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LONG-TERM EFFICACY OF VALSARTAN IN COMBINATION WITH AMIODARONE IN OLDER PATIENTS WITH NON-VALVULAR PAROXYSMAL ATRIAL FIBRILLATION

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Objective To evaluate the long-term clinical efficacy of Valsartan in combination with amiodarone on maintenance of sinus rhythm in patients with non-valvular paroxysmal atrial fibrillation (AF).

Methods 126 patients were randomly divided into two group: amiodarone group (group A, n=65) and amiodarone plus Valsartan group (group B, n=61). The duration of following up was up to 3 years and the primary end point of the study was the recurrence of AF. The left atral diameter was measured with transthoracic echocardiogram before treatment and 12, 24 and 36 months after treatment.

Results After 12 months, left atrial diameter in group A was significantly larger than that of group B ($p<0.05$), and the sinus rhythm maintenance of group A was significantly lower than that of group B ($p<0.05$). At the end of the study, the maintenance of sinus rhythm was 59.05% in group A to 83.52% in group B ($p<0.05$).

Conclusions The combination of Valsartan with amiodarone was more effective than amiodarone alone in sinus rhythm maintenance for non-valvular paroxysmal atrial fibrillation, and can inhibit the enlargement of left atrium.