

Australian man aged 50 – Atrial Fibrillation history, commencing July 2005.

Cardioversion 08/07/2005.

I had another spell of AF, commencing in the early hours of the morning on Saturday 03 September, so I thought I'd summarise **all** these events.

1. On Mon **11/07**, while on holiday & still on Sotalol, I went into AF at about 6am. I went to gym in the resort for an hour and spontaneously reverted to sinus rhythm some time during the late morning. I think I reported this to you when I saw you on 21/07.
2. On Sun **14/08**, I woke up during the early hours of the morning and felt that I was in AF. I got up at about 7am, still in AF. I went for an hour long cycle and when I checked my pulse after the ride, I had reverted to sinus rhythm. Of course I had commenced the Flecainide after I saw you on 21/07, so I had been on it for +/- 3 weeks.
3. On Sun **03/09**, I woke up during the early hours of the morning (+/- 1am) and felt that I was in AF. I got up at about 7am, still in AF. I went for an hour long cycle (determined that I'd revert!) and when I checked my pulse after the ride, I had reverted to sinus rhythm.

12/09/05

Increased flecainide from 2x50mg to 3x50mg.

UPDATE 30/09/2005

On Saturday **24/09** @ 7am I noticed that I had already taken my Saturday TENSIG. I thought I may have just been out of synch, but on reflection realised that the most likely scenario was that I had inadvertently taken one on Fri evening, as my evening medication involves a mountain of pills – 3 Warfarin (5+2+1mg), Flecainide, as well as an Omega 3 capsule. With a crowd around & me chatting while I was assembling the pills, it could have been included. Anyway, I called a pharmacist & after discussion we agreed that the best option was to take ½ TENSIG on Saturday am & then recommence a whole one on Sunday am.

I woke up in the early hours of Sunday 25th in AF. I got up & went for a cycle (1.5hr), after which I was back in sinus rhythm (1/2 way thro the ride)

Last night (29/09), after 2 glasses of red, I went into AF some time between 8 & 9pm. I was still in AF this morning. (definite irregular / erratic pulse)

I went for a 30 minute cycle at N Cott & then a quick swim with some mates / clients (don't psycho-analyse this!!!).

I'm sure I was back in sinus after the cycle, but definitely after the swim.

I'm in the office & feel invigorated!

I must, however, mention that on a few occasions during this week I felt slightly imperfect.

It is hard to describe, but something akin to the feeling when you are very hungry & slightly weak – an empty hollow feeling.

So, I am of course trying to think what may have triggered the AF & what to do. My thoughts are:

- The incident after the medication confusion could have been due to reduced TENSIG levels?
- The incident last night may have been due to too much alcohol? (2 glasses) Happy to cut down, but someone told me a glass or 2 would actually do me good.
- It really seems that 30 or 40 minutes of cardiovascular exercise boots me back into sinus rhythm.
- I get the impression that Flecainide & Tensig generally work, but that there are factors that trigger AF.

Red wine – histamines, tyramine

On **Sun 09/10** I woke up in AF. Did my usual 1hr cycle & got home in sinus rhythm.

I'm really trying to understand & manage my AF, so here's the detail of what I did on Sat night:

Dinner with the family, accompanied by ONE beer. Felt fine.

Dinner consisted of BBQ'd Atlantic Salmon soaked in Teriyaki sauce, with Chinese green veg stir fried with ginger & garlic. Also a green salad with a bit of olive oil & balsamic.

Any substances in there that could trigger AF?

This really has very little to do with your lifestyle compared with intrinsic factors in your heart -- primarily ectopic impulses coming from your pulmonary veins as we have discussed.

Apart from alcohol and possibly caffeine there are really no major dietary factors

Mike

Another episode. No need to respond unless you want to, but for the record:-

I had ONE beer with a mate who popped around last night.

Woke up this morning (**11/10/05**) in AF. Rate was reasonable, but definitely erratic.

Did a 40 min cycle & was still in AF on return at 07.15. Had a shower & breakfast.

Got to the office just after 8.00 & I was in sinus. Rate is +/- 58.

