

# Arrhythmias

## STATIN THERAPY IS ASSOCIATED WITH DECREASED INCIDENCE OF ATRIAL FIBRILLATION- A META ANALYSIS AND SYSTEMATIC REVIEW

ACC Moderated Poster Contributions  
McCormick Place South, Hall A  
Monday, March 26, 2012, 11:00 a.m.-Noon

Session Title: Arrhythmias: AF/SVT: Continuing Role of Pharmacologic Therapy for Atrial Arrhythmias  
Abstract Category: 16. Arrhythmias: AF/SVT  
Presentation Number: 1238-255

Authors: *Arun Kannan, Nagapradeep Nagajothi, Jennifer Beard, Karl Nelson, Canton Medical Education Foundation, Canton, OH, USA*

**Background:** Statin therapies have shown to decrease the incidence of Atrial Fibrillation (AF) in patients with normal sinus rhythm due to its anti inflammatory properties. However some studies have shown no effect. We performed a meta-analysis to evaluate the effect of statins on AF incidence.

**Methods:** Clinical trials evaluating the primary occurrence and recurrence of AF while on statins were considered. Studies were obtained using search words in PUBMED, MEDLINE, EMBASE, CINAHL, and reference lists. Study Selection: Studies were included if they were randomized, or quasi-randomized, controlled trials that compared statins with placebo or with no treatment in patients with atrial fibrillation. There were no language restrictions. The relative risk across study groups was computed using the Mantel-Haenszel method and inter-study heterogeneity was assessed by Chi square method. Results were computed using 95% confidence intervals. P value less than 0.05 was considered significant.

**Results:** Eleven studies met the inclusion criteria (n=8044). Eight studies showed decreased incidence of AF, three showed no effects compared to placebo. The incidence of AF was found to be decreased in patients who were on statins (OR-0.783, 95%CI 0.685-0.896, p<. 05).

**Conclusions:** In this meta-analysis, we found that the incidence of primary and recurrent AF is decreased with statin therapy. Large randomized controlled studies are needed to confirm this meta analysis finding.

