

## **Guidelines:**

- Anticoagulation with NOAC (Non-vitamin K oral anticoagulants (apixaban, rivaroxaban, etc))
- Sleep study and CPAP (Continuous positive airway pressure) for OSA (Obstructive sleep apnea)
- Lifestyle counseling for weight loss

## **Treatment Plan:**

- Rivaroxaban 20mg daily [1]
- Overnight sleep study
- Nutrition consult for caloric restriction [2]

## **References:**

1. Hajhosseiny, Reza, Gareth K. Matthews, and Gregory YH Lip. "Metabolic syndrome, atrial fibrillation, and stroke: Tackling an emerging epidemic." *Heart Rhythm* 12.11 (2015): 2332-2343.
2. Mieczkowski, Brian, and Michael E. Ezzie. "Update on obstructive sleep apnea and its relation to COPD." *International journal of chronic obstructive pulmonary disease* (2014): 349-362.