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CLINICAL/THERAPEUTIC APPROACHES TO THREE SPECIFIC CARDIOMYOPATHIES: *MYOCARDITIS, AMYLOIDOSIS, AND NONCOMPACTION*

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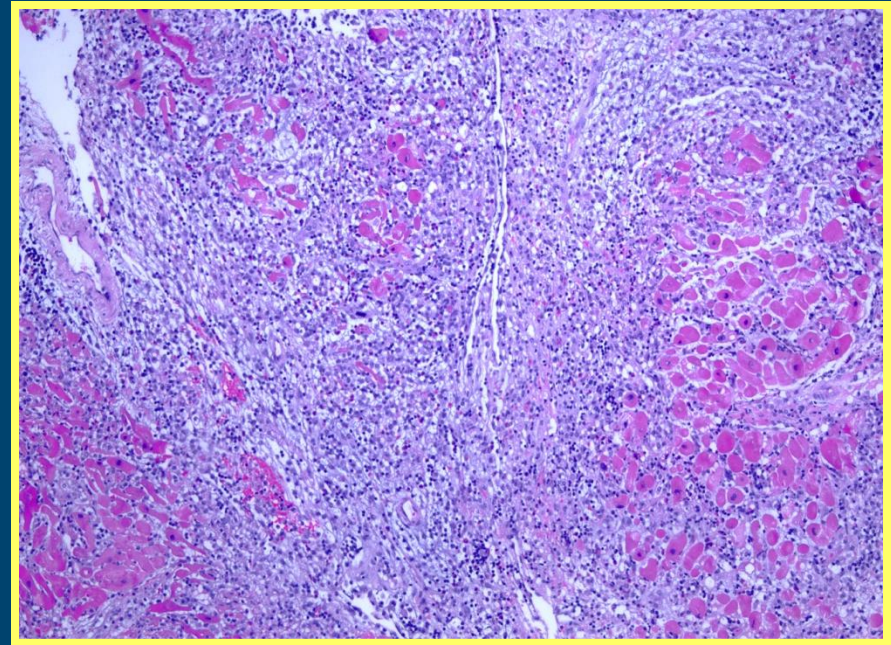
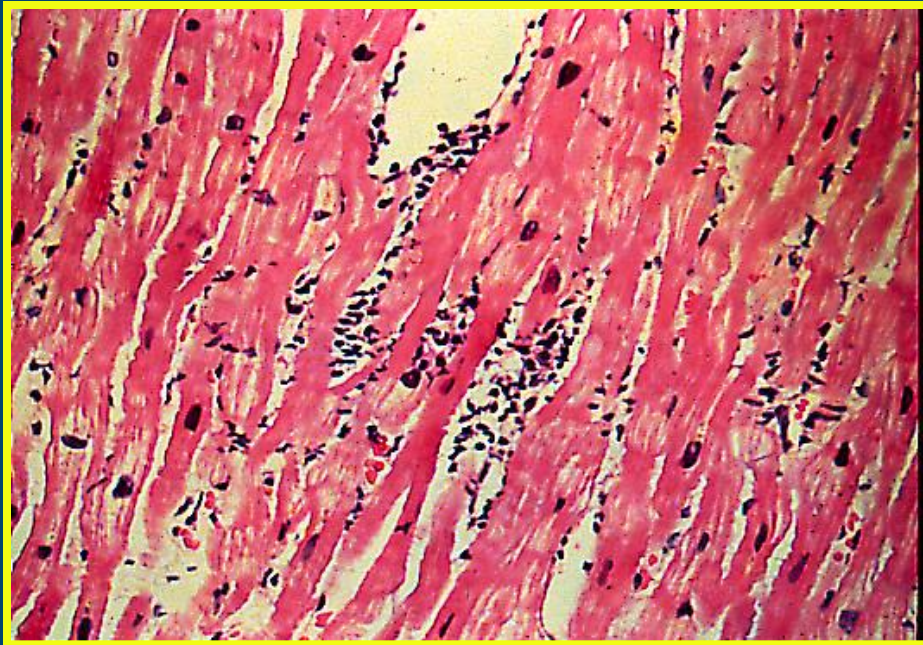
Disclosures: None



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of Harvard Medical School

HISTOPATHOLOGY OF ACUTE MYOCARDITIS

Myocarditis is a pathologic diagnosis made by endomyocardial biopsy, at the time of cardiac explantation, LVAD placement or at autopsy. It is histologically characterized by an inflammatory cellular infiltrate (lymphocytic, eosinophilic, granulomatous) that is associated with myocyte necrosis or degeneration (“Dallas criteria”).



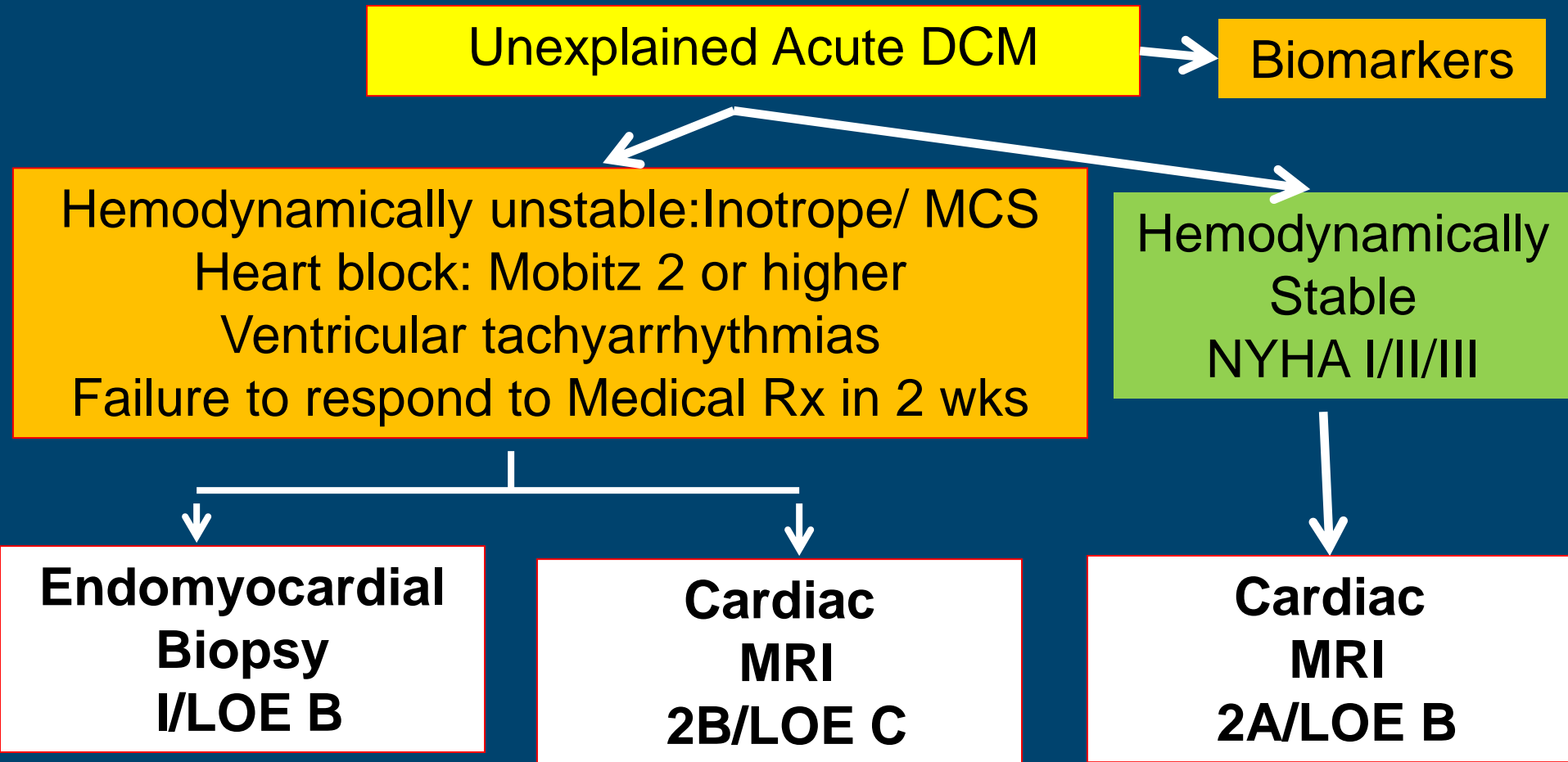
ACUTE LYMPHOCYTIC MYOCARDITIS

CLINICAL MANIFESTATIONS

- Asymptomatic ECG abnormalities
- Ventricular arrhythmias
- Myocardial infarction mimicry [parvovirus B19]
- Acute dilated cardiomyopathy
- Chronic dilated cardiomyopathy
- Cardiogenic shock [fulminant]



DIAGNOSTIC APPROACH TO SUSPECTED MYOCARDITIS



Heymans S, et al. *J Am Coll Cardiol* 2016;68:2348-64.



