

# New research offers guidance for the atrial fibrillation epidemic

## Mobile cardiac monitoring: Which device is the right choice?

### Introduction

There have long been challenges in the diagnosis of Atrial Fibrillation (AF) and the consequences clearly have been established to include increased stroke and systemic embolism rates, with increased morbidity and mortality, if no oral anticoagulation is prescribed. While all types of AF have their own individual diagnostic challenges, Paroxysmal Atrial Fibrillation (PAF) is especially challenging given its episodic nature. In addition, patients with undiagnosed PAF often progress to more serious events, mainly stroke.

With a 2017 *Journal of Geriatric Cardiology* study predicting an “atrial fibrillation epidemic” in the next 10 to 20 years, making the right choices about cardiac monitoring devices has never been more important.

Until relatively recently, the Holter monitor was the only method available for at-home patient cardiac monitoring.

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