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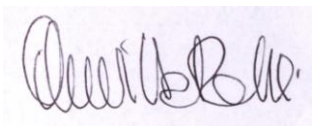
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Prof. Anna Vittoria Mattioli



Modena, February 15, 2019

To Editor

Heart Rhythm

Dear Editor

Please find enclosed the Letter entitled ‘**Mediterranean Diet and wine intake could improve atrial function in patients with atrial fibrillation**’

which I wish to submit on behalf of my fellow authors for consideration for publication in **Heart Rhythm**

Letter related to “Voskoboinik A, Wong G, Lee G, et al. Moderate alcohol consumption is associated with atrial electrical and structural changes: Insights from high-density left atrial electroanatomic mapping. Heart Rhythm 2019; 16, 251–259.”

All authors participated in the study, have reviewed the letter and have approved the content.

I look forward to hearing from you in due course.

Yours sincerely

Anna Vittoria Mattioli

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Mediterranean Diet and wine intake could improve atrial function in patients with atrial fibrillation.

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Letter related to “Voskoboinik A, Wong G, Lee G, et al. Moderate alcohol consumption is associated with atrial electrical and structural changes: Insights from high-density left atrial electroanatomic mapping. Heart Rhythm 2019; 16, 251–259.”

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Dear Editor,

We have read with great interest the paper “Moderate alcohol consumption is associated with atrial electrical and structural changes: Insights from high-density left atrial electroanatomic mapping.” by Voskoboinik A and coworkers [1] and we found it of importance with a view to clinical prevention. This study found that regular moderate alcohol consumption, but not mild consumption, is an important modifiable risk factor for atrial fibrillation (AF).

With reference to the findings reported in the paper, we would like to make the following contribution to the discussion. It has been suggested that there would be a synergy among the antioxidants-rich foods of the Mediterranean diet that fosters favorable changes in intermediate pathways of cardio-metabolic risk factors. [2,3]

In previous paper we found that high adherence to Med Diet is associated with spontaneous conversion of AF. [4] Wine intake was specifically evaluated but no relationship was found. The wine includes other components besides the alcohol; especially polyphenols, a class of antioxidants that prevents cardiovascular disease and cancer. [4,5]

In the Mediterranean lifestyle, wine is usually consumed during meals and, it is our opinion, that a synergistic action is created with food and food antioxidants so as to determine beneficial effects on health. [4,5]

Recently Honarbakhsh found that structural remodeling results in heterogeneous CV dynamics, which are determined largely by the degree of atrial disease. [6]. Lifestyle, specifically nutrition could influence the structural remodeling of atria and could be useful to prevent the development of arrhythmia.

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