

This is a pre print version of the following article:

Mediterranean Diet and wine intake could improve atrial function in patients with atrial fibrillation /  
Mattioli, Anna Vittoria; Farinetti, Alberto; Gelmini, Roberta. - In: HEART RHYTHM. - ISSN 1547-5271. -  
(2019), pp. 1-1. [10.1016/j.hrthm.2019.03.008]

*Terms of use:*

The terms and conditions for the reuse of this version of the manuscript are specified in the publishing policy. For all terms of use and more information see the publisher's website.

14/05/2024 16:03

(Article begins on next page)

Manuscript Number:

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

Article Type: Letter to Editor (LED)

Corresponding Author: Professor Anna Vittoria Mattioli, MD, PhD, FACC

Corresponding Author's Institution: University of Modena and RE

First Author: Anna Vittoria Mattioli, MD, PhD, FACC

Order of Authors: Anna Vittoria Mattioli, MD, PhD, FACC; Alberto Farinetti; Roberta Gelmini

Manuscript Region of Origin: ITALY

**CONFLICT OF INTEREST STATEMENT - HeartRhythm**  
**(First and Corresponding Author(s) Must Sign)**

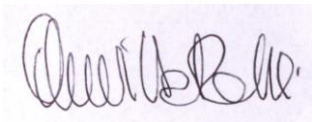
Thank you for your submission to the HeartRhythm journal. **CONFLICTS OF INTEREST FOR ALL AUTHORS MUST BE STATED ON THE TITLE PAGE.** Please have the first and corresponding author(s) sign and upload with your manuscript submission. Its purpose is to inform all interested parties of any significant affiliations or relationships you may have with any commercial enterprise or any other potential conflicts of interest. This is a standard form required by most leading journals.

- 1. Were you loaned any equipment, materials or medication for this study?  
Yes \_\_\_ No X Explain \_\_\_\_\_
- 2. Were you given any equipment, materials or medication for this study?  
Yes \_\_\_ No X Explain \_\_\_\_\_
- 3. Did you receive any funding to support your research for this article?  
Yes \_\_\_ No X Explain \_\_\_\_\_
- 4. Were you provided with any honoraria, payment or other compensation for your work on this study?  
Yes \_\_\_ No X Explain \_\_\_\_\_
- 5. Did you receive any stock options, stock ownership or other valuable materials in conjunction with this study from any source whatsoever?  
Yes \_\_\_ No X Explain \_\_\_\_\_
- 6. Did you receive any outside financial support for travel or lectures to present the information covered in this study?  
Yes \_\_\_ No X Explain \_\_\_\_\_
- 7. Do you have any financial relationship with any entity that may closely compete with the medications, materials or instruments covered by your study?  
Yes \_\_\_ No X Explain \_\_\_\_\_
- 8. Do you own or have you applied for any patents in conjunction with the instruments, medications or materials discussed in this study?  
Yes \_\_\_ No X Explain \_\_\_\_\_
- 9. Do you receive any compensation for any therapy discussed in your article?  
Yes \_\_\_ No X Explain \_\_\_\_\_
- 10. Does anyone in your immediate family have a conflict of interest that would be covered by any of the above questions? (This would include closely held family trusts, limited liability corporations, etc.)  
Yes \_\_\_ No X Explain \_\_\_\_\_

If you have any doubts about the nature of your conflict, please contact Peng-Sheng Chen, MD, Editor-in-Chief.

**Manuscript Number or Title:** Mediterranean Diet and wine intake could improve atrial function in patients with atrial fibrillation

**Signed:/Date**



(electronic signatures accepted)

**Print Name:** Mattioli

**CONFLICT OF INTEREST STATEMENT - *HeartRhythm***  
**(First and Corresponding Author(s) Must Sign)**

Signed/Date:

---

---

Print Name:

---



UNIVERSITY OF MODENA AND REGGIO EMILIA  
Department of Surgical, Medical and Dental Department  
of Morphological Sciences related to Transplant,  
Oncology and Regenerative Medicine  
SECTION OF CARDIOLOGY  
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

The address for correspondence is:

Prof. Anna Vittoria Mattioli, FESC, FACC  
Surgical, Medical and Dental Department of Morphological Sciences related to  
Transplant, Oncology and Regenerative Medicine University of Modena and RE, Italy  
Via del pozzo, 71  
41100 Modena (Italy)

E.mail: [annavittoria.mattioli@unimore.it](mailto:annavittoria.mattioli@unimore.it)

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

Anna Vittoria Mattioli MD PhD, Alberto Farinetti MD., Roberta Gelmini

Surgical, Medical and Dental Department of Morphological Sciences related to Transplant, Oncology and Regenerative Medicine

University of Modena and Reggio Emilia (Italy)

Word count included references: 399

Authors disclosure: no conflict of interest

Funding: none

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.”

Address for correspondence:

Prof Anna Vittoria Mattioli,

University of Modena and Reggio Emilia

Via del pozzo, 71 41100 Modena (Italy)

Phone: 0039/59/4224043 Fax: 0039/59/4224323

E-mail: [annavittoria.mattioli@unimore.it](mailto:annavittoria.mattioli@unimore.it)

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.

## References

1. 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
2. Mattioli AV, et al. Atrial stunning, inflammation and nutritional status after cardioversion from atrial fibrillation. *Int J Cardiol.* 2008; 13;129(3):344-7.
3. Mattioli AV, et al. Left atrial remodelling after short duration atrial fibrillation in hypertrophic hearts. *Heart* 2005 ;91(1):91-2
4. Mattioli AV, Miloro C, Pennella S, Pedrazzi P, Farinetti A. Adherence to Mediterranean diet and intake of antioxidants influence spontaneous conversion of atrial fibrillation. *Nutr Metab Cardiovasc Dis.* 2013;23(2):115-21. doi: 10.1016/j.numecd.2011.03.005.
5. Farinetti A, et al. Mediterranean diet and colorectal cancer: A systematic review. *Nutrition* 2017; 43-44, 83-88
6. Honarbakhsh S, Schilling RJ, Orini M et al. Structural remodeling and conduction velocity dynamics in the human left atrium: Relationship with reentrant mechanisms sustaining atrial fibrillation. *Heart Rhythm* 2019;16:18–25