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Novel insights into determinants and prevention of atrial fibrillation progression

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Stellingen

Novel insights into determinants and prevention of atrial fibrillation progression

Le Bao Oanh Nguyen

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*