

Worse Outcomes in Younger Women with Peripartum Cardiomyopathy

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Methods

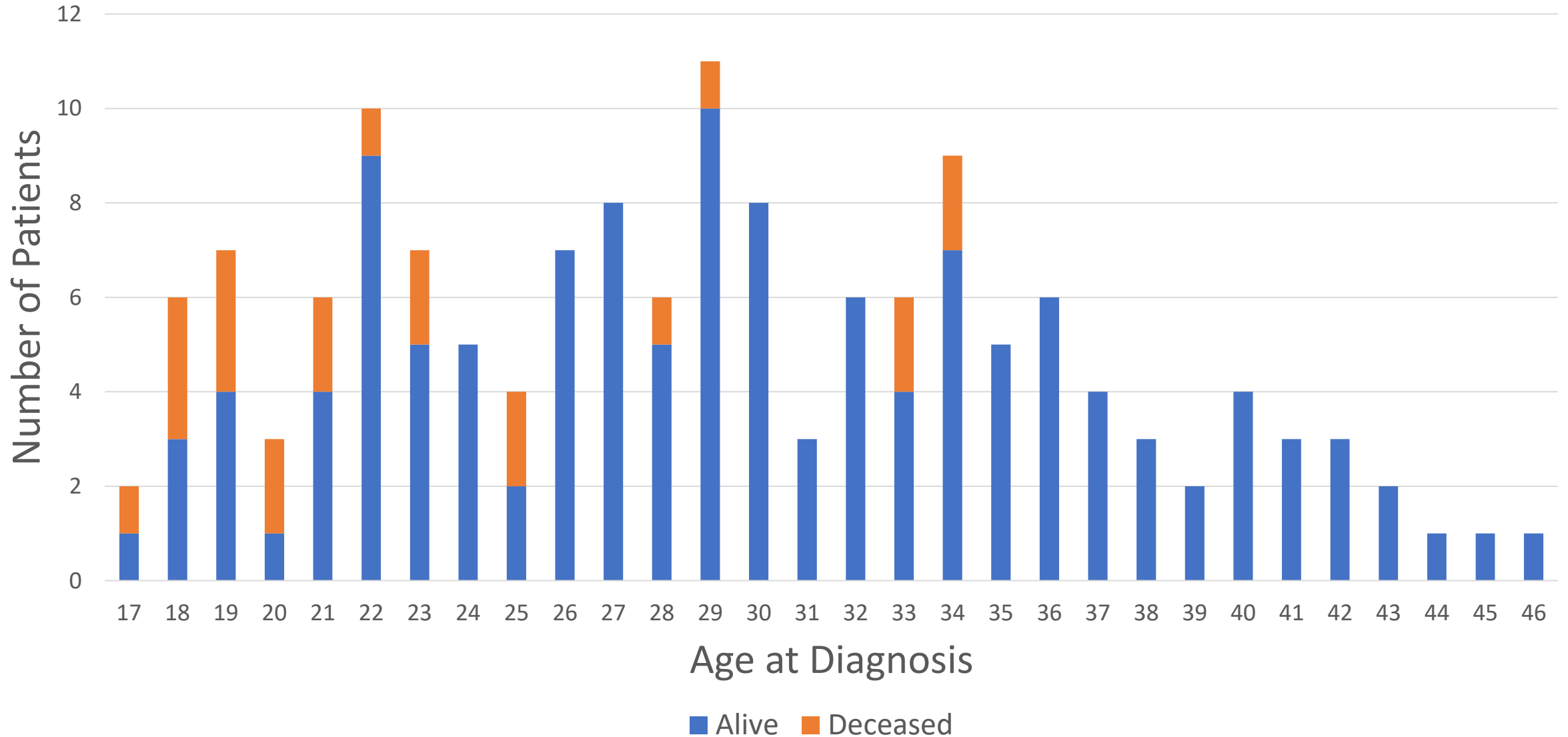
- Retrospective chart review
- Patients identified by keyword search of the entire EMR since its inception
- Each chart manually reviewed to confirm diagnosis and extract data
- Patients were divided into tertiles based on age of diagnosis



