

ANALYSIS OF SCIENTIFIC RESEARCH ON THE INFLUENCE OF VARIOUS FACTORS ON THE RISK OF ATRIAL FIBRILLATION IN ELDERLY PATIENTS

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Atrial fibrillation is the most common cardiac arrhythmia known worldwide. It is estimated that in 2033, between 7 and 12 million people worldwide will suffer from this condition, in the United States by 2055 and 18.9 million in Europe by 2065. This disease is a major risk factor for ischemic stroke and poses a serious economic burden along with significant morbidity and mortality in the working age population.

According to the WHO statistical system, in 2019, about 3 million new cases of the disease were registered worldwide. The estimated incidence rate in 2019 (502 / million inhabitants) was 31% higher than in 1999. According to forecasts, by 2050 the absolute burden of atrial fibrillation may increase by more than 60%.

The aim of the study is to analyze randomized controlled trials on the influence of various factors on the risk of atrial fibrillation. The study used materials from the open information platform Pubmed.

According to a 2020 study, the estimated number of people with atrial fibrillation in 2019 worldwide was 33.5 million. This is about 0.5 percent of the world's population. Although the prevalence varies among different ethnic groups, epidemiological studies have consistently shown a gradual increase in prevalence with age.

An analysis of randomized controlled trials over the past 10 years has shown more than 3,000 publications in the National Library of America. The National Institutes of Health, part of the US Department of Health and Human Services, is a national medical research agency that makes important discoveries and improves public health. Thus, the largest number was conducted in 2013 - 317 studies, and the smallest in 2014 - 3 studies, respectively. The development of AF in comparison with other diseases is influenced by body mass index, diabetes, smoking, alcohol consumption, systolic blood pressure, treatment of hypertension, left ventricular hypertrophy, heart murmur, heart failure and myocardial infarction. Recent studies show that patients aged 60-69, 70-79 and 80-89 years were associated with a 4.98, 7.35 and 9.33-fold risk of atrial fibrillation, respectively, compared to individuals aged 50-59 years.

The Atherosclerosis Study (MESA) reported the prevalence of fibrillation in Latin Americans and Asians living in the United States. Age- and sex-adjusted fibrillation rates per 1,000 person-years were 6.1 in Latinos 3.9 in Asians, compared with 11.2 in whites 5.8. A meta-analysis of pooled data from seven studies showed that a sedentary lifestyle is most associated with an increased risk of atrial fibrillation compared with moderate or intense physical activity.

In general, there is no one factor that can affect the risk of fibrillation more than others. Most often, these are past heart diseases and common risk factors - overweight, exercise, bad habits, and so on.