

island health Atrial Fibrillation Clinic Management Options for Modifiable Risk Factors

Alcohol and Tobacco

Limit to ≤ 1 standard drink¹ per day. Complete abstinence from alcohol may be preferred in selected patients.

Target complete abstinence from tobacco-related products.

Sleep Apnea

CPAP for moderate-severe OSA (AHI ≥ 15/hour) Regular assessment of CPAP adherence.



Target a weight loss of ≥10% to a BMI of less than 27 kg/m².

Exercise

- Moderate intensity aerobic exercise ≥ 30 minutes a day at least 3-5 days per week (target ≥ 200 minutes weekly).
- 2. Resistance exercise 2-3 days per week.
- Flexibility exercises at least 10 minutes per day at least 2 days per week in those >65 years of age.

Diabetes

Target a HbA1c of ≤7.0%.

Blood Pressure

Target \leq 130/80 mmHg at rest and \leq 200/100 mmHg at peak exercise. ACE-I or ARB may be preferred.