

1 **Sex-specific efficacy and safety of cryoballoon versus radiofrequency ablation**
2 **for atrial fibrillation: An individual patient data meta-analysis**
3 Jeanne du Fay de Lavallaz, MD, PhD^{1,2}; Patrick Badertscher, MD^{1,3}; Atsushi Kobori,
4 MD, PhD⁴; Karl-Heinz Kuck, MD⁵; Josep Brugada, MD⁶; Serge Boveda, MD, PhD^{7,8};
5 Rui Providência, MD, PhD^{7,9,10}; Ziad Khoueiry, MD¹¹; Armin Luik¹², MD; Fabien
6 Squara, MD¹³; Ioanna Kosmidou, MD, PhD¹⁴; Karapet V Davtyan, MD, PhD¹⁵; Arif
7 Elvan, MD, PhD^{16,17}; Nicasio Perez-Castellano, MD, PhD¹⁸; Ross J. Hunter, PhD⁹,
8 Richard Schilling, MD⁹; Sven Knecht, MS^{1,19}; Pipin Kojodjojo, MBBS, PhD, FHRS²⁰;
9 Jeremiah Wasserlauf, MD, MS²¹; Hakan Oral, MD²²; Mario Matta, MD²³; Sandeep
10 Jain, MD²⁴; Matteo Anselmino, MD²⁵; Michael Kühne, MD^{1,19}

¹ Cardiovascular Research Institute, University Hospital Basel, Basel, Switzerland

² Rush University, Department of Internal Medicine, Chicago, IL, USA

³ Charleston Hospital, Department of Electrophysiology, SC, USA

⁴ Kobe City Medical Center General Hospital, Division of Cardiovascular Medicine, Kobe, Japan

⁵ Department of Cardiology, Asklepios Klinik St. Georg, Hamburg, Germany

⁶ Hospital Clínic de Barcelona, Servicio de Cardiología, Barcelona, Spain

⁷ Clinique Pasteur, Heart Rhythm Department, Toulouse, France

⁸ Universitair Ziekenhuis Brussel, Vrije Universiteit Brussel, Brussels, Belgium.

⁹ St. Bartholomew's Hospital, Barts Health NHS Trust, London, United Kingdom

¹⁰ Institute of Health Informatics Research, University College of London, London, United Kingdom

¹¹ Clinique St. Pierre, Department of Cardiology, Perpignan, France

¹² Medizinische Klinik IV, Städtisches Klinikum Karlsruhe, Karlsruhe, Germany

¹³ University Hospital of Nice, Pasteur Hospital, Department of Cardiology, Nice, France.

¹⁴ New York Presbyterian Hospital/Columbia University Medical Center, New York, NY, USA

¹⁵ National Medical Research Center for Preventive Medicine of the Ministry of Healthcare of the Russian Federation, Heart Rhythm and Conduction Disorder, Moscow, Russia

¹⁶ Isala Heart Centre, Zwolle, The Netherlands

¹⁷ Diagram, Zwolle, The Netherlands

¹⁸ Cardiovascular Institute, Department of Cardiology, Instituto de Investigación Sanitaria del Hospital Clínic San Carlos (IdISSC), CIBER de Enfermedades Cardiovasculares, Madrid, Spain.

¹⁹ University Hospital Basel, Department of Cardiology, Basel, Switzerland

²⁰ National University Hospital, Singapore, Singapore

²¹ Northwestern University Feinberg School of Medicine, Department of Electrophysiology, Chicago, IL, USA

²² University of Michigan, Cardiac Arrhythmia Service, Ann Arbor, MI, USA

²³ Sant'Andrea Hospital, Cardiology Division - Electrophysiology, Vercelli, Italy

²⁴ University of Pittsburgh School of Medicine, UPMC Heart and Vascular Institute, Center for Atrial Fibrillation, Pittsburgh, PA, USA

²⁵ Division of Cardiology "Città della Salute e della Scienza di Torino" Hospital, Department of Medical Sciences, University of Turin, Turin, Italy.

11 Running Title: Sex-specific individual patient data meta-analysis of atrial fibrillation
12 ablation

13

14 [Correspondence to:](#)

15 Professor Michael Kühne, Department of Cardiology, University Hospital Basel,
16 Petersgraben 4, 4051 Basel, Switzerland. E-mail: michael.kuehne@usb.ch

17

18 [Number of words](#) : 4860

19 [Disclosures](#)

20 Dr. Anselmino report an educational grant from Abbott and consultant for Biosense
21 Webster.

22 Dr. KV Davtyan serves as a proctor for Medtronic and Abbott.

23 Dr. Kühne has received grants from the Swiss National Science Foundation, grants
24 from the Swiss Heart Foundation, grants from Bayer, grants from Pfizer-BMS, and
25 grants from Daiichi-Sankyo. Dr. Passman report research support, consulting fees,
26 and speaker fees from Medtronic, royalties from UpToDate, and research support
27 from Pfizer and AliveCor.

28 Dr. Hunter has received research grants, speakers fees, and has served as a proctor
29 for Medtronic and Biosense Webster.

30 Dr. Kühne has received lecture/consulting fees from Bayer, Boehringer Ingelheim,
31 Pfizer-BMS, Daiichi-Sankyo, Sanofi, Medtronic, Abbott, Biotronik, Boston Scientific,
32 Biosense Webster, Zoll, AstraZeneca, and Novartis.

33 All other authors have nothing to disclose.

34

35

36 Abstract (246/250)

37 Background

38 Atrial fibrillation (AF) is a growing health burden and pulmonary vein isolation (PVI)
39 using cryoballoon (CB) or radiofrequency (RF) represents an attractive therapeutic
40 option. Sex-specific differences in the epidemiology, pathophysiology and clinical
41 presentation of AF and PVI are recognized,

42 Objective

43 We aimed at comparing the efficacy, safety and procedural characteristics of CB and
44 RF in women and men undergoing a first PVI.

45 Methods

46 We searched for randomized controlled trials (RCTs) and observational prospective
47 studies comparing CB and RF ablation with at least 1 year follow-up. After merging
48 individual patient data from 18 datasets, we investigated the sex-specific (procedure
49 failure defined as recurrence of atrial arrhythmia, re-ablation and start of anti-
50 arrhythmic medication), safety (peri-procedural complications) and procedural
51 characteristics of CB versus RF using Kaplan Meier and multi-level models.

