Red Flags of Transthyretin Amyloid Cardiomyopathy
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BACKGROUND

- Red flags of transthyretin amyloid cardiomyopathy (ATTR-CM) are heart failure with preserved ejection fraction (HFpEF), aortic stenosis, cardiac arrhythmias, bilateral carpal tunnel syndrome, lumbar spinal stenosis, biceps tendon rupture, and thickened LV wall.
- Median survival is 3.5 years if untreated.
- Tafamidis, a transthyretin stabilizer, treats ATTR-CM by slowing the formation of amyloid fibrils.
- The purpose of this study is to educate on ATTR cardiac amyloidosis, its clinical presentation, and treatment in hopes that it becomes more commonly considered to improve patient outcomes.

METHODS

- This study looked for presence of ATTR-CM red flag symptoms in post-transcatheter aortic valve replacement (TAVR) patients.
- Patients diagnoses with ATTR-CM or prescribed tafamidis were documented.
- The study was conducted at HSHS St. Elizabeth’s Hospital from January 2021 to December 2022.

RESULTS

- Over half of the population (62%) experienced a red flag symptom, yet there were no ATTR-CM diagnoses identified.
- This may be due to the “rarer” disease states, such as cardiac amyloidosis, being transferred out to larger health systems.
- ATTR-CM frequently presents as heart failure and HFpEF was identified in 40.5% of the population, leading one to believe ATTR-CM could have been diagnosed as HFpEF and not further worked up.
- ATTR-CM is hard to diagnosis because of the involvement of several organ systems, requiring multidisciplinary collaboration.

CONCLUSION

- There was no presence of ATTR-CM in patients who underwent a TAVR between January 2021 and December 2022.
- Our findings could be due to patients being transferred to larger health systems for diagnosis and treatment of ATTR-CM due to unfamiliarity with this disease state.