I have now cut all alcohol out. Hopefully that eliminates one of the triggers!

13/10/05

I woke at 2.00 am in AF. Rate was reasonable. Didn't count, but guess 70 to 80.

Managed to go to sleep soon afterwards. Woke up at 6.00am in sinus rhythm.

I have not had any alcohol since Monday evening & did not do anything unusual.

- Is the medication meant to help me revert to sinus, or is it only designed to maintain sinus? I'm trying to understand whether it was simply a spontaneous reversion to sinus or whether the medication helped.
- All the recent incidents have been in the early hours of the morning, leading me to suspect that it may be when my flecainide level is lowest. Instead of having medication at breakfast, lunch & dinner, I'm going to spread the doses more evenly over a 24 hr period: first as I wake up, last before I go to bed & the other one midway in between, to give a more even flecainide level around the clock.

Please comment on the two points.

15/10/05 - Saturday

Went into AF for no more than 30 minutes, from about 8.30pm.

Back in sinus before 9pm.

Then woke at about 2am on Sunday, with beat regular, but missing beats, probably 4 per minute. Woke up in sinus at 5.30am.

Went sailing on Sunday – very energetic day, without any problems.

17/10/05

In AF at 2.05 pm at my desk, immediately after taking medication.

Cycled 40 minutes from 5.45pm and back in sinus about 20 – 30 min after finishing.

Beat was a lot steadier at the end of the cycle, but still somewhat erratic.

18/10/05

Feel fine, but a bit light headed every time I get up from my seat. Been drinking lots of water in case my BP is low. I had breakfast.

21/10/05

Woke at 6am in sinus. Had medication at 6.10 & felt AF commence. No time for exercise. Went to breakfast at school. Back in sinus by 7.45am.

23/10/05

Went into AF at about 9pm, soon after taking medication. Preceded by the usual empty / nervous stomach feeling. Butterflies? Hard to describe. (had a 1.5hr cycle on Sun morn)

Woke up in sinus on Monday – suspect it reverted when I relaxed. Cycled 20 min. feel fine.

Bit worried about the dizziness when I stand up. Started about a week ago & seems worse now than before. Yesterday lunch time was weird – literally went wobbly with feint vision for a second.

26/10/05

Woke @ 5.30, feeling fine & in sinus. Took medication at about 5.45 with water & went into AF for about 10 minutes. Reverted spontaneously but missed a few beats, say 4 / minute. Also a bit concerned about the occasional rapid heartbeat short spells which sometimes precede the AF.

30/10/05

Dizzy spell at dinner table.

31/10/05

Appointment with Consultant Cardiologist (EP)

01/11/05

NO Atenolol this morning.

Lots of blood tests @ 08.00am

Flecainide test @ 13.30pm

Pulse slow on waking @ 06.00, but 52 at 6.15 & 64 after 20 min cycle.

Back to around 52 most of the day.

03/11/05

Woke at 2am, in sinus. Went to toilet, and as I got back in bed I felt AF commence. Pulse was racing a bit (high 70's / low 80's – hard to tell exactly). Took ½ an atenolol (Tensig) as discussed with cardiologist on Mon 31/11. Went to sleep with pulse slowing a bit. Woke up still in AF with pulse in low 60's. Cycled ½ hr – 6.15 to 6.45. Had brekkie & then went for INR & then to work. Spontaneous reversion +/- 9.00am. Pulse 54 to 56.

07/11/05

Woke 5.00. went to kids' bathroom over tiles. Felt AF start 5.15 as I got back into bed. Cycled ½ hr. back in sinus by 9.15. pulse 60 @ 11am.

08/11/05

Email from Consultant Cardiologist (EP):

I just received back your flecainide level and it is quite high at 1372 (usual therapeutic range is 200 -- 1000) so you had better cut back your dosage to just 50 mg twice a day

09/11/05

Woke at 3.40am in sinus (checked it). Within minutes felt AF commence. Pulse about 76. Took ½ atenolol & it settled down to a slower rate & then reverted to sinus within 20 min. Woke at 6am – missing beats & then in AF. Had flecainide at 6.15. back in sinus by 6.30am. cycled ½ hr. It is 10am now & I'm feeling good. Pulse 52.