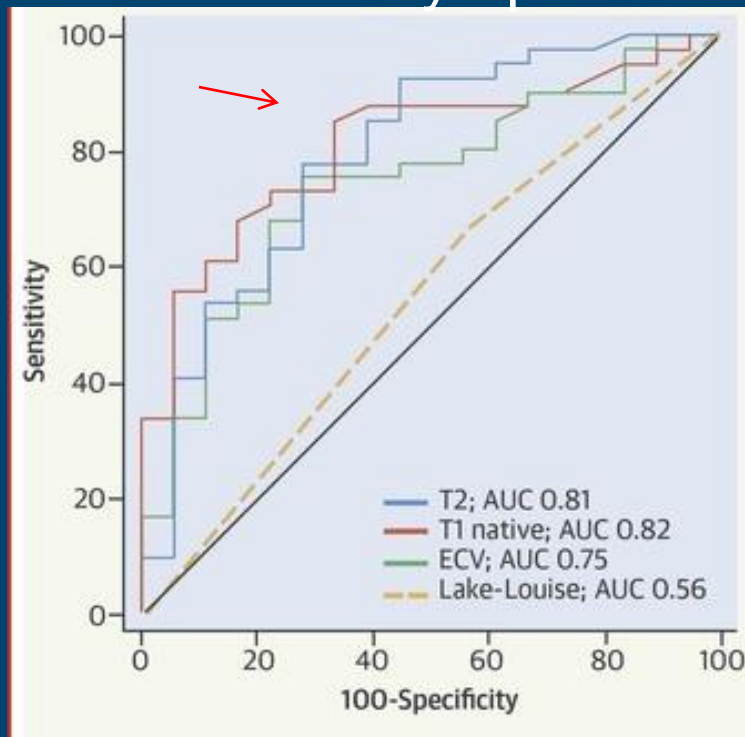
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CARDIAC MR IMAGING IN SUSPECTED MYOCARDITIS

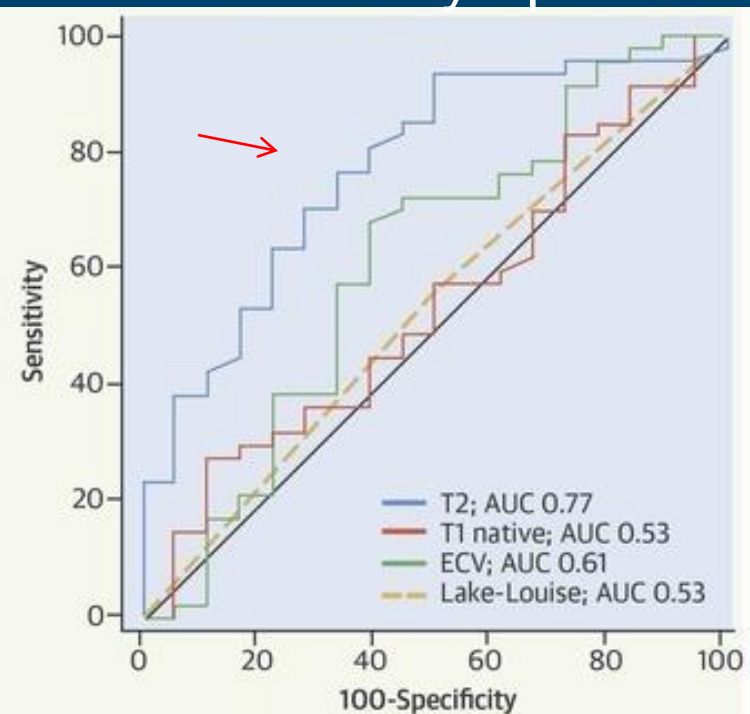
THE MYO-RACER TRIAL

129 patients underwent native T1 imaging, calculation of extracellular volume fraction (ECV), and T2 mapping

Acute Symptoms

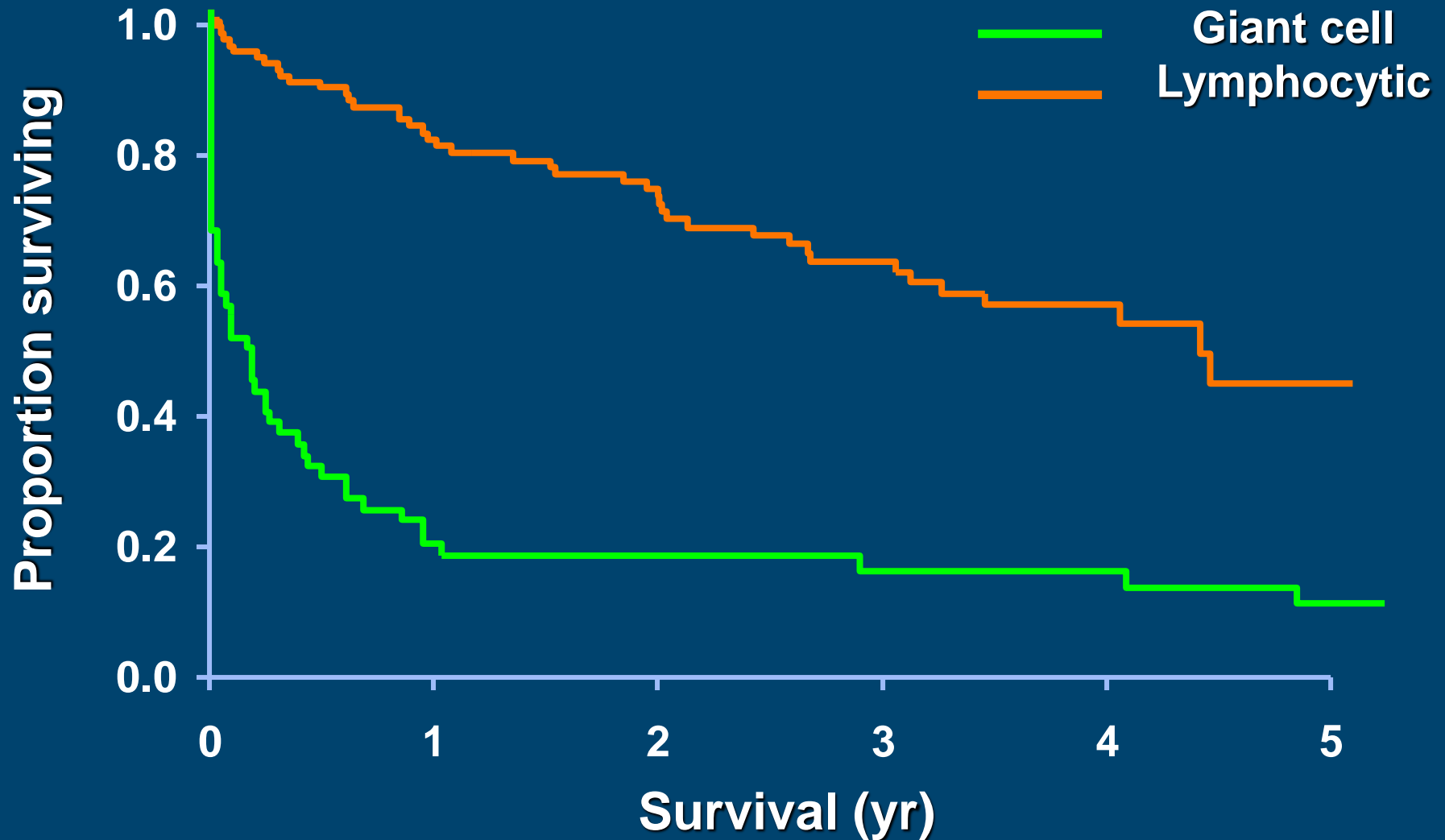


Chronic Symptoms



Lurz P, et al. *J Am Coll Cardiol* 2016;67:1800-11.