52 Results

53 From the 18 studies, 4840 men and 1979 women were analyzed. An analysis
54 stratified by sex correcting for several covariates showed a better efficacy of CB in
55 men (HR for recurrence 0.88, 95% confidence interval (CI) 0.78-0.98, p-value = 0.02)
56 but not in women (HR= 0.98 [0.83-1.16], p-value = 0.82). For women and men, the
57 energy source had no influence on the occurrence of at least one complication. For
58 both sexes, procedural time was significantly shorter with CB (-22.5 min for women
59 and -27.1 min for men).

60 **Conclusion**

61 CB is associated with less long-term failures in men. A better understanding of AF-
62 causal sex-specific mechanisms and refinements in CB technologies could lead to
63 higher success rates in women.

64 **Trial registration**

65 PROSPERO (CRD42019125515)

66

67 **Keywords**

68 Women, atrial fibrillation, sex-specific, cryoballoon, radiofrequency, ablation

69

70 **Introduction**

71 Atrial fibrillation (AF) represents a growing health problem and is currently leading to
72 an increasing burden of morbidity, mortality and hospitalizations worldwide.[1]

73 Sex-specific differences in the epidemiology, pathophysiology, and clinical
74 presentation of AF are recognized.[2] While the prevalence of AF is higher in men
75 than women, women live longer and the cumulative lifetime risk of developing AF has
76 been reported to be significantly higher in women than men after 40 years old.[2,3]
77 Furthermore, women with AF show higher mortality rates[4], lower quality of life[3],
78 lower tolerability of anti-arrhythmic drugs[3] and higher stroke incidence than men[5].
79 Therefore, definitive AF treatment could be particularly beneficial to this patient
80 population.

81 Cryoballoon (CB) and radiofrequency (RF) are two commonly used energy sources
82 for AF ablation and have been shown to be equally safe and effective in the limited
83 number of available randomized controlled trials (RCTs)[6–10], which randomized a
84 total of 1359 patients (521 women, 838 men).

85 Following catheter ablation for AF, female sex has been associated with an
86 increased risk of arrhythmia recurrence, with a different complications profile and
87 cardiovascular rehospitalizations.[11–13] However, little is known about the
88 comparative efficacy and safety of both ablation technologies in male versus female
89 patients.

90 To investigate this important sex-specific question, we conducted an individual-
91 patient data meta-analysis of RCTs and large observational prospective studies
92 comparing RF and CB ablation of AF in men and women.

93

94 Methods

95 This systematic review was registered on PROSPERO (CRD42019125515) and was
96 approved by the ethics committee of Basel.

97 Search, study selection, call for data, individual patient data collection and datasets 98 merging

99 In brief, we searched publication databases for the terms “atrial fibrillation”,
100 “pulmonary vein ablation”, “radiofrequency” and “cryo**” on March 28th 2018 and
101 March 15th 2019. We included studies if they met the following pre-specified criteria:
102 1) Randomized controlled trials (RCT) or prospective observational studies (POS), 2)
103 ≥ 40 patients per group (CB versus RF) for POS, 3) patients undergoing their first
104 ablation, 4) first- or second-generation CB and non-irrigated, non-contact-force
105 irrigated or contact-force guided irrigated RF catheters, 5) investigating an efficacy
106 outcome of time-to-failure (recurrence of atrial arrhythmia, re-ablation and re-start of
107 anti-arrhythmic medication) and a safety outcome (percentage of recorded
108 complications) and 6) following patients for at least 12 months. As recommended by
109 the literature for systematic reviews of rapidly evolving technologies, we did not focus
110 exclusively on RCTs but also included observational studies.[14] Details are available
111 in the supplemental appendix.

112 For one study, regulations did not allow for sharing of individual patient data (the
113 Fire&Ice (F&I) study). An investigator of the current project (JdFdL) programmed the
114 analysis independently of the F&I study team, which was then studied on the F&I
115 data set at Medtronic Headquarter (Minneapolis) with no modifications. The
116 estimates were provided for a 2-step analysis.

117 Endpoints

118 The efficacy endpoint was the recurrence of arrhythmia (AF, atrial flutter or atrial
119 tachycardia), re-ablations or re-start of anti-arrhythmic medications following a 90-
120 day blanking period.

121 The safety endpoint was the composite of all recorded peri-procedural complications
122 (death, cerebrovascular events, serious treatment-related adverse events, including
123 acute myocardial infarction (AMI), stroke, pericardial effusion, tamponade, phrenic
124 nerve palsy, pulmonary vein stenosis and esophageal injury, and groin
125 complications).

126 The procedural endpoints were the total procedure duration and fluoroscopy time.

127 Assessment of study quality

128 Study quality was assessed according to two pre-specified tools : the Cochrane
129 Collaboration risk of bias tool for RCTs[15] and a modified Newcastle-Ottawa Scale
130 (NOS) for non-randomized observational studies (criteria in the supplement).

131 Statistical analysis

132 The analysis was performed according to the recommendations of the Cochrane
133 Collaboration and the reporting was in line with the Preferred Reporting Items for
134 Systematic Reviews and Meta-Analysis (PRISMA) statement. (Supplemental table
135 1).

136 Continuous variables are presented as mean \pm standard deviation (SD) or median
137 with interquartile ranges (IQR). Mann-Whitney-U test was applied for comparison of
138 continuous variables and Fisher's exact test for comparison of categorical variables.
139 Missing data were imputed and a one-step analysis was conducted on the merged
140 dataset using a multi-level data multiple imputation algorithm (details in the
141 supplement). The same analysis was conducted separately on the 18th dataset (F&I

142 study) and either the estimates were merged in a two-step analysis (for the models)
143 or the time-to-event results were integrated in the one-step analysis of the 17 other
144 datasets (for the Kaplan-Meier analyses, details in the supplemental).

145 For the efficacy endpoint, sex-specific Kaplan Meier representing time-to-failure of
146 CB versus RF were constructed. Differences between groups were tested using a log
147 rank test after the proportional hazards (PH) assumption was checked using scaled
148 Schoenfeld residuals. Time-to-event analyses were started after the 90th day post-
149 ablation as all studies planned for a 90-day blanking period.

