

Mayo Clinic Minute

Research shows newer blood thinner have lower risk of causing kidney function decline

Video	Audio
	About 3 million Americans have atrial fibrillation, or A-fib.
	And while blood thinners can drastically decrease their stroke risk, new research shows the drugs could be seriously damaging their kidneys.
PETER NOSEWORTHY, M.D. CARDIOVASCULAR DISEASES Mayo Clinic	“What we saw, that at about two years, about a quarter of people had at least a 30 percent decline in their kidney function.”
	Mayo Clinic cardiac electrophysiologist Dr. Peter Noseworthy helped lead the study that looked at which drugs caused more damage.
	“That afforded us an opportunity to compare the drugs to each other. And what we see is that patients taking the newer class of drugs – apixaban, rivaroxaban and dabigatran – had lower rates of kidney function decline in comparison to those taking warfarin.”
	And while risk of kidney damage may sound scary ...
	“I actually think that this study is quite good news for patients with atrial fibrillation.”
	“For so long we only had one option, warfarin. It was cumbersome, and we know that kidney function decline is very common in this group. But perhaps the new drugs offer some – some benefit in terms of improved safety.”
	Dr. Noseworthy says patients should keep taking their blood thinners, but talk

	to their health care provider to make sure they're on the safest one for them.
	For the Mayo Clinic News Network, I'm Ian Roth.