NATURAL HISTORY OF LYMPHOCYTIC AND GIANT CELL MYOCARDITIS



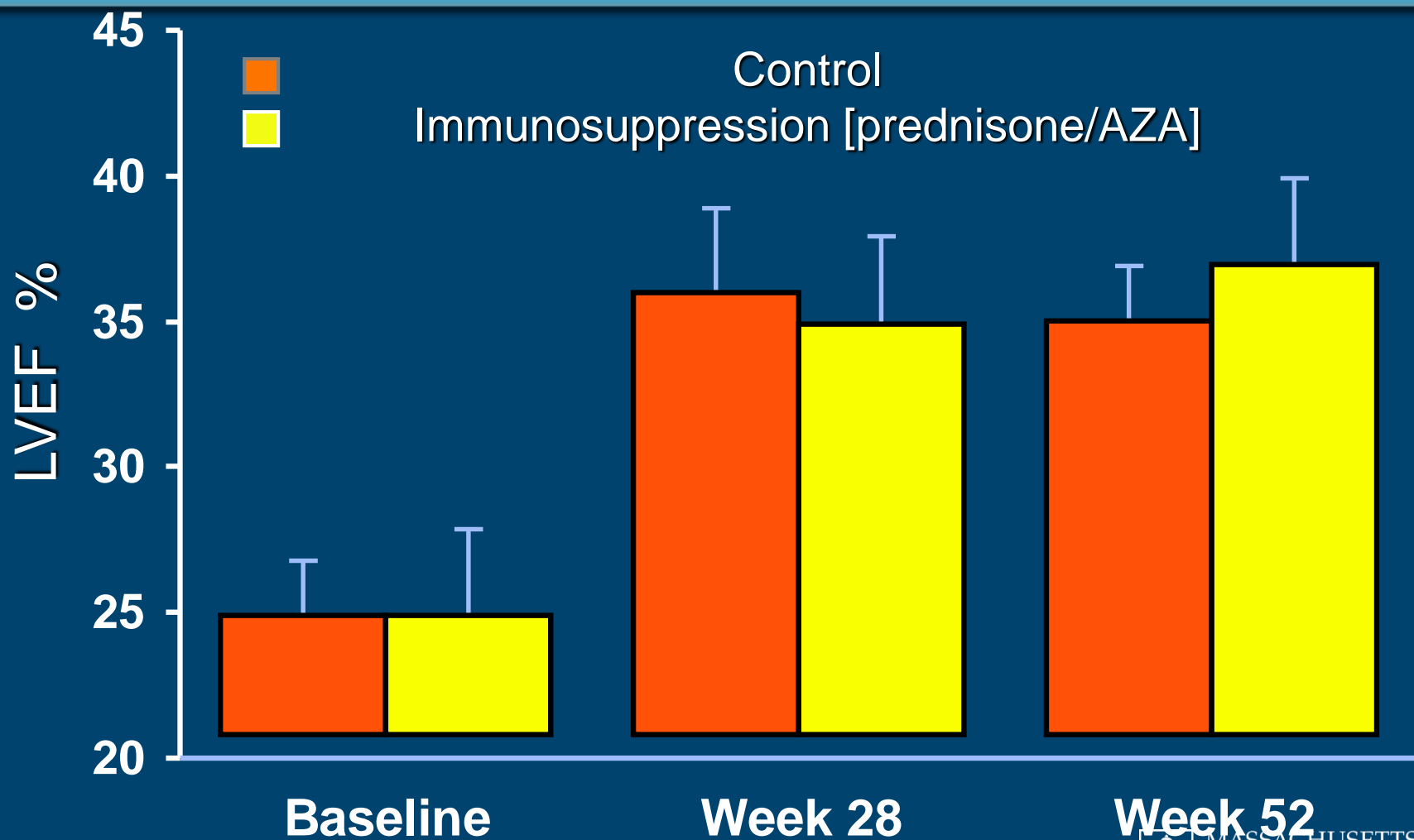
Cooper L, et al. *NEJM* 1997;336:1860-6.

LYMPHOCYTIC MYOCARDITIS

CONVENTIONAL TREATMENT

- Avoidance of strenuous exercise (3-6 months)
- ACE inhibitors, beta-blockers, spironolactone per ACC/AHA/HFSA heart failure practice guidelines to treat HF symptoms and promote favorable LV remodeling
- ICD for persistent LV dysfunction on GDMT

NIH MYOCARDITIS TREATMENT TRIAL



Mason JW, et al. *NEJM* 1995;333:269-75.



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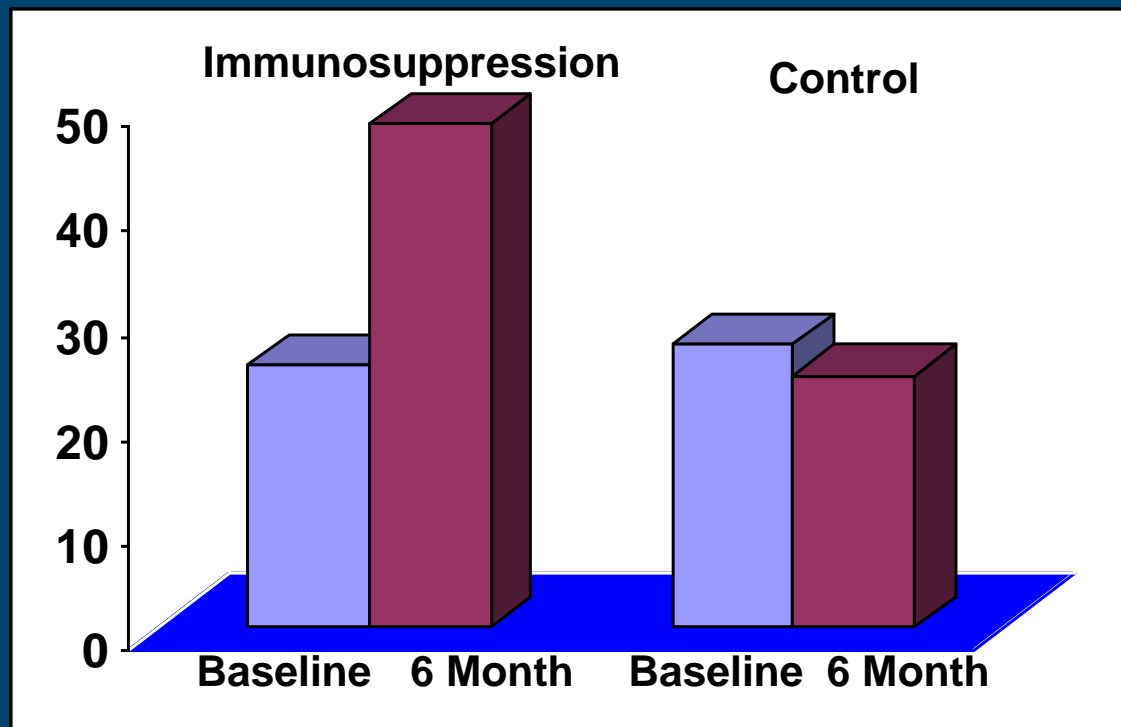
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IMMUNOSUPPRESSIVE THERAPY IN VIRUS-NEGATIVE INFLAMMATORY CARDIOMYOPATHY

TIMIC TRIAL RESULTS

Change in LVEF by Treatment Group

Left Ventricular Ejection Fraction



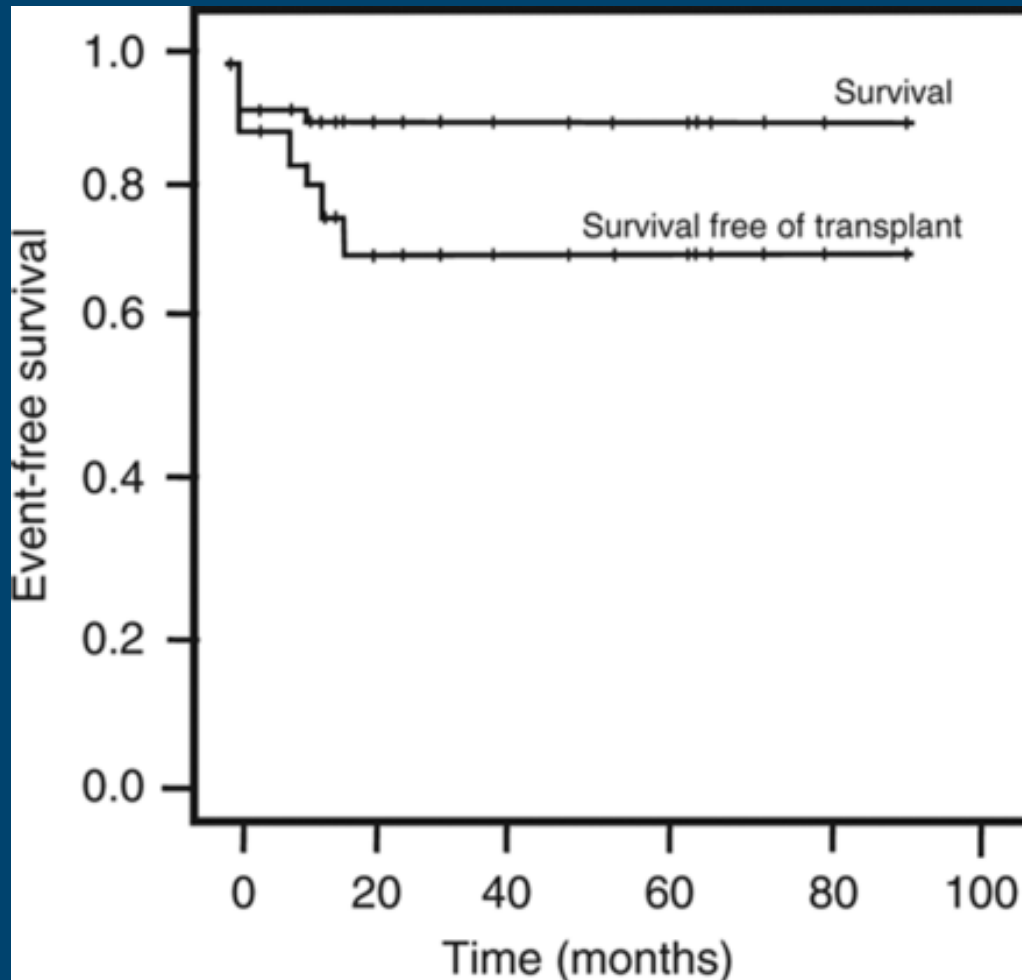
- 85 pts with myocarditis, symptoms > 6 months, LVEF < 45%
- PCR **negative** [for adenovirus, enterovirus, HSV, influenza, CMV]
- Randomized to medical therapy +/- prednisone and azathioprine for 6 months

