, such as improvement in physical activity and weight reduction are difficult to achieve – *This thesis*
6. Optimal treatment of risk factors and comorbidities in patients with persistent atrial fibrillation is challenging, but contributes to success in maintaining sinus rhythm when targets are achieved – *This thesis*
7. Alone we can do so little; together we can do so much – *Helen Keller*
8. Somewhere, something incredible is waiting to be known – *Carl Sagan*
9. Life is like riding a bicycle. To keep your balance, you must keep moving – *Albert Einstein*
10. For every minute spent in organizing, an hour is earned – *Benjamin Franklin*