12/11/05

Woke at 4.30am & felt AF commence. (hollow felling / butterflies in upper stomach / lower chest) Took ½ Atenolol @ 4.45. Cycled at 7.30am. back in sinus by 09.30.

13/11/05

AF slowly started at 9pm Sunday evening – on and off – started with missing beats – could feel the “hollow” feeling as the beat was about to be missed. Drinking water seemed to aggravate it. In proper AF by 11pm. Took ½ Atenolol, settled down & slept. Woke up Monday still in AF. Cycled 30 min at 7am & felt good. Back in sinus by 8am. Pulse 54 at 9.30am.

15/11/05

9.45am – missing the odd beat (hollow feeling) for about 20 min. generally regular.

17/11/05

7.45pm – similar to 15/11, for about an hour.

20/11/05

Midnight (19/20th) “mild” AF for less than 1 hr.

22/11/05

“Mild” AF for 10 minutes @ 14:00

23/11/05

Woke at 4.55am – in AF. Took ½ Atenolol at pulse in upper 70's / 80. Cycled 6.00 – 6.30. (Had ¼ flute of sparkling wine last night) Back in sinus by 10.30am. Pulse 52.

28/11/05

AF started 11pm last night. Woke in AF. Cycled 30min. back in sinus by 9am.

Pulse 64 by 12 noon. Felt a bit weak at start of cycle. Feeling fine at noon, with a very slight headache.

09/12/05 Friday

AF started at +/- 3pm. Could not cycle Fri due to appointment. Felt fine, but had ½ Atenolol at midnight as pulse was a bit fast, over 80. Cycled 1 hr on Saturday morning & reverted to sinus late on sat morning. Felt good after cycle. AF feels less intense and does not cause me as much anxiety any more.

30/12/05

INR 1.8 – increased Warfarin dosage to 8.5 on 03/01/06.
Flecainide 210 – OK.

12/01/06

INR 1.6 – increased Warfarin dosage to 9.0 on 17/01/06.

19/01/06

Saw M Davis. Ordered stress test. Said I could quit Warfarin & use Cartia. I'll change at the end of Jan when I get back from Kalbarri.

08/03/06

Woke at 01:20am & felt AF. Took ½ Atenolol as pulse around 80. Eventually slept well. Woke still in AF. Cycled 40min & exercised 10 min. Still in AF at 4.30pm. In sinus by 17.30pm.

14/04/06

Got home from exhausting trip to Mt Isa at midnight on 13/04. Worked till 2am on 14/04. Woke at 3.15am & felt AF commence. Checked pulse regularly. Still in AF at 3pm. Back in sinus at 3.15pm.

08/10/06

Sydney – AF from 07.30 am to 10.30am. Did nothing special, just a walk.

24/10/06

Woke @ 03.15am – felt AF starting. Felt a bit weak in the morning. Cycled 20min & exercised 10 min. back in sinus by 09.30am.

21/12/06

Woke at 12.40am & felt AF starting. Cycled 30 min. back in sinus by 09.30am. Pulse 72 – hard to detect.

03/01/07

Woke at about 3.30am in AF. Cycled 30min. Back in sinus by 09.30am. felt a bit listless whilst in AF & also felt a bit of dizziness yesterday after standing up from a squat & generally before the BBQ.

09/04/07

Woke up in AF. Bad flu. Had harsh barking cough & this could have done it.

10/04/07

Still in AF. Contacted M Davis & had cardioversion at 6pm

21/04/07

In Melbourne. Went into AF at 18.00 while drinking a beer. Back in sinus by 9.30pm after dinner.

24/04/07

Woke at 04.50am in AF. Carried on as normal. Back in sinus by 09.30am.

26/04/07

Felt AF start at 10.15am. Back in sinus by 11.30am, but still missing the odd beat, say 2 or 3 a minute. Still missing odd beats at 12.15pm. Ok later on.