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**Fund “Nauka” Project № 11010 Resume**

“Randomized clinical trial on efficacy and safety of administration of aldosterone antagonist on top of the conventional treatment for reducing the recurrence of atrial fibrillation to patients, suffered paroxysmal or persistent atrial fibrillation, converted to sinus rhythm”

**Project leader:** Prof. Yoto Yotov, MD, PhD

Atrial fibrillation (AF) is a dynamic disorder with different underlying mechanisms and important health consequences. The main purpose of this clinical observation is to find out whether the treatment with aldosterone antagonists (spironolacton or eplerenone) as antifibrotic agents leads to reducing the myocardial fibrosis and thus reducing the recurrence of AF.

The study shows that Galectin-3 increases with age. As a marker of fibrosis it is linearly increasing with renal function impairment. GAL3 decreases within 1 year in patients without AF recurrence, comparing to patients with more than 2 episodes of AF, in which GAL3 increases. In non-hypertensive patients GAL3 decreases and in hypertensive patients increases, irrespective of their treatment. There is a trend toward higher coronary calcium score in patients with AF after sinus rhythm restoration with comorbidities such as diabetes, stroke and hypertension.

**Scientific publications:**

1. Сърдечна фиброза и роля на Галектин-3 в диагностичната и прогностична оценка на сърдечно болните, А. Кишева, Й. Йотов, Българска кардиология 4'2012, 18, 14-19
2. Kisheva A., Y.T.Yotov, L.G.Mircheva, O.G.Kunchev, A. Angelov. Does the mineralcorticoid receptor blockade prevent atrial fibrillation in patients with congestive heart failure? **EHRA, Europace 06.2013, Athens, Greece**, Europace 2013; 15 (S2): S230 IF = 5.356
3. Galectin 3 in elderly patients with atrial fibrillation and restored sinus rhythm, A.Kisheva, Y.Yotov, A. Angelov, poster, **ESH congress, Paris 2016**, Journal of Hypertension, 34/2016, IF = 5.062
4. Galectin 3 increases in hypertensive patients with atrial fibrillation and restored sinus rhythm after one year, A.Kisheva, Y.Yotov, Tr. Chervenkov, **ESH congress, Paris 2016**, Journal of Hypertension, 34/2016, e206 IF = 5.062
5. Промяна в Галектин-3 при болни с предсърдно мъждене 1 година след възстановяване на синусов ритъм, А. Кишева, Й. Йотов, Тр. Червенков и Я.

Бочева, **15 Национален конгрес по кардиология**, сп. Българска кардиология, Приложение 6/2016; том XXII, 62

6. Коронарен калциев скор при болни с предсърдно мъждене и възстановен синусов ритъм, А. Кишева, Й. Йотов, А. Ангелов, **15 Национален конгрес по кардиология,** сп**.** Българска кардиология, Приложение 6/2016; том XXII, 68
7. Има ли роля фиброзата при болни с пристъпно/персистиращо предсърдно мъждене и възстановен синусов ритъм, А. Кишева, Й. Йотов, Тр. Червенков, **15 Национален конгрес по кардиология,** сп**.** Българска кардиология, Приложение 6/2016; том XXII, 25