Frustaci A, et al *Eur Heart J* 2009;30:1995-2002.



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SURVIVAL IN GIANT CELL MYOCARDITIS TREATED WITH IMMUNOSUPPRESSIVE THERAPY



- 26 patients biopsy-positive for GCM
- Mean LVEF: $34\% \pm 8\%$
- Immunosuppression:
 - Pred + AZA + Cyclo (65%)
 - Prednisone + AZA (15%)
 - Pred + Cyclo + MMF (8%)

MYOCARDITIS: DIAGNOSIS AND TREATMENT 2016

- Cardiac MRI is most helpful initial diagnostic study
- RV biopsy is rarely indicated for suspected lymphocytic myocarditis but is essential when eosinophilic or giant cell myocarditis is suspected
- Steroid therapy is indicated and effective for eosinophilic myocarditis
- Immunosuppression (steroids & cytolytics) is useful for giant cell myocarditis and myocarditis associated with known autoimmune disorders (lupus, RA)*
- Immunosuppression may be considered for infection-negative lymphocytic myocarditis on an individual basis*

*Caforio A, et al. *Eur Heart J* 2013;34:2636-48.

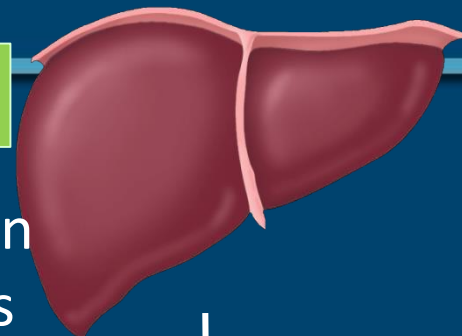
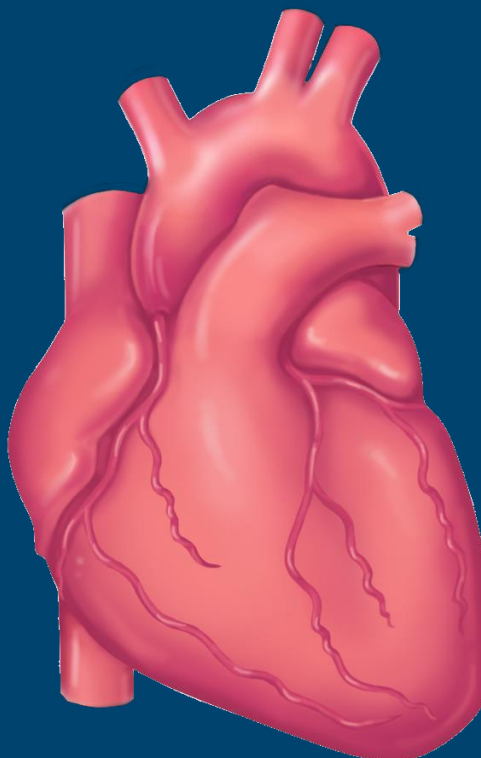
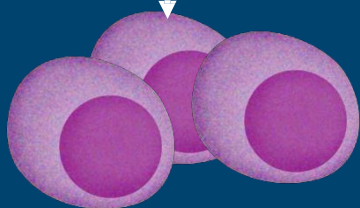
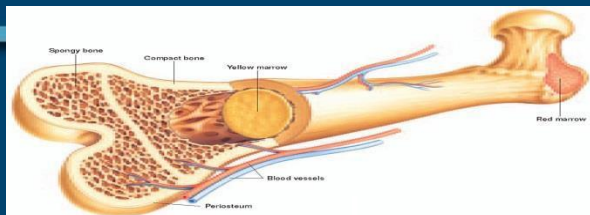
TWO PRINCIPAL FORMS OF CARDIAC AMYLOIDOSIS

