The Worrisome Apex- A Case of Apical Hypertrophy With Ventricular Tachycardia

Sang Lee M.D., Bishoy ElBebawy M.D., Kent Stephenson M.D.
Department of Cardiovascular Diseases, Arnot Ogden Medical Center-Lake Erie College of Medicine, Elmira, New York

Case Presentation

- A 73-year-old female presented to ED with recurrent episodes of palpitations and dizziness
- She described these episodes as occurring spontaneously, worst with activities, lasting only seconds to minutes and resulting in recurrent lightheadedness with near-syncope
- The patient had a 30-day continuous cardiac event monitor placed prior to her presentation for similar episodes
- Review of systems: Denied any nausea, vomiting, diaphoresis, chest pain, abdominal pain, or new leg swellings
- PMH: Apical hypertrophic cardiomyopathy (AHCM), hypertension, and paroxysmal atrial fibrillation
- No family history of coronary artery disease or arrhythmia
- Patient is non-smoker, doesn’t drink alcohol or do illicit drugs
- Vital signs on presentation: Blood pressure 119/77, pulse 102, oral temperature 36.6°C, respiratory rate 18 and Oxygen saturation 98 % on RA
- Physical exam: No carotid bruits or JVD. Tachycardic, Irregularly irregular, no murmur, rubs, or gallop. No lower extremity edema. Unremarkable pulmonary, abdominal, and neurological exam

Introduction

- Apical hypertrophic cardiomyopathy (AHCM) is an uncommon type of hypertrophic cardiomyopathy, which usually involves the apex of the left ventricle
- It’s rare in the United States with a prevalence of 1-3% of HCM cases

Hospital Course

Initial Work Up

- Mg 1.9
- TSH 2.88
- Troponin 0.03 x 2
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EKG results showing atrial fibrillation with a rate of 92

A transthoracic echocardiogram shows apical hypertrophy with LV end-diastolic diameter of 4.4 cm and normal systolic function

Coronary angiography shows normal coronaries and LV-gram showing ace of spade like configuration left ventricle

Hospital Course

- Event monitor showing one episode of 33 beats of ventricular tachycardia

Discussion

- AHCM is often sporadic, manifests as unexplained recurrent syncope, myocardial infarction, arrhythmia, or congestive heart failure
- Echocardiography and cardiovascular magnetic resonance imaging (CMRI) are known to be the most valuable imaging methods
- Even though the overall mortality of AHCM patients is relatively low, the current guideline recommends that they should undergo sudden cardiac death risk stratification
- Initial management includes beta-blockers, verapamil, and antiarrhythmic agents
- Recent literature suggests that ICD can be beneficial for AHCM patients with previous cardiac arrest, family history of sudden death and those with episodes of ventricular tachycardia
- Our case emphasizes the importance of arrhythmia surveillance in patients with AHCM and that there is a frequent discrepancy between common LVH criteria on ECG and LVH by TTE or CMRI

References


For additional information please contact:
Sang Lee M.D.: salee@arnothealth.org
Bishoy ElBebawy M.D.: belbebawy@arnothealth.org