150 To account for clustering of the studies and the influence of important comorbidities,
151 sex-specific multi-level taking into account the type of catheter intervention (RF vs
152 CB) and covariates previously highlighted as decisive for the recurrence of AF
153 following ablation[11] were derived.

154 To investigate heterogeneity between individual studies for all endpoints, a two-stage
155 analysis of individual studies was conducted using simplified models and pooled
156 using a Restricted maximum Likelihood (REML) random-effects model.

157 Heterogeneity was determined using I^2 as measure (significant heterogeneity: I^2
158 statistic of >50%) and was investigated for three pre-specified variables (publication
159 year, mean age, study type) using meta-regressions. Evidence for publication bias
160 was assessed graphically using funnel plots and the Egger test.

161 All statistical analyses were performed using the Statistical Software “R” (R
162 Foundation for Statistical Computing, Vienna, Austria, see supplemental).

163 Results

164 Selected studies

165 A total of 1081 studies were identified and 30 authors of suitable studies were
166 contacted (Figure 1, Supp. table 2). Nine authors did not wish to participate, 1 did not
167 respond and 4 publications were linked to 2 datasets, leaving 18 datasets (5 RCTs,
168 13 POSs) available for analysis (Supp. table 3-4), accounting for a total of 6819
169 patients (4840 men, 1979 women). As some patients were lost to follow-up during
170 the 90-day blanking period, 6507 patients were available for the efficacy analysis.
171 Due to missing data, 5725 and 6308 patients were available for the analysis of
172 fluoroscopy time and total procedure time, respectively.

173 The mean duration of follow-up in included studies varied from 8.8 to 51.6 months
174 and monitoring used either Holter ECGs or Loop recorders (Supp. table 5). Some
175 studies presented a median a follow-up shorter than 12 months given lost-to-follow-
176 up before this time point.

177 Baseline Patient Characteristics

178 Baseline patient characteristics by sex and energy source are presented in table 1.
179 Overall, women were older and presented more often with a severely dilated left
180 atrium (LA). For both men and women, a larger proportion of patients underwent an
181 ablation with RF, which was more often used in patients with long-standing AF and
182 dilated LA.

183 Efficacy analysis

184 Of the 1892 women, 277 (35.8%) in the CB group and 439 (38.4%) in the RF group
185 experienced a failure ($p=0.265$). Of the 4615 men, 515 (30.7%) in the CB group and
186 1075 (36.3%) in the RF group experienced a failure ($p=<0.001$) (Supp. table 6).

187 While men undergoing an ablation with CB experienced less recurrences at 2 and 3
188 years follow-up, this was not the case for women (Figure 2). In the overall population,
189 the advantage of an ablation using CB was present starting after two years of follow-
190 up. The cox PH models correcting for a large number of clinically relevant covariates
191 are presented in Figure 3.

192 The combined hazard ratio of the energy source showed a better efficacy of CB in
193 men (HR 0.88, 95%CI [0.78-0.98], p-value = 0.02) but not in women (HR 0.98,
194 95%CI [0.83-1.16], p-value = 0.3).

195 Given the large impact of the AF type in this model and the importance of the
196 differentiation between paroxysmal and persistent AF, the same efficacy analysis
197 was conducted in patients with paroxysmal AF only, which provided similar results
198 (Supp. Figure 1)

199 Safety analysis

200 Women presented with a higher rate of periprocedural complications, which was
201 driven by access-related complications, phrenic nerve palsy and tamponades (Table
202 2). For both sexes, RF was associated with more pericardial effusions and CB with
203 more phrenic nerve palsies. However, there was no significant difference between
204 the two energy sources for the occurrence of at least one complication in women or
205 men. Also when corrected for several comorbidities, the use of CB or RF was
206 associated with a similar number of complications in both sexes (Figure 4).

207 Again, a subgroup analysis was conducted in patients with paroxysmal AF only,
208 showing similar results (Supp figure 2)

209 Procedural endpoints analysis

210 While a much shorter total procedure time was observed when CB was used (-22min
211 with CB in women and -27min with CB in men, $p < 0.001$), no differences were
212 observed for the fluoroscopy time (Supp. table 7, Supp. Figure 3).

213 Heterogeneity analyses

214 While efficacy and procedural estimates by energy source were heterogenous
215 between studies, safety results were more homogenous (Supplemental figure 4A,
216 5A, 6A and 7A). More importantly, the sex-specific estimates of all observed
217 outcomes also presented with little heterogeneity (Supplemental figure 4B, 5B, 6B
218 and 7B). Mean age of the enrolled patients, year of publication and study design
219 (RCT versus OP) were investigated as sources of heterogeneity but none of these
220 parameters significantly contributed to the heterogeneity between studies for any of
221 the endpoints (Supplemental table 8)

222 Study quality and publication bias

223 The quality of the included dataset was summarized in Supplemental table 9 and 10
224 and Supplemental Figure 8. A Funnel plot of the efficacy outcome by energy source
225 appeared symmetrical (Supplemental Figure 9) and an Egger test did not find any
226 publication bias (p-value of Egger test =0.88).

227 Discussion

228 Despite the recognition of the growing importance of sex-based differences in
229 medicine,[16] gathering sufficient data on women is challenging, as they are
230 frequently under-represented[17,18] particularly in invasive trials[19,20]. Moreover,
231 as shown in our previous research, the lack of sufficient published sex-specific
232 subgroup analyses hinders any classical meta-analytic conclusion[21]. We therefore
233 conducted this large individual patient data meta-analysis to investigate the efficacy,
234 safety and procedural outcomes of CB versus RF ablation in men and women
235 undergoing a first ablation. We report three main findings. **First**, we found gender-
236 specific differences in efficacy between CB and RF with a lower long-term AF
237 recurrence rate with CB in men but not in women. This difference was found both in
238 unadjusted analyses (represented in the Kaplan Meier curves) as well as in a
239 comprehensive model corrected for a substantial number of comorbidities. **Second**,
240 for both women and men, no differences in the overall complication rate was present
241 when CB or RF was used. CB was associated with more phrenic palsies and RF with
242 more pericardial effusions for both sexes. **Third**, CB ablation was found to be more
243 efficient as it was associated with a much shorter overall procedure time.