AL

Light chain
amyloidosis

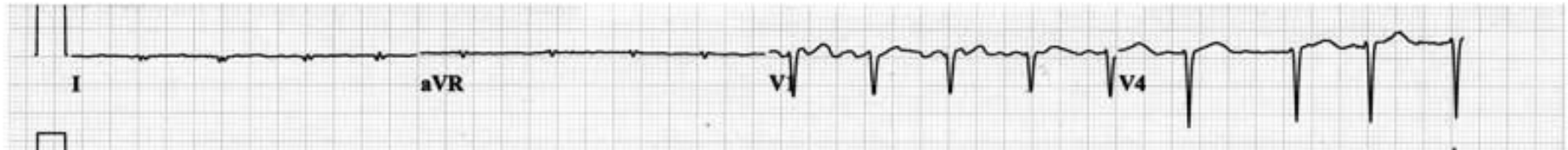
ATTR

Transthyretin
amyloidosis



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CLASSIC ECG PATTERN IN CARDIAC AMYLOIDOSIS



Pseudoinfarction pattern about 50% in AL

Low voltage 50% in AL

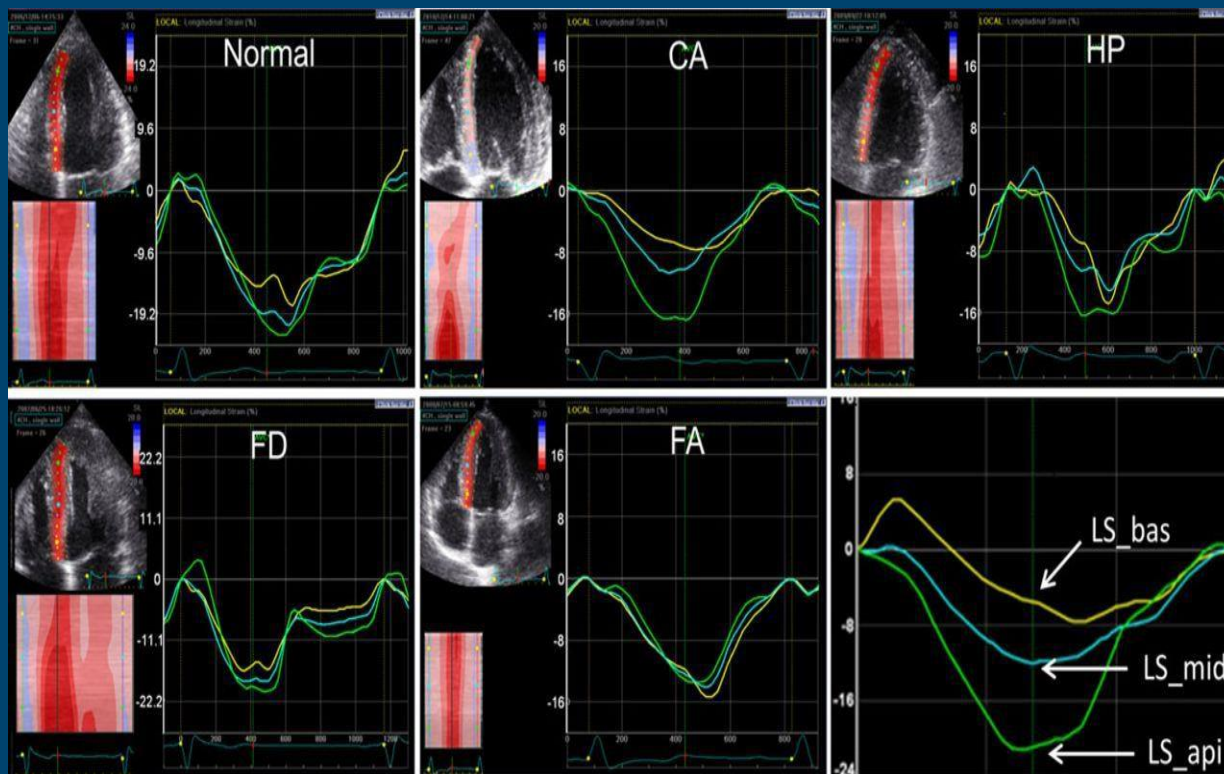
Low voltage 25% in ATTR



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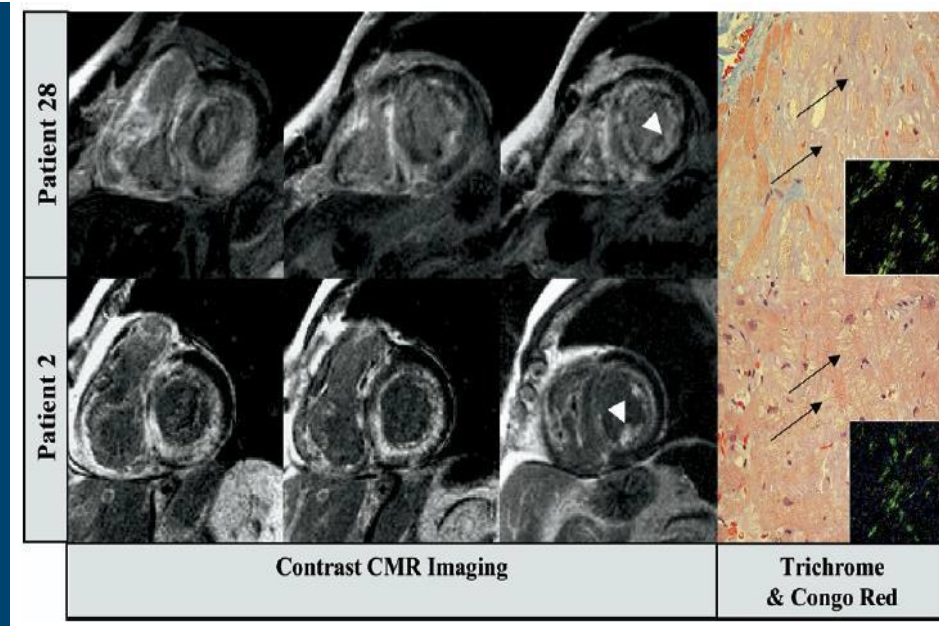
ECHO – STRAIN DIFFERENTIATION FROM OTHER CAUSES OF CONCENTRIC REMODELING



APICAL TO BASAL GRADIENT > 2.1

CMR WITH LGE IDENTIFIES CARDIAC AMYLOIDOSIS WITH A HIGH DEGREE OF ACCURACY

Reference	Sensitivity	Specificity	PPV	NPV
Vogelsberg et al., JACC 2008	80%	94%	92%	85%
Ruberg et al. Am J Cardiol 2009	86%	86%	95%	67%
Austin et al., JACC CVI 2009	88%	90%	88%	90%
Average	85%	90%	92%	81%

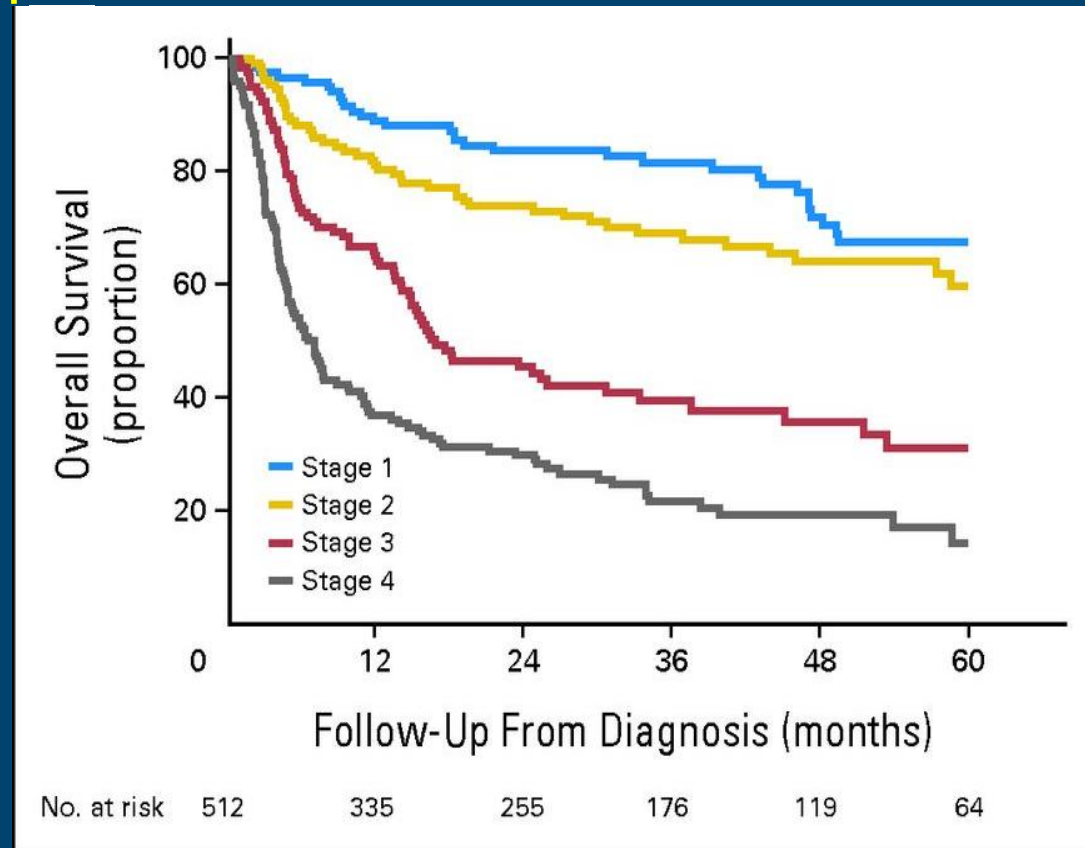


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CARDIAC BIOMARKER STAGING IN AL AMYLOIDOSIS

Risk factors: 1 point each for
score 0-3 → Stage 1-4

- FLC ≥ 180 mg/L
- cTnT ≥ 0.025 mcg/L
- NT-ProBNP $\geq 1,800$ ng/L



DIAGNOSTIC APPROACH TO SUSPECTED CARDIAC AMYLOIDOSIS

- Echocardiogram with strain imaging
- Cardiac MRI to more definitively identify amyloid vs. non-amyloid causes of LVH

1. AL evaluation

- Serum free light chain assay (kappa/lambda ratio)
- Serum and urine immunofixation electrophoresis
- NOT SPEP or UPEP

2. TTR evaluation (particularly in older patients)

- Pyrophosphate scan
- Genotyping (wild type or variant/mutant)

