



6 Oct 2024, Sunday's Patients Day

AF Association Patients Day - Hall 8a



Chair: Carlos Morillo, Fang Feng Ting, John Cannon

**Calgary, CA,
Watford, UK,
Stanton, UK**

Welcome

10:00

- Welcome and introduction to AF Association – what is new and what more can we do?
- What are the different types of AF and why does this matter? What is Atrial Flutter and how is it different from Atrial Fibrillation?

John Cannon

Stanton, UK



Managing Atrial Fibrillation (AF)

- What are management options? Lifestyle, drugs and ablation
- Managing my lifestyle to manage my AF

10:15

- Medications for rate and rhythm control – how can they help my symptoms?
Amiodarone / Beta-blockers / Flecainide / Digoxin
How often should I have my medication reviewed?
- So, if AF is an irregular rhythm why do they speak about rate control and not rhythm control?

Boon Lim

London, UK

Preventing AF-related Strokes

10:50

- Preventing an AF-related stroke, the importance of anticoagulation: What are the benefits of DOACs Vs Warfarin?
 - New developments in preventing AF-related Strokes: Factor XI inhibitors
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All about Ablations

- Ablation – there seem to be so many options – does it matter which ablation I have?

- o Catheter Ablation
- o Cryoablation
- o Hybrid AF Ablation
- o Radiofrequency Ablation
- o Surgical Ablation
- o Pulsed Field Ablation

11:25

Carlos Morillo

Calgary, CA

- What are the risks and side effects of ablation?
- What happens if I have a recurrence in symptoms after ablation?
- Life after an ablation – does it work for all?

12:00

Break

New Technology

14:00

- Which digital devices can I use that will help my doctor in monitoring my care?
- What NEW technology can we expect to see to monitor AF?

Mark Tanner

Chichester, UK



Group Discussions

- How much exercise is too much? - At what point do I need to stop?
- Is there a link with AF and Dementia?
- When should I call an ambulance or go to A&E?

14:35

- Ectopic Beats are they dangerous?
- Why do ectopic beats occur after large meals / alcohol / caffeine?
- Why does AF happen at night when I am resting in bed?
- How do I deal with stress and anxiety? Who can help?

Boon Lim,
Carlos Morillo,
John Cannon

London, UK,
Calgary, CA,
Stanton, UK

15:25

- Living with AF - Patients perspective
- Summary of living with AF

John Cannon

Stanton, UK

16:00

Close



STARS Patients Day - Executive Room 2



Chair: Richard Sutton, Robert Sheldon

**Monte Carlo,
MC, Calgary, CA**

10:00	Welcome and what's new at STARS? <ul style="list-style-type: none">• Introduction to the various types of Syncope	Trudie Lobban	Winchester, UK
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Situational Syncope

10:05	<ul style="list-style-type: none">• The many triggers are either ignored or not identified by GPs but can cause havoc to a patient and their employment. (For example: Cough Syncope in a lorry driver)	Boon Lim	London, UK
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Reflex Anoxic Seizures (RAS) - a condition not to be misdiagnosed as epilepsy

10:20	<ul style="list-style-type: none">• How to differentiate between breath-holding and Reflex Anoxic Seizures (RAS) episodes• What is an Anoxic Epileptic Seizure (AES)		
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Complexity of Syncope in the elderly

10:35	<ul style="list-style-type: none">• Never assume the cause of a fall is the slipper!	Melanie Dani	London, UK
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Cardiac Syncope

10:50	<ul style="list-style-type: none">• Syncope is a symptom - not a condition and cardiac Syncope may be a symptom of an inherited or underlying cardiac condition	Derek Connolly	Glasgow, UK
11:05	<p>Tilt Table Testing and Insertable Cardiac Monitors (ICM)</p> <ul style="list-style-type: none">• After an ECG these two tests may be considered for investigation of Syncope	Artur Fedorowski	Stockholm, SE
11:20	<p>Reflex Syncope (Vasovagal Syncope) vs Psychogenic Blackouts</p> <ul style="list-style-type: none">• How to distinguish pseudosyncope (PPS) from Syncope	Nicholas Gall	London, UK
11:35	Q&A		
12:00	Break		
14:00	<p>Syncope</p> <ul style="list-style-type: none">• When to pace, when to ablate, when to medicate	William Foster	Worcester, UK
14:15	<p>Can Postural Tachycardia Syndrome (PoTS) be misdiagnosed as Orthostatic Hypotension?</p> <ul style="list-style-type: none">• Features, management, and medication may overlap but there are differences		
14:30	Driving and Syncope - what do the guidelines and DVLA say?	Paul Cooper	Manchester, UK



Living with Low Blood Pressure (Hypotension)
and how you can help yourself

14:45

- Find out what the symptoms of low blood pressure are, and how to manage and find out the best treatment options for you

Satish Raj

Calgary, CA

15:00

Patient Story

15:15

Q&A

16:00

Close
