

Long-Term Effect of Goal Directed Weight Management on an Atrial Fibrillation Cohort: A 5-Year Follow-Up Study (LEGACY Study)

Purpose: Evaluation of the impact of weight management on atrial fibrillation (AF) outcomes.

Trial Design: N= 355 . Application of AHA guidelines for risk management (weight for this study). Risk management vs. no additional risk management measures. F/U = 4 years. Holter monitor = 7 days.

Primary Endpoint: Change in AF severity (AF as it related to weight loss).

Weight Loss (% of body weight)	% free from AF	P value
10% or more	45%	<0.001
3-9%	22%	<0.001
Less than 3%	13%	<0.001
Weight Fluctuation >5% and Risk of AF Recurrence:	HR 2.2	<0.001

Conclusions: In obese patients, weight loss increased the likelihood of achieving long-term freedom from AF in a dose-dependent pattern. Weight fluctuations more than 5% were associated with the risk of AF Recurrence.

