# Monosodium glutamate as a potential trigger for atrial fibrillation

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To demonstrate the arrhythmogenic action of MSG in a single blinded placebo controlled test on these patients with reported MSG induced AF and to investigate the possibility of MSG as a potential trigger for AF.

Ethical review Approved WMO

**Status** Pending

**Health condition type** Cardiac arrhythmias **Study type** Observational invasive

# **Summary**

#### ID

NL-OMON34775

#### Source

**ToetsingOnline** 

#### **Brief title**

TASTE AF

#### **Condition**

Cardiac arrhythmias

#### **Synonym**

AF, atrialfibrillation

#### Research involving

Human

## **Sponsors and support**

Primary sponsor: Academisch Medisch Centrum

Source(s) of monetary or material Support: Ministerie van OC&W

#### Intervention

**Keyword:** Arrhythmia, Atrial fibrillation, E621, Monosodiumglutamate

#### **Outcome measures**

#### **Primary outcome**

The primary endpoint of this study will be AF, confirmed by Holter or 12-lead

ECG.

#### **Secondary outcome**

Secondary endpoints are two or more symptoms of the MSG symptom complex.

# **Study description**

#### **Background summary**

There is anecdotal evidence of patients with atrial fibrillation triggered by ingestion of monosodiumglutamate (MSG), also known as Ve-Tsin or E621. Glutamate is the principal excitatory neurotransmitter in the brain but receptors have been found on the myocardium and cardiac nerve tissue. Our hypothesis is that glutamate has an arrhythmogenic potential and can induce atrial fibrillation (AF).

#### Study objective

To demonstrate the arrhythmogenic action of MSG in a single blinded placebo controlled test on these patients with reported MSG induced AF and to investigate the possibility of MSG as a potential trigger for AF.

#### Study design

Single blind placebo study.

#### Study burden and risks

Patients will be required to be admitted three times for a period of two hours with an interval of one week after each admission. Patients can experience discomforting symptoms provoked by AF after ingestion of MSG orally. During admission blood samples will be taken at regular intervals to measure glutamate

blood levels. After admission patients undergo Holter monitoring for 24h. During the study the patients are required to maintain a MSG-free diet. If a relationship between MSG ingestion and AF occurence is established these patients can benefit from this study by adhering to the MSG-free diet. Furthermore if this study suggests a relationship other patients with AF can be informed of the effects of this potential arrhythmogenic food additive.

## **Contacts**

#### **Public**

Academisch Medisch Centrum

Meiberadreef 9 1100 DD Amsterdam NL

#### Scientific

Academisch Medisch Centrum

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## **Trial sites**

#### **Listed location countries**

**Netherlands** 

# **Eligibility criteria**

#### Age

Adults (18-64 years) Elderly (65 years and older)

#### Inclusion criteria

Reported monosodiumglutamate triggered atrial fibrillation Age is between 18 and 80 years AF is symptomatic and paroxysmal AF was documented on ECG, Holter or pacemaker electrogram at least once in the 6 months

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preceding presentation
In sinus rhythm at the moment of study inclusion
Legally competent and willing and able to sign informed consent
Willing and able to adhere to the follow up visit protocol

#### **Exclusion criteria**

Myocardial infarction (defined as CKMB> twice upper limit of normal) within the preceding 2 months

NYHA class IV/IV heart failure symptoms, or class II-III with a recent decompensation requiring hospitalization (unless related to or aggravated by AF)

Cerebrovascular accident (defined as any sudden neurological deficit lasting longer than 24 hours, with or without pathological changes on the CT cerebrum) with the preceding 6 months

Known and documented carotid stenosis>80%

Pregnancy or of childbearing potential without adequate contraception

Requirement of antiarrhythmic medication for ventricular arrhythmias

Left ventricular ejection fraction < 30%

Severely enlarged left atrium: left atrial volume index>40 ml/m2 or left atrial diameter>52 mm

History of previous radiation therapy on the thorax

Circumstances that prevent follow-up (no permanent home or address, transient, etc.)

# Study design

## Design

Study type: Observational invasive

Intervention model: Parallel

Allocation: Randomized controlled trial

Masking: Single blinded (masking used)

Control: Placebo

Primary purpose: Diagnostic

#### Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 16-10-2012

Enrollment: 25

Type: Anticipated

# **Ethics review**

Approved WMO

Application type: First submission

Review commission: METC Amsterdam UMC

# **Study registrations**

## Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register ID

CCMO NL31448.018.10