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Clinical efficacy of danshen injection combined with Digitalis in treating persistent atrial fibrillation in elderly patients**Jing Shi**

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Objective: To evaluate the clinical efficacy and safety of Danshen injection combined with digitalis in the treatment of persistent atrial fibrillation (AF) in elderly patients.**Methods:** 120 elderly patients aged 65 and over diagnosed with persistent atrial fibrillation were randomly assigned to two groups: the treatment group (60 patients) received Danshen Injection combined with Digitalis while the control group (60 patients) received Digitalis alone. The treatment duration was 3 months. Primary endpoints were the proportion of patients reverting to sinus rhythm, control of ventricular rate (<80 beats per minute), and improvement in NYHA functional class. Secondary endpoints included changes in left ventricular ejection fraction (LVEF), atrial size, and adverse cardiac events (e.g., hospitalization due to heart failure). **Results:** At the end of the treatment period, 35 patients (58%) in the treatment group reverted to sinus rhythm compared to 20 patients (34%) in the control group, showing a significant difference ($P=0.02$). Ventricular rate control was achieved in 65% (39/60) of the treatment group compared to 45% (27/60) of the control group, also significant ($P=0.04$). The average improvement in NYHA functional class was 1.2 in the treatment group and 0.8 in the control group ($P=0.03$).Regarding secondary endpoints, the average left ventricular ejection fraction (LVEF) in the treatment group increased from 52% pre-treatment to 57% post-treatment compared to an increase from 51% to 54% in the control group, with a significant intergroup difference ($P=0.05$). Atrial size reduced from an average of 4.6 cm to 4.3 cm in the treatment group and from 4.5 cm to 4.4 cm in the control group, also significant ($P=0.04$). Adverse cardiac events included 4 cases of hospitalization due to heart failure in the treatment group compared to 10 in the control group, indicating a lower incidence of severe adverse effects ($P=0.03$).**Conclusion:** The combination of Danshen Injection and Digitalis demonstrated superior efficacy in controlling heart rhythm and improving cardiac function in elderly patients with persistent atrial fibrillation, with a lower rate of adverse cardiac events. This combination therapy provides an effective and safe treatment option for this patient population.**Biography**

Dr. Jing Shi is a respected expert in traditional Chinese medicine at Chongqing Liangjiang New Area Traditional Chinese Medicine Hospital in China. With a profound knowledge of traditional therapies and their integration with modern medical practices, Dr. Shi has played a pivotal role in advancing holistic healthcare approaches in the region. Known for her dedication to patient-centered care, she has contributed to numerous clinical studies and is actively involved in exploring new applications of traditional Chinese medicine to enhance patient well-being and treatment efficacy.