244 In the overall population, CB performed better than RF starting at 2-year follow-up
245 and this superiority was already observed at 1-year follow-up in males. Interestingly,
246 women did not benefit more from an ablation with CB compared to RF at any time
247 point of the follow-up. This difference in efficacy between females and males was
248 previously observed in a study investigating CB ablations only, with lower long-term
249 success in female patients[22]. The better long-term performance of CB raise further
250 questions regarding the cellular damages and their durability induced either by
251 “freezing” or “burning” the cells. For instance, late or peripheral apoptotic

252 mechanisms as well as deep lesions have been associated with CB[23,24] and could
253 possibly be responsible for delayed efficacy. Several hypotheses could contribute to
254 the absence of superiority of CB in women as compared with men. First, CB
255 technologies might have been primarily developed for the larger “male cardiac
256 anatomy” and tested in males more than females, therefore limiting the
257 generalizability of the technology to women. While a 23-mm CB is available for
258 smaller-sized pulmonary veins[25], such as supposedly the ones of women’s hearts,
259 women more often presented with severely dilated LA in our analysis, suggesting
260 that larger or other devices may be required in these patients for adequate
261 pulmonary vein occlusion and energy transmission. Second, similar factors as the
262 ones proposed for higher arrhythmia recurrence in female patients could interact with
263 CB more than with RF. For instance, electrical (such as more non-pulmonary vein
264 foci[3,5]), endocrine (such as hormone replacement therapy in older women or during
265 menopause[2]) and structural factors (more atrial fibrosis or inflammation[5,26]) are
266 important sex-specific differences in pathophysiological mechanisms of atrial
267 fibrillation which may also interact with the type of ablation energy selected.
268 As other cofactors known to play an important role in the recurrence of AF following
269 an ablation (such as LA dilation, AF duration, a history of hypertension, etc.[27–29])
270 were integrated in our predictive model, they are less likely to contribute to the
271 decreased efficacy of CB in women.

272 In several previous studies, female sex has been associated with an increased rate
273 of complications[3,30,31]. While we confirmed these observations and found that
274 women presented with a higher rate of complications (driven by groin complications,
275 tamponades and phrenic nerve palsies), we could not observe any higher risk
276 associated with CB or RF in multivariable models. It is however important to notice

277 that women experienced twice as many phrenic nerve palsies than men when using
278 CB, a potentially chronic and disabling complication.

279 Several limitations of this individual-patient meta-analysis are to consider. First, some
280 large observational studies[32,33] did not participate. However, all the available
281 RCTs agreed to participate and the studies which could not be integrated showed
282 trends corroborating our observations (high recurrence rates in women across all
283 catheters used[12] and a similar tendency toward a better efficacy of CB compared to
284 RF in males but not females). Second, men and women presented with different
285 comorbidity profiles between the CB and RF groups. While we conducted large-scale
286 multivariable models correcting for these variables, we cannot exclude residual
287 confounding resulting from these comorbidities or from other important sex-specific
288 covariate (e.g. hormone replacement therapy in older women) which were not
289 recorded in the studies. However, the different comorbidities in women reflect
290 general clinical practice and therefore bolster the generalizability of our results.

291 In conclusion, this individual patient data meta-analysis suggests that cryoballoon
292 ablation is associated with less long-term failures in men but not in women. Further
293 research is needed to determine whether refinements in ablation technologies,
294 adaptation of devices or mapping software specifically for female patients or a better
295 understanding of causal sex-specific mechanisms (e.g. extra-PV triggers, tissue
296 repair/recovery mechanisms post-ablation) could improve success rates of AF
297 ablation in women.

298 **Funding**

299 This individual patient-data meta-analysis has been funded by the University Hospital
300 of Basel.

301 The datasets provided by S. Boveda, R. Providencia and Z. Khoueiry were founded
302 by a grant from the ART (Association de Rythmologie Toulousaine), Clinique
303 Pasteur, Toulouse, France.

304

305 **Acknowledgements**

306 We would like to thank the following contributors for their help and engagement in this
307 project: Rod Passman, MD, MSCE (University Feinberg School of Medicine, USA),
308 Georgiy Yu Simonyan, MD (National Medical Research Center for Preventive Medicine
309 of the Ministry of Healthcare of the Russian Federation, Russia); Donald Siddoway, MD
310 (University of Pittsburgh School of Medicine, USA); Miki Yokokawa, MD and Sangeeta
311 Lathkar-Pradhan, MBBS (University of Michigan, USA), Thomas Buist MD, (Isala Heart
312 Centre, Zwolle, The Netherlands); Christiane Pudenz, PhD (Cardiovascular Research
313 Institute Basel, Switzerland), Fred Kueffer, PhD (Medtronic, USA), Bastian Fries, MD
314 (Medizinische Klinik IV, Karlsruhe, Germany).

