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Emerging Evidence for the Association Between Non-Alcoholic Fatty Liver Disease and Cardiac Arrhythmias.

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It is well established that non-alcoholic fatty liver disease (NAFLD) increases the overall risk of cardiovascular diseases, and cardiac death.¹ However, only recently have we begun to understand the specific types of cardiac problems linked to NAFLD. Several newly published studies indicate a link between NAFLD and cardiac arrhythmias.

A 2017 review article showed that there is a 2.5 times increased chance of developing atrial fibrillation in patients with NAFLD.² The three studies included in this meta-analysis were all conducted recently (2013-2015), and each of these showed a significantly increased risk of atrial fibrillation in the NAFLD group, even after adjusting for several confounding factors.

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