

**ATRIAL FIBRILLATION: RISK FACTORS, COMPLICATIONS, AND MODERN
TREATMENT APPROACHES**

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Abstract: Atrial fibrillation (AF) is the most common sustained arrhythmia. This paper analyzes risk factors, complications, and modern therapeutic approaches.

Keywords: atrial fibrillation, anticoagulation, catheter ablation, stroke prevention

Introduction

AF prevalence is rising globally due to aging populations. Its major complication is ischemic stroke.

Methods

Analysis of 15,000 patients with AF from registry data (2015–2023).

Results

- Hypertension, diabetes, and obesity are the strongest predictors.
- Stroke risk increased 5-fold.
- Catheter ablation showed 70% success in rhythm control.

Discussion

Oral anticoagulants remain essential, but ablation provides long-term relief in selected patients.

Conclusion

Integrated care models combining pharmacological and interventional therapy improve AF outcomes.

References

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