315

- 317 1 Lau DH, Nattel S, Kalman JM, *et al.* Modifiable Risk Factors and Atrial Fibrillation.
318 *Circulation* 2017;**136**:583–96. doi:10.1161/CIRCULATIONAHA.116.023163
- 319 2 Gillis AM. Atrial Fibrillation and Ventricular Arrhythmias: Sex Differences in
320 Electrophysiology, Epidemiology, Clinical Presentation, and Clinical Outcomes.
321 *Circulation* 2017;**135**:593–608. doi:10.1161/CIRCULATIONAHA.116.025312
- 322 3 Beck H, Curtis AB. Sex differences in outcomes of ablation of atrial fibrillation. *J Atr*
323 *Fibrillation* 2014;**6**:1024.
- 324 4 Chugh SS, Havmoeller R, Narayanan K, *et al.* Worldwide epidemiology of atrial
325 fibrillation: A global burden of disease 2010 study. *Circulation* 2014;**129**:837–47.
326 doi:10.1161/CIRCULATIONAHA.113.005119
- 327 5 Ko D, Rahman F, Martins MAP, *et al.* Atrial fibrillation in women: Treatment. *Nat Rev*
328 *Cardiol* 2017;**14**:113–24. doi:10.1038/nrcardio.2016.171
- 329 6 Pérez-Castellano N, Fernández-Cavazos R, Moreno J, *et al.* The COR trial: A
330 randomized study with continuous rhythm monitoring to compare the efficacy of
331 cryoenergy and radiofrequency for pulmonary vein isolation. *Heart Rhythm* 2014;**11**:8–
332 13. doi:10.1016/j.hrthm.2013.10.014
- 333 7 Hunter RJ, Baker V, Finlay MC, *et al.* Point-by-Point Radiofrequency Ablation Versus
334 the Cryoballoon or a Novel Combined Approach: A Randomized Trial Comparing 3
335 Methods of Pulmonary Vein Isolation for Paroxysmal Atrial Fibrillation (The Cryo
336 Versus RF Trial). *J Cardiovasc Electrophysiol* 2015;**26**:1307–14.
337 doi:10.1111/jce.12846
- 338 8 Luik A, Radzewitz A, Kieser M, *et al.* Cryoballoon Versus Open Irrigated
339 Radiofrequency Ablation in Patients With Paroxysmal Atrial Fibrillation
340 CLINICAL PERSPECTIVE. *Circulation* 2015;**132**:1311–9.
341 doi:10.1161/CIRCULATIONAHA.115.016871
- 342 9 Schmidt B, Gunawardene M, Krieg D, *et al.* A prospective randomized single-center
343 study on the risk of asymptomatic cerebral lesions comparing irrigated radiofrequency
344 current ablation with the cryoballoon and the laser balloon. *J Cardiovasc*
345 *Electrophysiol* 2013;**24**:869–74. doi:10.1111/jce.12151
- 346 10 Kuck K-HH, Brugada J, Furnkranz A, *et al.* Cryoballoon or Radiofrequency Ablation
347 for Paroxysmal Atrial Fibrillation. *N Engl J Med* 2016;**374**:2235–45.
348 doi:10.1056/NEJMoa1602014
- 349 11 Kuck K-H, Brugada J, Fürnkranz A, *et al.* Impact of Female Sex on Clinical Outcomes
350 in the FIRE AND ICE Trial of Catheter Ablation for Atrial Fibrillation. *Circ Arrhythm*
351 *Electrophysiol* 2018;**11**:e006204. doi:10.1161/CIRCEP.118.006204
- 352 12 Zylla MM, Brachmann J, Lewalter T, *et al.* Sex-related outcome of atrial fibrillation
353 ablation: Insights from the German Ablation Registry. *Heart Rhythm* 2016;**13**:1837–
354 44. doi:10.1016/j.hrthm.2016.06.005
- 355 13 Cheng X, Hu Q, Gao L, *et al.* Sex-related differences in catheter ablation of atrial
356 fibrillation: a systematic review and meta-analysis. *Europace* 2019;**21**:1509–18.
357 doi:10.1093/europace/euz179
- 358 14 Chambers D, Rodgers M, Woolacott N. Not only randomized controlled trials, but also
359 case series should be considered in systematic reviews of rapidly developing
360 technologies. *J Clin Epidemiol* 2009;**62**:1253–1260.e4.
361 doi:10.1016/j.jclinepi.2008.12.010
- 362 15 Higgins JPT, Altman DG, Gøtzsche PC, *et al.* The Cochrane Collaboration’s tool for
363 assessing risk of bias in randomised trials. *BMJ* 2011;**343**:1–9. doi:10.1136/bmj.d5928
- 364 16 Regitz-Zagrosek V, Seeland U. Sex and gender differences in clinical medicine. *Handb*

- 365 *Exp Pharmacol* 2012;:3–22. doi:10.1007/978-3-642-30726-3_1
- 366 17 Tsang W, Alter DA, Wijeyesundera HC, *et al.* The impact of cardiovascular disease
367 prevalence on women’s enrollment in landmark randomized cardiovascular trials: a
368 systematic review. *J Gen Intern Med* 2012;**27**:93–8. doi:10.1007/s11606-011-1768-8
- 369 18 Clayton JA, Arnegard ME. Taking cardiology clinical trials to the next level: A call to
370 action. *Clin Cardiol* 2018;**41**:179–84. doi:10.1002/clc.22907
- 371 19 Kragholm K, Halim SA, Yang Q, *et al.* Sex-Stratified Trends in Enrollment, Patient
372 Characteristics, Treatment, and Outcomes Among Non–ST-Segment Elevation Acute
373 Coronary Syndrome Patients. *Circ Cardiovasc Qual Outcomes* 2015;**8**:357–67.
374 doi:10.1161/CIRCOUTCOMES.114.001615
- 375 20 Dhruva SS, Redberg RF. Clinical trial enrollment and progress in women’s health.
376 *JAMA* 2011;**305**:1197; author reply 1197-8. doi:10.1001/jama.2011.347
- 377 21 du Fay de Lavallaz J, Clerc O, Pudenz C, *et al.* Sex-specific efficacy and safety of
378 cryoballoon versus radiofrequency ablation for atrial fibrillation: A systematic review
379 and meta-analysis. *J Cardiovasc Electrophysiol* 2019.
- 380 22 Ricciardi D, Arena G, Verlato R, *et al.* Sex effect on efficacy of pulmonary vein
381 cryoablation in patients with atrial fibrillation: data from the multicenter real-world
382 1STOP project. *J Interv Card Electrophysiol* 2019;**56**:9–18. doi:10.1007/s10840-019-
383 00601-3
- 384 23 Erinjeri JP, Clark TWI. Cryoablation: Mechanism of action and devices. *J Vasc Interv*
385 *Radiol* 2010;**21**:S187–91. doi:10.1016/j.jvir.2009.12.403
- 386 24 Hirao T, Nitta J, Adachi A, *et al.* First confirmation of histologic changes in the human
387 heart after cryoballoon ablation. *Heart Case Reports* 2019;**5**:93–6.
388 doi:10.1016/j.hrcr.2018.10.012
- 389 25 Hartl S, Dorwarth U, Bunz B, *et al.* Lessons from individualized cryoballoon sizing. Is
390 there a role for the small balloon? *J Cardiol* 2017;**70**:374–81.
391 doi:10.1016/j.jjcc.2016.12.016
- 392 26 Ko D, Rahman F, Schnabel RB, *et al.* Atrial fibrillation in women: Epidemiology,
393 pathophysiology, presentation, and prognosis. *Nat Rev Cardiol* 2016;**13**:321–32.
394 doi:10.1038/nrcardio.2016.45
- 395 27 Sultan A, Lüker J, Andresen D, *et al.* Predictors of Atrial Fibrillation Recurrence after
396 Catheter Ablation: Data from the German Ablation Registry. *Sci Rep* 2017;**7**:1–7.
397 doi:10.1038/s41598-017-16938-6
- 398 28 Shin SH, Park MY, Oh WJ, *et al.* Left Atrial Volume Is a Predictor of Atrial
399 Fibrillation Recurrence After Catheter Ablation. *J Am Soc Echocardiogr* 2008;**21**:697–
400 702. doi:10.1016/j.echo.2007.10.022
- 401 29 Lee SH, Tai CT, Hsieh MH, *et al.* Predictors of early and late recurrence of atrial
402 fibrillation after catheter ablation of paroxysmal atrial fibrillation. *J Interv Card*
403 *Electrophysiol* 2004;**10**:221–6. doi:10.1023/B:JICE.0000026915.02503.92
- 404 30 Bollmann A, Ueberham L, Schuler E, *et al.* Cardiac tamponade in catheter ablation of
405 atrial fibrillation: German-wide analysis of 21 141 procedures in the Helios atrial
406 fibrillation ablation registry (SAFER). *Europace* 2018;**20**:1944–51.
407 doi:10.1093/europace/euy131
- 408 31 Michowitz Y, Rahkovich M, Oral H, *et al.* Effects of sex on the incidence of cardiac
409 tamponade after catheter ablation of atrial fibrillation: results from a worldwide survey
410 in 34 943 atrial fibrillation ablation procedures. *Circ Arrhythm Electrophysiol*
411 2014;**7**:274–80. doi:10.1161/CIRCEP.113.000760
- 412 32 Mortsell D, Arbelo E, Dagues N, *et al.* Cryoballoon vs. radiofrequency ablation for
413 atrial fibrillation: a study of outcome and safety based on the ESC-EHRA atrial
414 fibrillation ablation long-term registry and the Swedish catheter ablation registry. *Eur*

