

Artificially sweetened diet drinks linked to atrial fibrillation risk

Talks, lectures, Telluride



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to Bill, me

1. Data from the U.K. Biobank, finding that frequent consumption of sweetened drinks – whether they're naturally sweet, soda – carries a heightened risk of irregular heart rhythm, also known as atrial fibrillation
2. more than two liters (about 67 ounces) per week of sugar-sweetened beverages is associated with a 10 percent risk increase
3. 20 percent for people consuming more than two liters per week of artificially sweetened beverages, surpassing the risk of sugar-sweetened beverage consumption