3. BNP or nT-pro-BNP and troponin I/T

4. Cardiac biopsy in equivocal cases

- Immunohistochemistry or mass spectrometry



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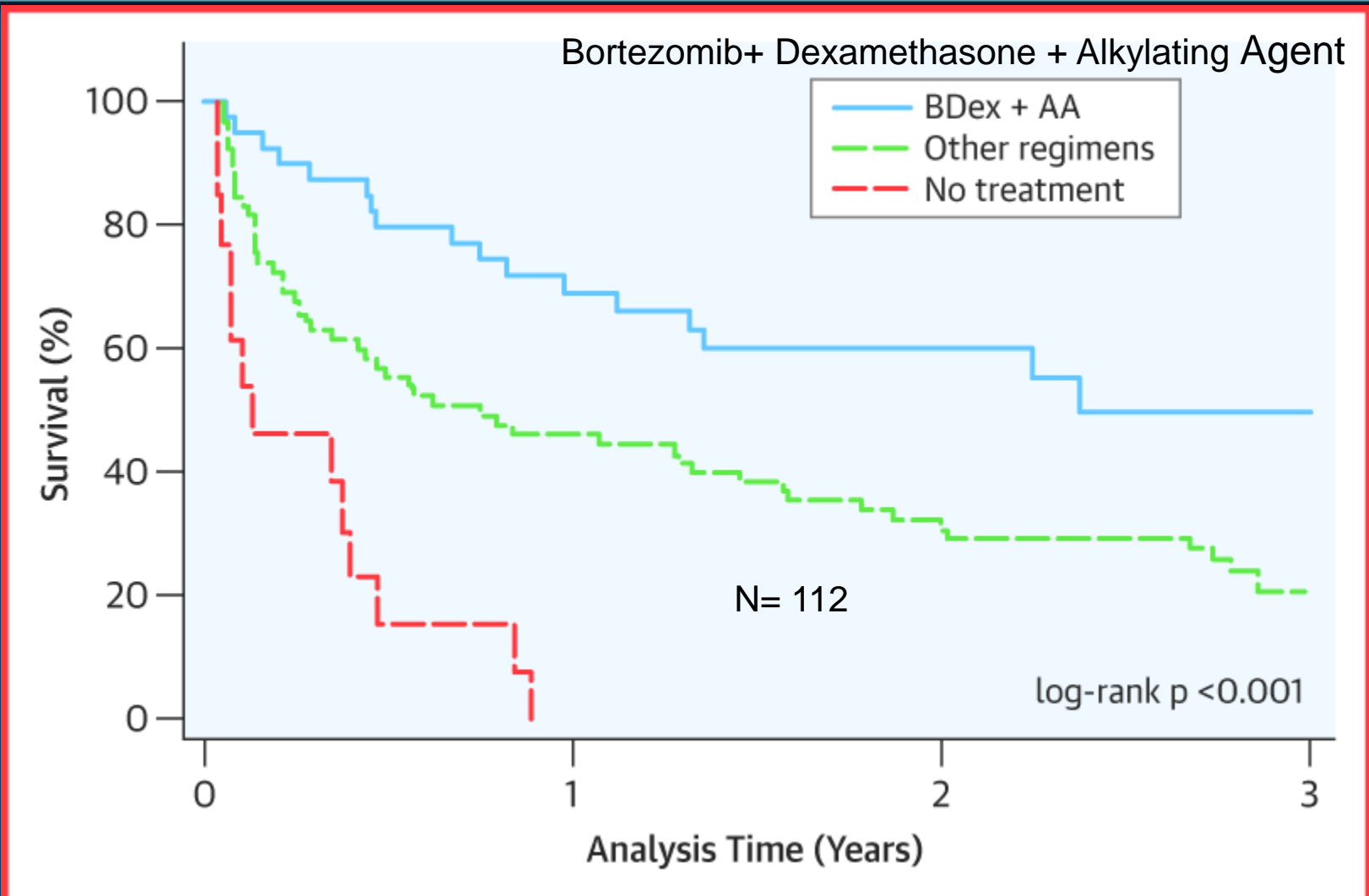
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MANAGING THE HEART IN AL AMYLOIDOSIS

- **Sudden death**
 - *PEA, ventricular arrhythmias, and embolism*
 - Intracardiac thrombus as high as 35%
 - Controversial value of cardioverter-defibrillator
- **Atrial arrhythmias**
 - Beta-blockers & calcium channel blockers poorly tolerated
 - Digoxin has a bad reputation, but can actually be of value
 - Amiodarone is often the only medical option
 - Anticoagulation
- **AV block**
 - Pacing for AV block and/or chronotropic incompetence
- **Heart Failure**
 - Diuretics are mainstay of therapy



SURVIVAL IN AL AMYLOID CARDIOMYOPATHY BY TREATMENT



WILD TYPE TTR AMYLOID (ATTR_w)

- Due to deposition of “wild-type” transthyretin
- “Senile cardiac amyloid”
- A disease of white elderly males (median age: 72)
- Bilateral carpal tunnel syndrome is common
- More “indolent”, prognosis (Average survival: 4 yrs)
- ~ 25% pts > 80 yrs have wild type TTR amyloid deposits in myocardium at autopsy
- ? % of clinical HF-pEF cases

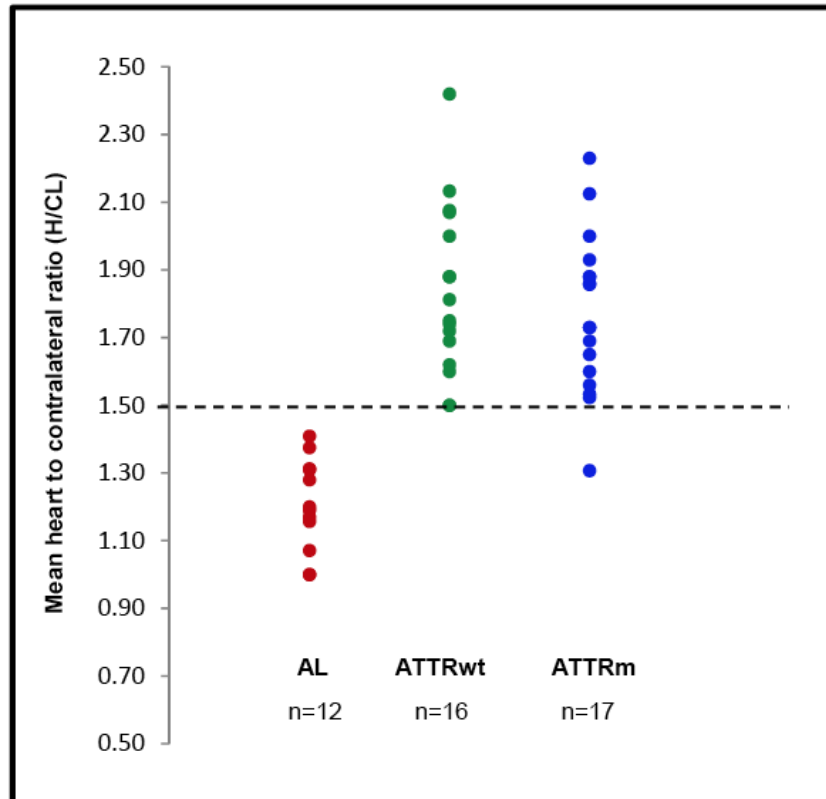
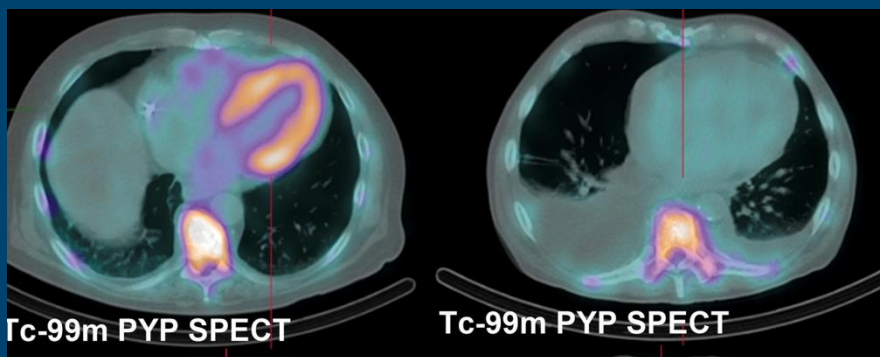
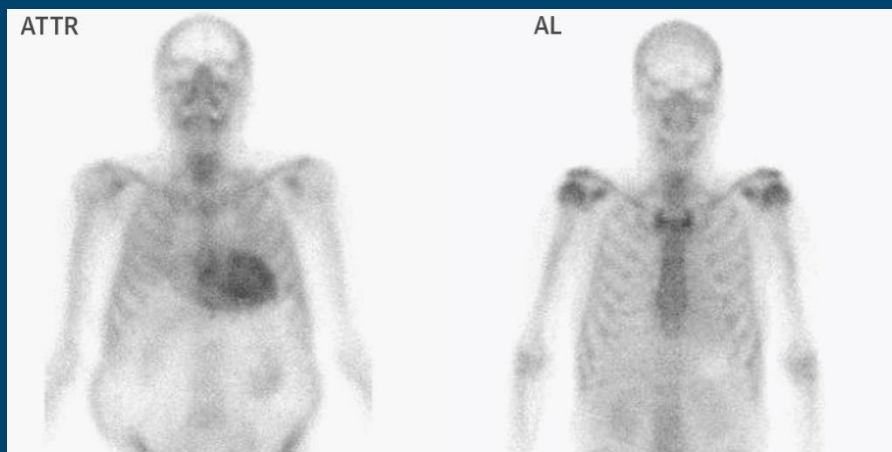
Tanskanen *Ann Med.* 2008;40(3) :232-9