415 *Eur pacing, arrhythmias, Card Electrophysiol J Work groups Card pacing,*
416 *arrhythmias, Card Cell Electrophysiol Eur Soc Cardiol* Published Online First:
417 October 2018. doi:10.1093/europace/euy239
418 33 Schmidt M, Dorwarth U, Andresen D, *et al.* RF versus cryoballoon in atrial fibrillation
419 ablation: Outcome data from the German ablation registry I. *Eur Heart J* 2013;**34**:650–
420 1.
421

422 [Figure legends](#)

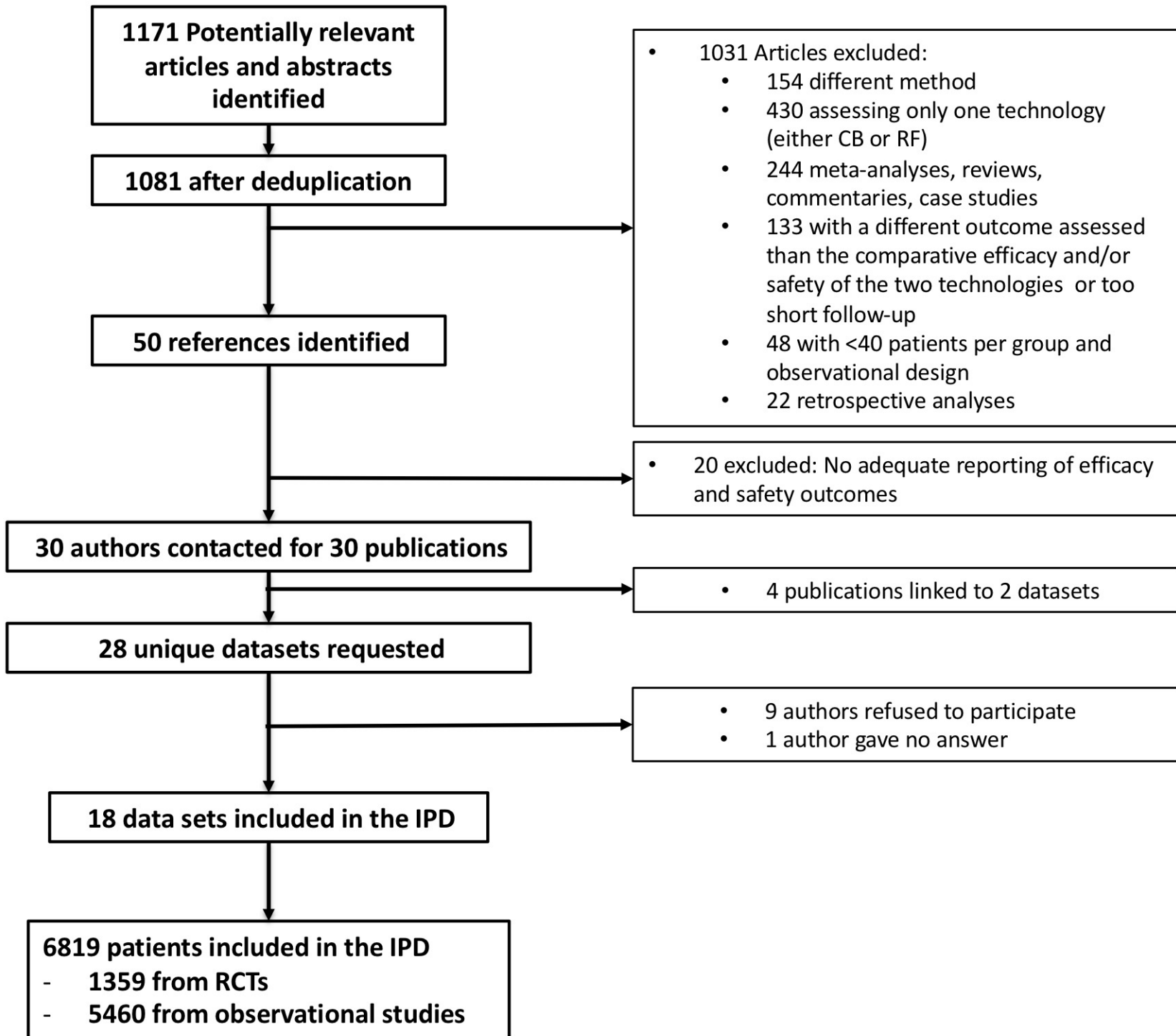
423 Figure 1 – Studies selection chartflow

424 Figure 2 – Kaplan Meier representing the event-free survival for recurrence of
425 arrhythmia, re-ablations or re-start of anti-arrhythmic medication in all datasets for A)
426 the overall cohort, B) women and C) men separately. CB = Cryoballoon, RF =
427 Radiofrequency catheters.

