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Effects of different intensities of aerobic exercise on patients with cardiac dysfunction after acute myocardial infarction

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Objective: To investigae the relationship between rest heart rate and atrial fibrillation (AF).

Methods: Studies published until 28 April 2020 were searched in PubMed, Embase, Weipu, China national knowledge infrastructure, Wanfang and China Biology Medicine disc database with the phrase of "rest heart rate" and "AF resting". forest plot was generated by RevMan5.3 software.

Results: 10 studies were identified after comprehensive search. These studies included 445573 subjects with a mean age 55.4 years. Among the subjects, 45.9% were men, and 25351 cases developed AF during follow-up period. The results of the meta-analysis revealed that in the general population, both low rest heart rate (HR = 1.13, 95% CI 1.01-1.26) and high rest heart rate (HR = 1.28, 95% CI 1.16-1.43) were associated with an increased risk of AF. Subgroup analysis revealed that there was no significant correlation between low rest heart rate and the occurrence of AF among individuals under 65 years old (HR = 1.08, 95% CI 0.96-1.22), but in people over 65 years of age can significantly increase the incidence of AF (HR = 1.32, 95% CI 1.14-1.52). However, among individuals aged 65 years and older, low rest heart rate significantly increased the incidence of AF (HR = 1.32, 95% CI 1.14-1.52). Conversely, high rest heart rate was found to significantly increase the risk of AF regardless of age group (both under 65 years old and over 65 years old).

Conclusions: Low or high rest heart rate are significantly associated with AF occurrence.

Biography

Chuanxiang Luo, born in 1980.10.21, the main research direction is cardiovascular diseases, has rich clinical experience, especially good at the diagnosis and treatment of arrhythmia and heart failure.

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