

Asymptomatic 1st degree AV Block, BBB, or Fascicular Block; Which One Is Sick Heart?

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Conduction blocks occur due to conduction system fibrosis and are associated with myocardial fibrosis, even in the absence of other cardiovascular disease. Although first degree atrioventricular block, bundle branch block, or fascicular block have been believed to be benign, these have recently been shown to be associated with atrial fibrillation development, pacemaker need, and all-cause mortality. In an older population without clinically manifest cardiovascular disease, left anterior fascicular block was associated with an increased risk of AF, CHF, and death. Therefore, these conduction disturbances may be important, immediately accessible marker of left heart fibrosis, a substrate for atrial fibrillation (AF) and congestive heart failure (CHF).

However, these abnormal ECG findings were considered benign electrocardiographic findings, but long-term consequences have not been comprehensively studied.