### **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.