Cornwell *Am J Med.* 1983;75(4): 618-23

ROLE OF TECHNIITIUM PYROPHOSPHATE IN SUSPECTED CARDIAC AMYLOIDOSIS

ATTR

AL



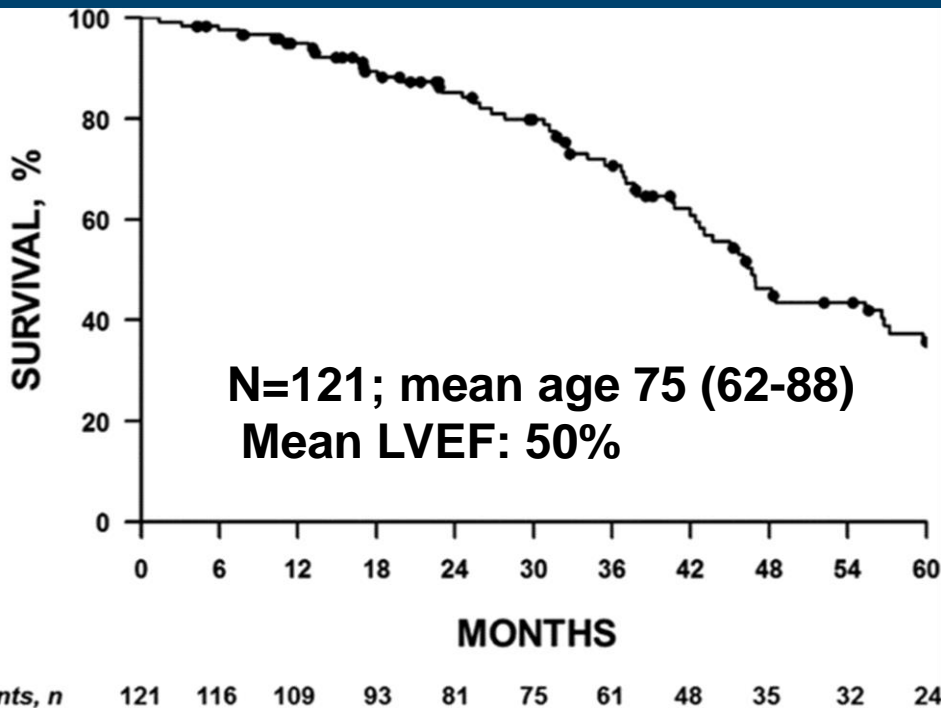
Falk R, et al. *JACC* 2016;68:1323-40.



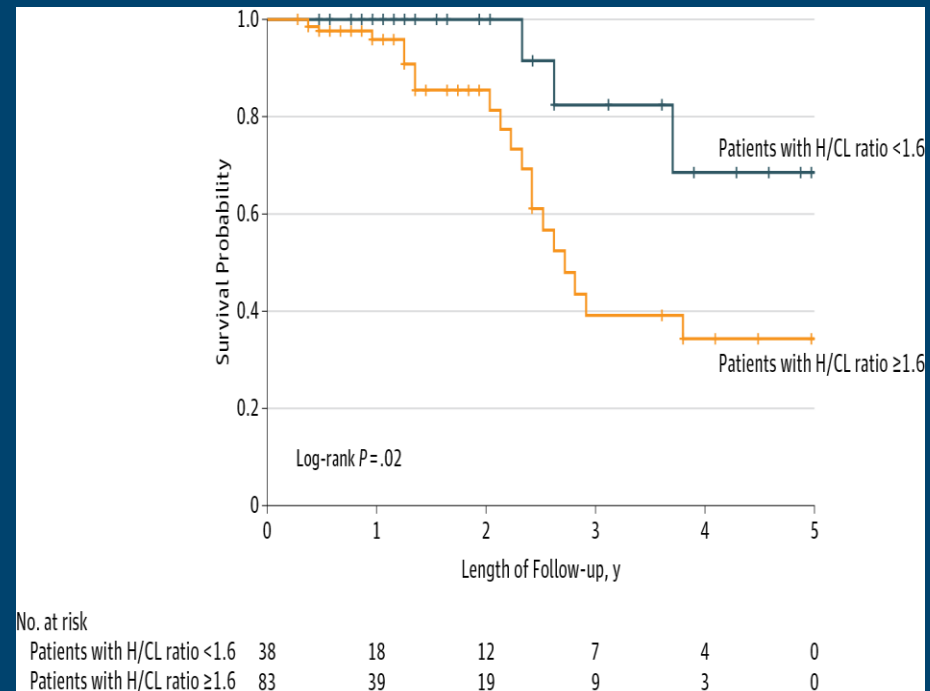
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SURVIVAL FOR WILD TYPE ATTR AMYLOIDOSIS

Natural history



Survival by PPY Uptake



Connor LH, et al. *Circulation* 2016;133:282-90

Castano A. et al *JAMA Cardiol* 2016;1:880-9.



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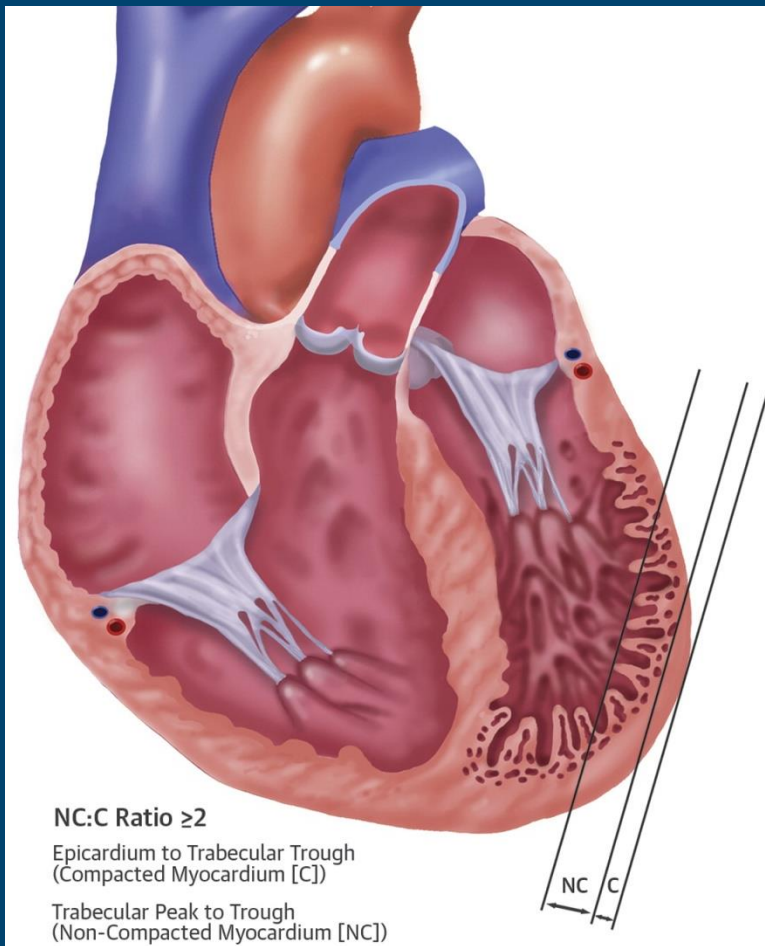
ATTR THERAPY: STABILIZERS, SILENCERS, AND SERUM AMYLOID PROTEIN

Emerging therapies focus on 3 general mechanisms:

- Stabilization of the TTR complex [Tafamidis and tolcapone]
- Silencing expression of the TTR gene [RNAi and antisense therapies]
- Removal of amyloid plaques from diseased tissue by targeting serum amyloid protein (SAP) [Humanized monoclonal antibodies: NEOD001]
- Heart (AL) and/or heart-liver transplantation (WTTR) may be appropriate in carefully selected patients



LEFT VENTRICULAR NONCOMPACTION



- LVNC results from intrauterine arrest of compaction of the loose network of primordial fetal myocardium
- NC/C ratio $> 2.0-2.3$
- Hypertrabeculation + LV dysfunction = cardiomyopathy
- Familial: 18%-50%
- Increased trabeculation is a common finding during pregnancy, black individuals, CKD, and athletes and often regresses

Hussein A, et al. *J Am Coll Cardiol* 2015;66:578-85.



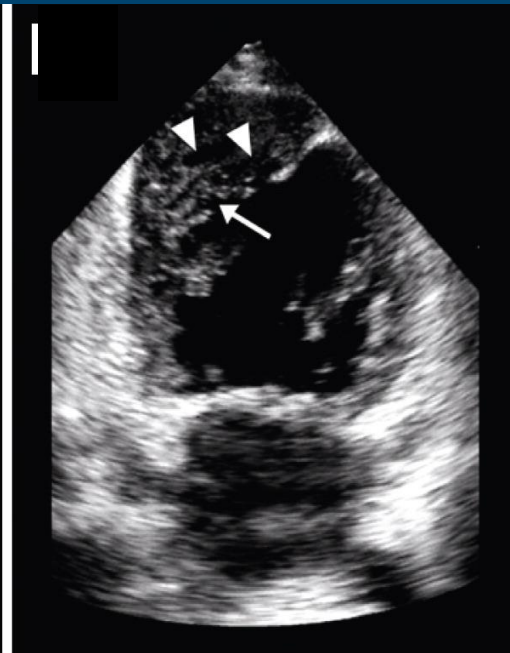
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LEFT VENTRICULAR NONCOMPACTION

Normal



LVNC



LVNC



Hussein A, et al. *J Am Coll Cardiol* 2015;66:578-85.

