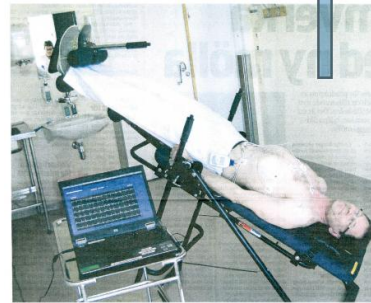


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RESEARCH

Every day people are afflicted with cardiac fibrillation. At the Central Hospital in Kristianstad, chief physician **Sten Östenson** is researching fibrillation in different body positions. The research has generated international interest and is presented this week in the USA.



Facts:

Sten Östenson

- **Occupation:** Chief Physician.

Cardiologist and Clinical Physiologist at the Central Hospital in Kristianstad, faint-expert.

- **Age:** 49 years old.

- **Lives:** Balsby.

- **Drinks:** 9 cups of coffee a day, if I drink 10 I get extra heartbeat strokes and it's a little annoying.

How it's done. Stene Östenson, Chief Physician at Cardiac Clinic in Kristianstad, is demonstrating himself how the tests on atrial fibrillation have been done.

A cardiac researcher travels to the U.S.

1 What will you do in the USA?

- One of the world's most prestigious cardiac conferences, Heart Rhythm in San Francisco, will be held next week.

Our research project with patients from Central Hospital in Kristianstad (CSK) has, which pleases us very much, been accepted, and I am invited to come there and talk about our research. It will surely be 30,000 people coming to listen.

2 The pressure is hard at such a conferences, how is it that you have been chosen?

- I hardly understand it myself. Now I am biased of course, but I believe that our research is seen as innovative and exciting as it can lead to improvements within care-giving. It seems that nobody else has thought along these lines.

3 So, what are you researching?

- It's about patients who are afflicted with atrial fibrillation. There may be three reasons:

older age, that you have an extra heartbeat, and then there is a third unknown and immeasurable factor that comes into play.

This means that within cardiac care doctors sometimes try solutions that they are not certain will help the patient, because we do not know the third reason.

4 Have you found it?

- No, not yet, but I hope that we have come a long way. We have made a kind of test on atrial fibrillation, and it is Lund who has made the research discovery of fibrillation-ECG as a method and what we show in this research is a change of the velocity in the fibrillation waves with a change of body position.

5 Is the fibrillation more/worse when efforts are made?

- We have found that patients with atrial fibrillation get slower fibrillation waves in reclined/leaned back/ positions, such as I demonstrate myself in the lying position in the photo. It is this that is completely new. Could it be that in the future we can see how it goes with atrial fibrillation by seeing how the fibrillation waves are changed? Maybe, but it is an idea for further research that we plan to continue with. There really is no test that shows how it works with atrial fibrillation.

6 But do they offer help at random today?

- No, not completely, but it is a bit like flipping a coin. Some people are helped; others may learn to live with the fibrillation.

With this research, we hope that we early on will be able to see which patients may become totally helped and stable, but who may need special treatment, and which patients where it does not help to counter the fibrillation.

7 So you will continue researching?

- Yes, we have gotten a very strong hint that we should go ahead with this, to get more knowledge.

There are only four hospitals that are testing this, we at CSK, in Lund, and a place in Germany, and one in France.

It is a unique project, which now gets wide international attention. It is really great.

8 What gives you heart palpitations?

- I get heart palpitations if I happen to spill something on my mother-in-law Astrid's kitchen floor. She does not like that.

I get heart palpitations when our daughter Martina, 15, will perform and play the transverse flute.

I feel great respect and empathy for all my patients with heart palpitations symptoms, because I've never personally had any troublesome heart palpitations.