

# How I approach lifestyle modification in AF

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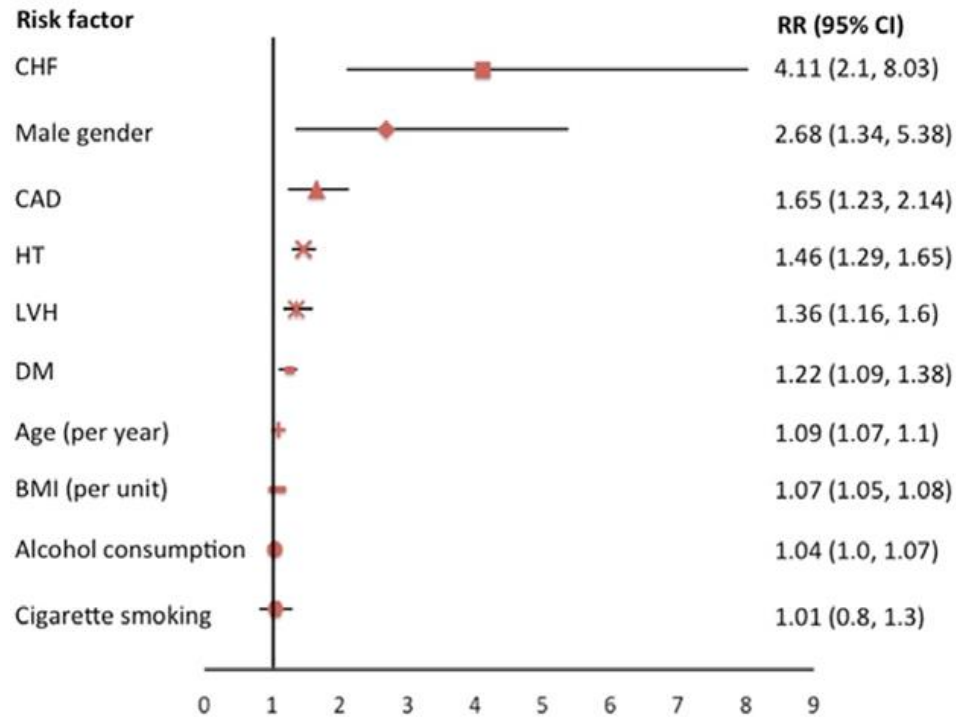
UNIVERSITY OF  
CALGARY

# Outline

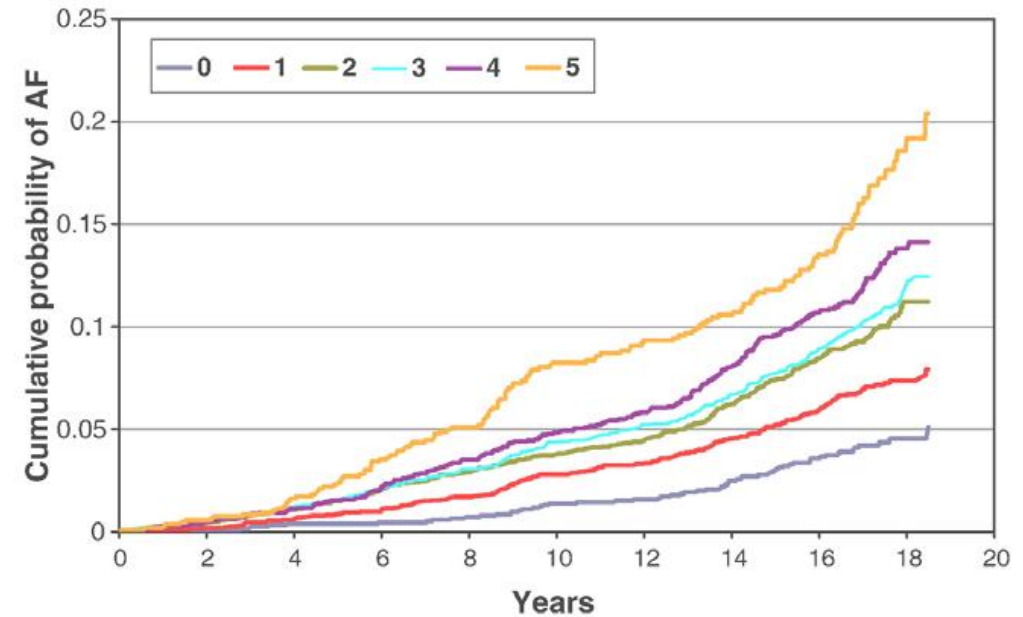
- Epidemiology of AF: focus on risk factors
- Lifestyle and primary prevention of AF
- Risk factor modification as AF treatment
- Tools for lifestyle modification in AF patients
- Current unknowns and ongoing research

