

Blood pressure control reduces dementia risk in mid-life patients with atrial fibrillation

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Dementia risk in mid-life patients with atrial fibrillation (AF) can be reduced by controlling high blood pressure, according to a study presented today at EHRA 2019, a congress of the European Society of Cardiology (ESC).

Study author Dr. Daehoon Kim said that AF patients in their 50s and 60s can benefit from lowering their [systolic blood pressure](#) (SBP) to 120-129 mmHg, as compared to those with continuously high SBP over 140mmHg.

"It was surprising. We all know that AF is associated with higher risk of [dementia](#), but there was no certain way to protect against AF-associated dementia," explained Dr. Kim, a cardiologist at Yonsei University College of Medicine in Seoul, Republic of Korea. "With this study, we found one potential way to help mid-life patients minimise their risk by as much as 15%," he said.

AF patients with hypertension and taking at least one antihypertensive medication at the time of AF diagnosis between 2005-2016 were enrolled in the Korean nationwide cohort study. Among those with uncontrolled SBP over 140mmHg at initial AF diagnosis, the risk of dementia was compared according to their follow-up SBP control status (

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