| **Study** | **Type of Study** | **Number of Patients** | **P-value** | **Results** |
| --- | --- | --- | --- | --- |
| Abed HS et al. (2013) 108 | Randomized Clinical | 150 | <0.001 | Weight reduction and cardiometabolic risk factor management significantly reduced symptom burden and severity in AF patients. |
| Pathak RK et al. (2014) 110 | Cohort | 2,800 | <0.05 | Aggressive risk factor reduction was associated with improved outcomes in AF ablation, highlighting the importance of comprehensive risk management. |
| Mozaffarian D et al. (2015) 111 | Epidemiological | N/A | N/A | Provided heart disease and stroke statistics; a reference for the prevalence of AF in the general population. |
| Lavie CJ et al. (2015) 118 | Review | N/A | N/A | Discusses the clinical science behind exercise and its cardiovascular outcomes, emphasizing its importance for heart health. |
| Mora S et al. (2007) 112 | Cohort | 27,055 | <0.001 | Physical activity is associated with a reduced risk of cardiovascular events, suggesting its potential role in AF prevention. |
| Mozaffarian D et al. (2011)117 | Review | N/A | N/A | Discusses components of a cardioprotective diet and their impact on cardiovascular health. |
| Kwok CS et al. (2011) 114 | Meta-analysis | 3,894,555 | <0.001 | A systematic review and meta-analysis revealing an association between AF and dementia. |
| Wang TJ et al. (2004) 115 | Cohort | 22,005 | <0.001 | Obesity was identified as a risk factor for new-onset AF. |
| Middeldorp ME et al. (2018) 109 | Clinical Trial | 355 | <0.05 | The PREVEntion and regReSsive Effect of weight-loss and risk factor modification on Atrial Fibrillation (REVERSE-AF) study demonstrated the preventive and regressive effects of weight loss on AF. |
| Huxley RR et al. (2011) 113 | Cohort | 14,598 | <0.001 | Explores absolute and attributable risks of AF in relation to optimal and borderline risk factors. |
| Lampert R et al. (2012) 116 | Pilot Study | 32 | N/A | Lifestyle modification showed promise in reducing symptoms in patients with AF, though the study size was small. |

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