



Biomarkers and Stroke Prevention in Atrial Fibrillation using Electronic Decision Support

Information for patients with elevated troponin or BNP

Your blood test found you have an elevated blood level of troponin or B-type natriuretic peptide (BNP). Previous research suggests higher blood levels of these heart proteins increases the future risk of stroke or heart problems, but there is also more benefit from preventive treatments.

Your doctor may consider one or more of the following treatments to decrease your risk of stroke or heart disease.

1. Oral anticoagulants, or blood thinning medication, reduce the risk of blood clots within the heart which can cause a stroke. If you are not taking an anti-coagulant your doctor may recommend that you do.
2. Spironolactone is a type of blood pressure medication which also improves heart failure. Occasionally spironolactone can decrease kidney function or increase serum potassium. A blood test is needed to monitor this.
3. Blood pressure medication decreases the risk of stroke and heart problems. Your doctor may consider increasing your blood pressure medication.
4. Statins lower blood cholesterol levels and prevent heart attacks and strokes, even when the cholesterol level is not high. The benefits of statins are greater when troponin or BNP levels are increased. Your doctor may recommend you take statins, if you aren't already.

Your doctor will discuss whether one or more of these changes to your medication could benefit you. A gradual change in medication over several weeks may be needed to achieve the best treatment and to avoid side effects.