# AF Epidemiology: Who, When, and Why?

**A**

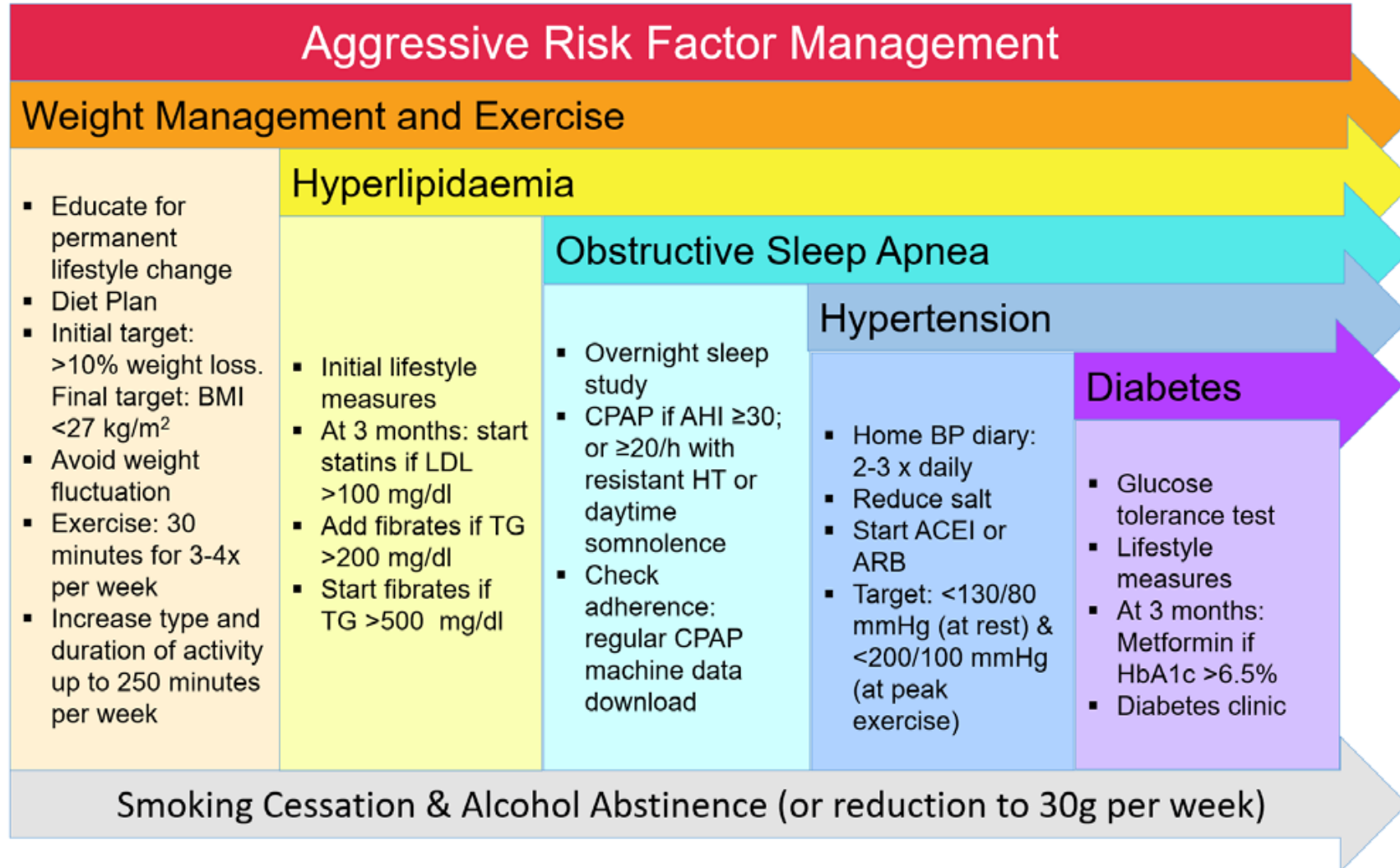


**B**



Lau DH, *Circulation*. 2017;136:583-596;  
Chamberlain AM, *Am. Heart J.* 2010;159:850-856

# Adelaide AF Risk Factor Management Program



# Weight Loss and Fitness Gain Synergy