LVNC: CLINICAL PRESENTATIONS

- Dyspnea: 60%
- Chest pain: 15%
- Palpitations: 18%
- Syncope: 9%
- Stroke: 3%

- Asymptomatic: 15%-18%

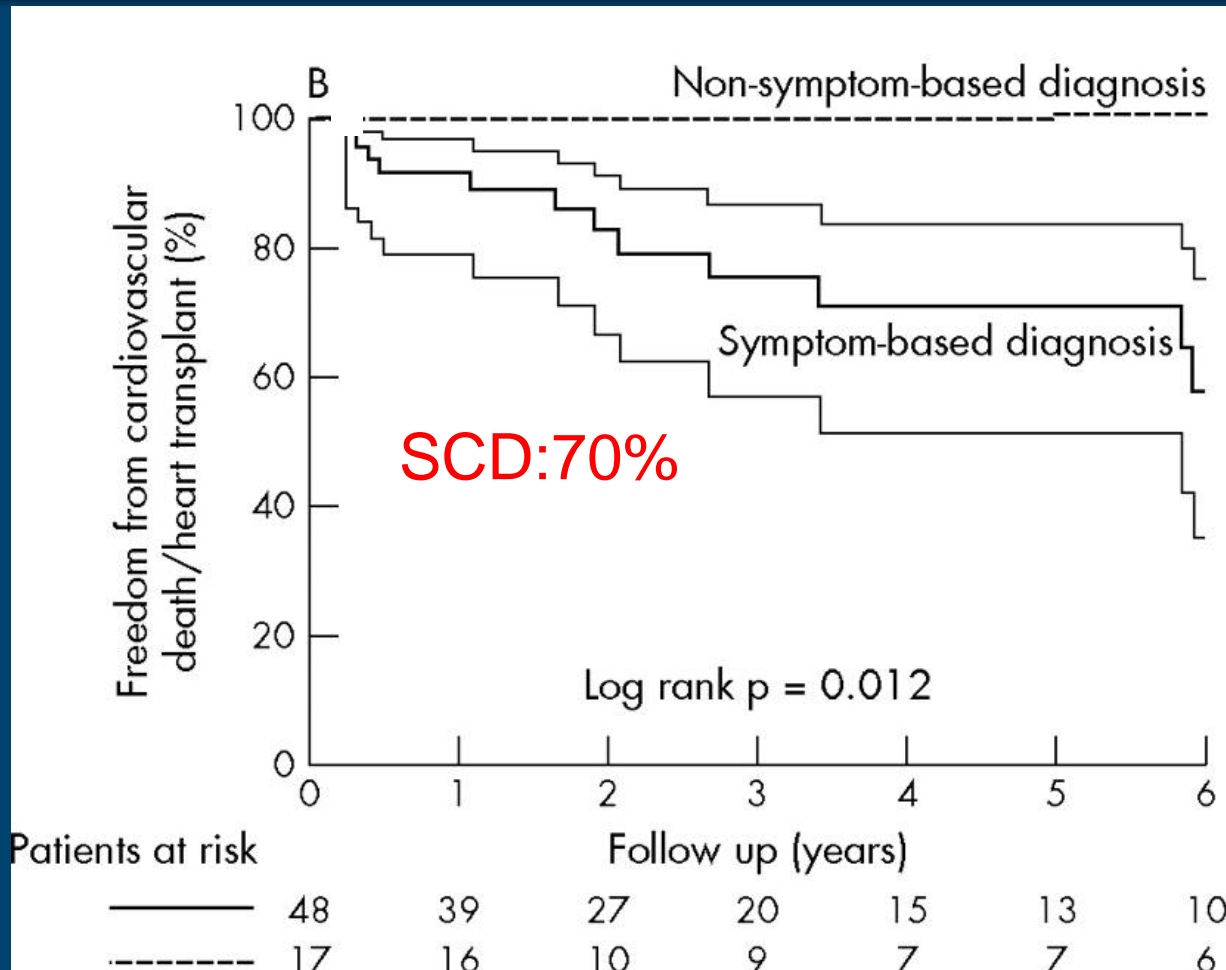
- NYHA class III/IV heart failure: 31%

Bhatia NL, et al. *J Cardiac Fail* 2011;17:771-8



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NATURAL HISTORY OF LVNC



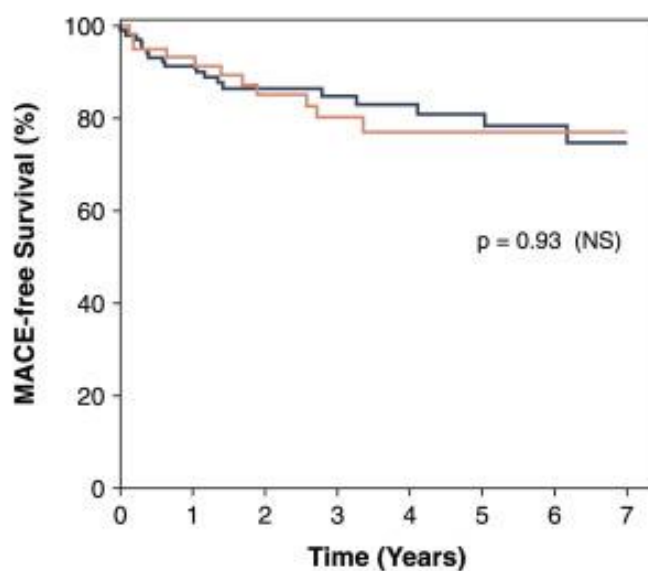
Lofiego C, et al. *Heart* 2007;93:65-71
Peters F, et al. *J Card Failure* 2014;20:709-15.



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LVNC OUTCOME BY EXTENT OF TRABECULATION OR MASS

NC/C Ratio

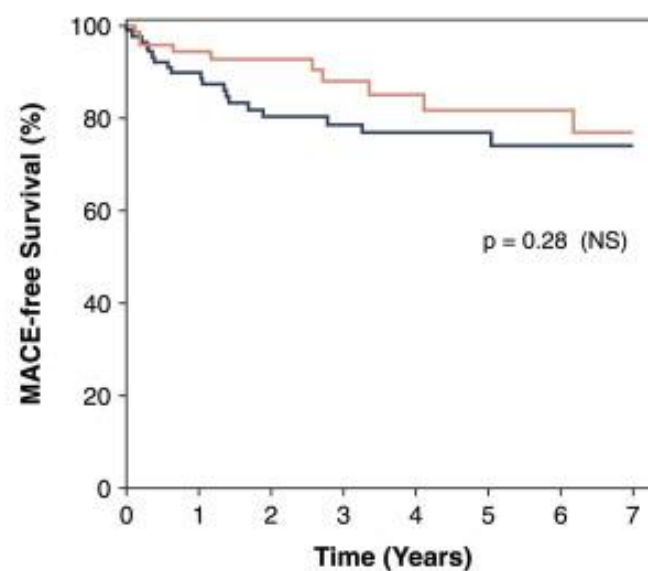


Number at Risk

NC/C Length < 2.3	103	82	59	47	39	32	22	12
NC/C Length ≥ 2.3	59	49	37	27	21	14	11	7

— NC/C Length < 2.3 — NC/C Length ≥ 2.3

NC/C Mass



Number at Risk

NC/C Mass < 31%	90	71	52	42	36	29	17	9
NC/C Mass ≥ 31%	72	60	44	32	24	17	16	10

— NC/C Mass < 31% — NC/C Mass ≥ 31%

Amzulsecum et al. *JACC Imag* 2015;8:934-46.



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LVNC: MAJOR COMPLICATIONS

- **Heart Failure**
 - Conventional pharmacological agents: beta-blockers, ARB or ACE-I, aldosterone antagonist
- **Thromboembolic Complications**
 - Anticoagulation for documented thrombus, atrial fibrillation or prior TIA/CVA
 - ? Dense trabeculations
- **Atrial Arrhythmias**
 - Atrial fibrillation in 10-20%
- **Ventricular Arrhythmias/Sudden Death**
 - ICD for LVEF < 35%

