

Effect of dietary sodium to potassium ratio on high BP in association with metabolic syndrome

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Background: Little is known on the association between dietary Na/K and high blood pressure (BP) in relation with metabolic syndrome (MS) in a large Asian population. **Objective:** We aimed to prove the higher Na/K people had, the more high BP they would have, especially in those with more MS risk-factors. **Design:** This was cross-sectional study using data from Korea National Health and Nutrition Examination Survey in 2008, 2009 and 2010. The study subjects comprised 14,302 participants aged ≥ 20 years with data on BP, and Na and K intake and who were not taking antihypertensive drugs. **Results:** The Na/K group was associated with high BP ($p=0.022$) with a linear trend ($p\text{-trend}=0.002$) in multiple logistic regression. In subgroup analysis, only those who had ≥ 2 MS components showed a significant association between the Na/K group and high BP ($p=0.020$) with a linear trend ($p\text{-trend}=0.003$). In subgroup analysis based on the status of abdominal obesity (Aob) and high insulin resistance (hIR), dietary Na/K was associated with high BP in groups of Aob-/hIR+ and Aob+/hIR-. In those with < 2 MS components, the Na/K was associated with high BP only in group of Aob-/hIR+. However, in those with ≥ 2 MS components, Na/K-related high BP was evident only in group of Aob+/hIR-. **Conclusions:** In an adult Korean population, the dietary Na/K was significantly associated with high BP, especially in those with ≥ 2 MS components. Both high IR and abdominal obesity influenced Na/K-associated high BP, particularly in groups with < 2 and ≥ 2 MS components, respectively.

Catheter ablation for drug-refractory paroxysmal atrial fibrillation in Ebstein's anomaly

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Atrial tachyarrhythmias are frequently observed in patients with Ebstein's anomaly. Although accessory pathway-related arrhythmia is most common, atrial fibrillation (AF) can develop with aging. Here, we report the case of an adult patient with Ebstein's anomaly who developed drug-refractory paroxysmal AF. Corrective surgery was not yet indicated based on his symptoms and right ventricular function. Thus, radiofrequency catheter ablation (circumferential pulmonary vein antrum isolation and linear ablations of the roof, mitral isthmus, and cavotricuspid isthmus) was performed successfully using a 3-dimensional mapping system without any procedure-related complications. There was no recurrence of AF during the 15-month follow-up. Radiofrequency catheter ablation seems to be useful for drug-refractory paroxysmal AF in patients with Ebstein's anomaly.

Keywords: Ebstein's anomaly; Atrial fibrillation; Catheter ablation

Figure. Anterior and Posterior view of 3D-mapping system