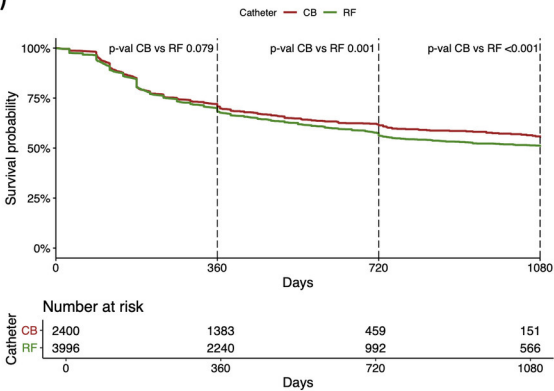
428 Figure 3 – Pooled estimates of the mixed-effect cox proportional hazard models by
429 energy source for arrhythmia recurrence, re-ablation and re-start of medications up to
430 three years follow-up in all datasets by the patient's sex. CB = Cryoballoon, LVSD=
431 left ventricular systolic dysfunction, DM = diabetes Mellitus, AF = atrial fibrillation,
432 CHF= Congestive heart failure, BMI= Body mass index.

433 Figure 4 – Pooled estimates of the mixed-effect logistic model for periprocedural
434 complications in all datasets by the patient's sex. CB = Cryoballoon, LVSD= left
435 ventricular systolic dysfunction, DM = diabetes Mellitus, AF = atrial fibrillation, CHF=
436 Congestive heart failure, BMI= Body mass index.

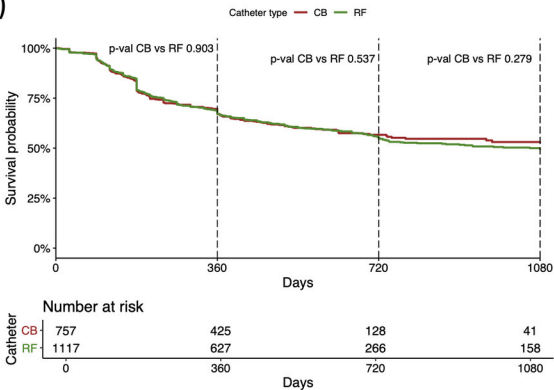
437



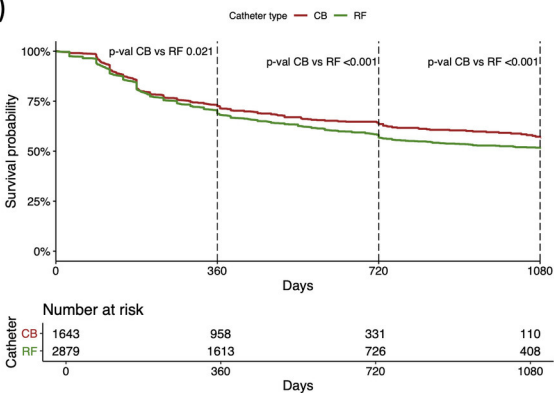
A) Kaplan-Meier Curve time to arrhythmia recurrence, redos or meds



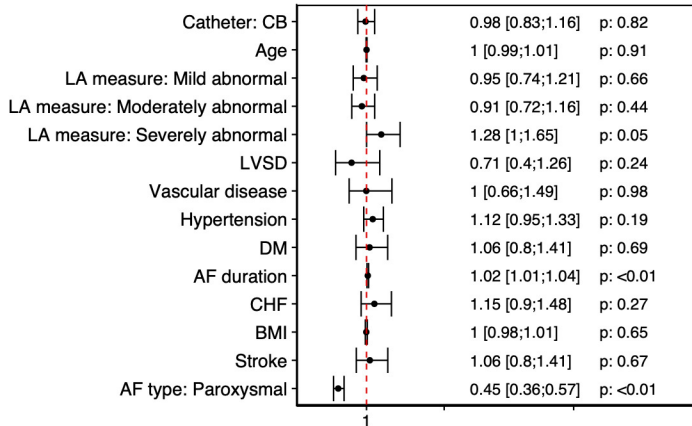
B) Kaplan-Meier Curve time to arrhythmia recurrence, redos or meds in women



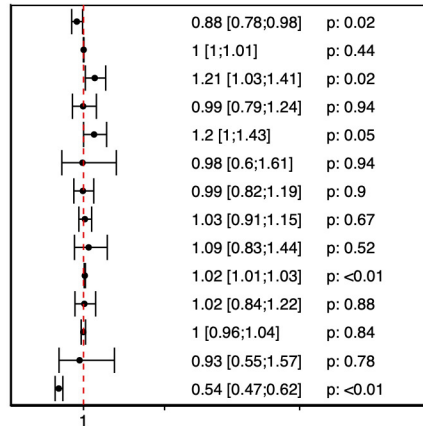
C) Kaplan-Meier Curve time to arrhythmia recurrence, redos or meds in men



