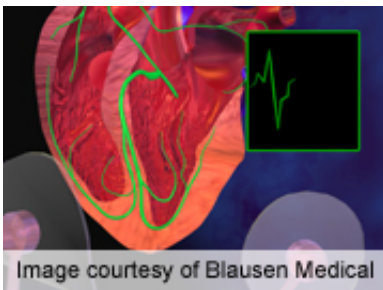


# Years of endurance exercise may raise A-fib/Flutter risk

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Cumulative years of regular endurance exercise are associated with an increased risk for atrial fibrillation and atrial flutter, according to a study published in the Oct. 15 issue of *The American Journal of Cardiology*.

(HealthDay)—Cumulative years of regular endurance exercise are associated with an increased risk for atrial fibrillation and atrial flutter, according to a study published in the Oct. 15 issue of *The American Journal of Cardiology*.

Marius Myrstad, M.D., from Diakonhjemmet Hospital in Oslo, Norway, and colleagues assessed the risk for atrial arrhythmias by cumulative years of regular [endurance exercise](#) in men from the general population and male participants in a long-distance cross-country ski race. Between the two cohorts there were 3,545 men aged  $\geq 53$  years.

Electrocardiograms validated arrhythmia diagnoses, while a questionnaire assessed regular endurance exercise.

The researchers found that the adjusted odds ratio was 1.16 for [atrial fibrillation](#) and 1.42 for [atrial flutter](#) per 10 years of regular endurance exercise. The associations were significant in both cross-country skiers and men from the general population.

"Cumulative years of regular endurance exercise were associated with a gradually increased risk for atrial fibrillation and atrial flutter," the authors write.

One author disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

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