



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	
10:00	Welcome • Welcome and introduction to AF Association – what is new and what more can we do?	Tracy Goodman	Oxford, UK
10:10	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
- 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?

10:25

Andrew Turley

Middlesbrough, UK

Preventing AF-related Strokes

- 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

10:40

Derek Connolly

Birmingham, UK

10:55

Empowering Patients Through Advocacy

Andrea Baer

Pittsburgh, US



All about Ablations

- 11:15
- 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
- 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?

11:45 Q&A

12:00 Break

New Technology

- 13:00
- Which digital devices can I use that will help my doctor in monitoring my care?
- Mark Tanner Chichester, UK
- What NEW technology can we expect to see to monitor AF?
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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?

13:35

- 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?

Carlos Morillo,
Fang Feng Ting,
John Cannon

Calgary, CA, Watford,
UK, Stanton, UK

14:25

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

Alex Knibbs,
Tracy Goodman

Cumbria, UK, Oxford,
UK

15:00

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?	Trudie Lobban	Winchester, UK
10:05	Syncope <ul style="list-style-type: none">• When to pace, when to ablate, when to medicate	William Foster	Worcester, UK
10:20	Reflex Anoxic Seizures (RAS) - a condition not to be misdiagnosed as epilepsy <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)	Norah Yap	London, UK
10:35	Complexity of Syncope in the elderly <ul style="list-style-type: none">• Never assume the cause of a fall is the slipper!	Melanie Dani	London, UK
10:50	Cardiac Syncope <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 Connelly	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>Situational Syncope</p> <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)	Melanie Dani	London, UK
11:35	Empowering Patients Through Advocacy	Andrea Baer	Pittsburgh, US
11:50	Q&A		
12:00	Break		
13:00	<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	Mehran Asgari	Inverness, UK
13:15	<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
13:30	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

13:45

- 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

14:00

Live Patient Story with a Q&A

Charlie Kirkham,
Trudie Lobban

UK, Winchester, UK

14:30

Q&A

15:00

Close