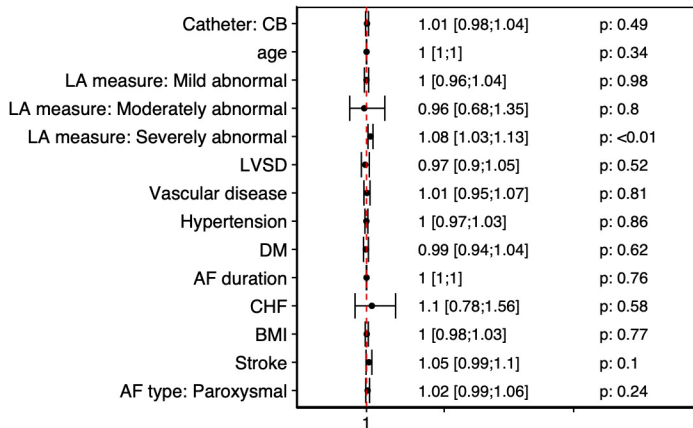
Women



Men



Women



Men

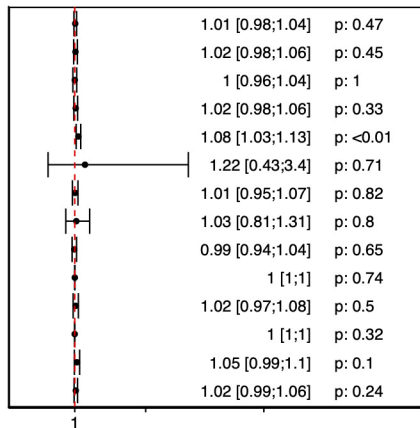


Table 1 – Patient characteristics

| | Women | | | Men | | |
|---|------------------|------------------|---------|-------------------|-------------------|---------|
| | CB | RF | p-value | CB | RF | p-value |
| Number of patients | 787 | 1192 | | 1714 | 3126 | |
| Age in years - mean (\pm sd) | 63.35 \pm 9.76 | 64.01 \pm 9.69 | 0.13 | 58.73 \pm 10.34 | 59.91 \pm 10.08 | <0.001 |
| Patients characteristics | | | | | | |
| AF type - n (%) | | | <0.001 | | | <0.001 |
| paroxysmal | 747 (95.0) | 883 (74.2) | | 1545 (90.4) | 1998 (64.0) | |
| persistent | 36 (4.6) | 220 (18.5) | | 160 (9.4) | 797 (25.5) | |
| longstanding persistent | 1 (0.1) | 50 (4.2) | | 4 (0.2) | 198 (6.3) | |
| other ¹ | 2 (0.3) | 37 (3.1) | | 1 (0.1) | 128 (4.1) | |
| Duration of AF (years) – mean (\pm sd) | 4.62 \pm 4.92 | 4.61 \pm 4.86 | 0.96 | 4.67 \pm 5.14 | 4.75 \pm 4.99 | 0.60 |
| BMI (kg/m ²) – mean (sd) | 27.11 \pm 5.57 | 26.12 \pm 5.38 | <0.001 | 27.33 \pm 4.36 | 26.71 \pm 4.18 | <0.001 |
| Hypertension – n (%) | 387 (51.8) | 548 (53.1) | 0.623 | 708 (43.9) | 1252 (48.1) | 0.009 |
| DM – n (%) | 69 (9.2) | 88 (8.4) | 0.655 | 155 (9.5) | 274 (10.5) | 0.321 |
| CHF – n (%) | 86 (12.3) | 122 (12.5) | 0.932 | 131 (8.5) | 283 (11.5) | 0.003 |
| Stroke/TIA – n (%) | 52 (7.6) | 87 (9.1) | 0.320 | 73 (5.0) | 176 (7.4) | 0.003 |
| Vascular disease – n (%) | 33 (5.9) | 53 (6.0) | 1.000 | 121 (10.2) | 266 (12.1) | 0.100 |
| Measure of LA – n (%) | | | 0.032 | | | <0.001 |
| Normal | 229 (35.9) | 388 (37.0) | | 618 (45.1) | 1057 (38.4) | |
| mildly abnormal | 138 (21.6) | 185 (17.7) | | 287 (21.0) | 446 (16.2) | |
| moderately abnormal | 148 (23.2) | 220 (21.0) | | 278 (20.3) | 678 (24.6) | |
| severely abnormal | 123 (19.3) | 255 (24.3) | | 186 (13.6) | 572 (20.8) | |
| LVEF (%) - mean (\pm sd) | 61.99 \pm 6.42 | 61.85 \pm 7.35 | 0.65 | 60.53 \pm 7.36 | 59.55 \pm 8.29 | <0.001 |

¹ left atrial tachycardia or flutter

| | | | | | | |
|-------------------------------|------------|------------|------------------|------------|-------------|------------------|
| LVSD – n (%) | 12 (1.6) | 39 (3.4) | 0.029 | 62 (3.8) | 168 (5.5) | 0.011 |
| Catheter data | | | | | | |
| Catheter details– n (%) | | | <0.001 | | | <0.001 |
| Cryoballoon 1st generation | 342 (46.8) | 0 (0.0) | | 760 (47.1) | 0 (0.0) | |
| Cryoballoon 2nd generation | 389 (53.2) | 0 (0.0) | | 852 (52.9) | 0 (0.0) | |
| RF contact force | 0 (0.0) | 371 (31.1) | | 0 (0.0) | 1005 (32.1) | |
| RF irrigated no contact force | 0 (0.0) | 696 (58.4) | | 0 (0.0) | 1746 (55.9) | |
| RF not irrigated | 0 (0.0) | 125 (10.5) | | 0 (0.0) | 375 (12.0) | |

Table 1 – patients characteristics. AF = Atrial Fibrillation, BMI=Body mass index, CB=Cryoballoon, CHF = Congestive Heart Failure, DM = Diabetes Mellitus, LA=Left atrium, LVEF = Left ventricular ejection fraction, LVSD =Left Ventricular Systolic Dysfunction, RF= radiofrequency.

Table 2 - Occurrence of complications

| Complications | Women | | | Men | | |
|-----------------------------------|----------|----------|---------|-----------|-----------|---------|
| | CB | RF | p-value | CB | RF | p-value |
| Number of patients | 787 | 1192 | | 1714 | 3126 | |
| At least one complication – n (%) | 68 (8.6) | 95 (8.0) | 0.617 | 109 (6.4) | 158 (5.1) | 0.065 |
| Groin complication – n (%) | 21 (2.6) | 42 (3.5) | 0.353 | 32 (1.8) | 51 (1.6) | 0.626 |
| Oesophageal fistula – n (%) | 0 (0) | 1 (0.1) | 1.000 | 0 (0) | 2 (0.1) | 0.784 |
| Pericardial effusion – n (%) | 1 (0.1) | 15 (1.3) | 0.019 | 7 (0.4) | 37 (1.2) | 0.016 |
| Phrenic nerve palsy – n (%) | 29 (3.7) | 6 (0.5) | <0.001 | 40 (2.3) | 8 (0.3) | <0.001 |
| PV stenosis – n (%) | 0 (0) | 0 (0) | - | 3 (0.2) | 2 (0.1) | 0.455 |
| Stroke/TIA – n (%) | 1 (0.1) | 4 (0.3) | 0.655 | 7 (0.4) | 14 (0.4) | 1.000 |
| Tamponade – n (%) | 6 (0.8) | 9 (0.8) | 1.000 | 5 (0.3) | 8 (0.3) | 1.000 |

Table 2 – Occurrence of complications by sex and catheter type