**Summary**

A realistic objective for treatment of patients with paroxysmal and persistent atrial fibrillation (AF) should be to prevent its progression to a permanent form of arrhythmia, which is associated with an increased risk of compli-cations and worsening prognosis. This review presents easily identifiable predictors of AF progression, reviews available treatment options, and their efficacy and safety. Early and active measures to restore and maintain sinus rhythm by pharmacological and non-drug methods will prevent the development of arrhythmia substrate; inhibit the progression from paroxysmal to permanent AF, with potentially beneficial effects on prognosis.

**Keywords**

Atrial fibrillation, progression, treatment.