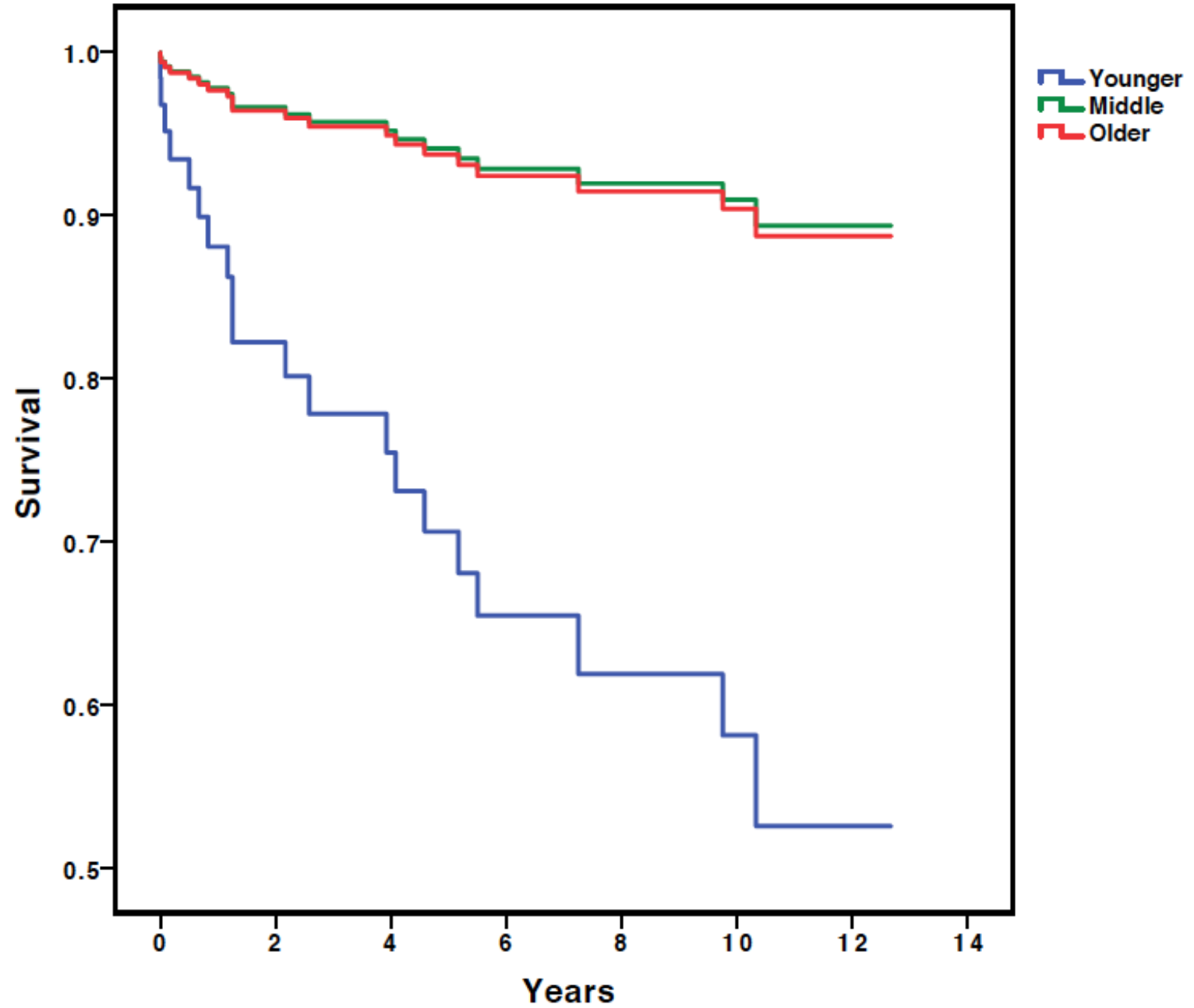
Characteristics at Diagnosis

	All
Mean age at dx	29.1
Race	
Black	43 (29%)
White	90 (60%)
Other/Unknown	16 (10.7%)
Mean years follow-up	6.1
Mean EF at dx	25.80%
EF at dx \leq 20%	50 (33.6%)

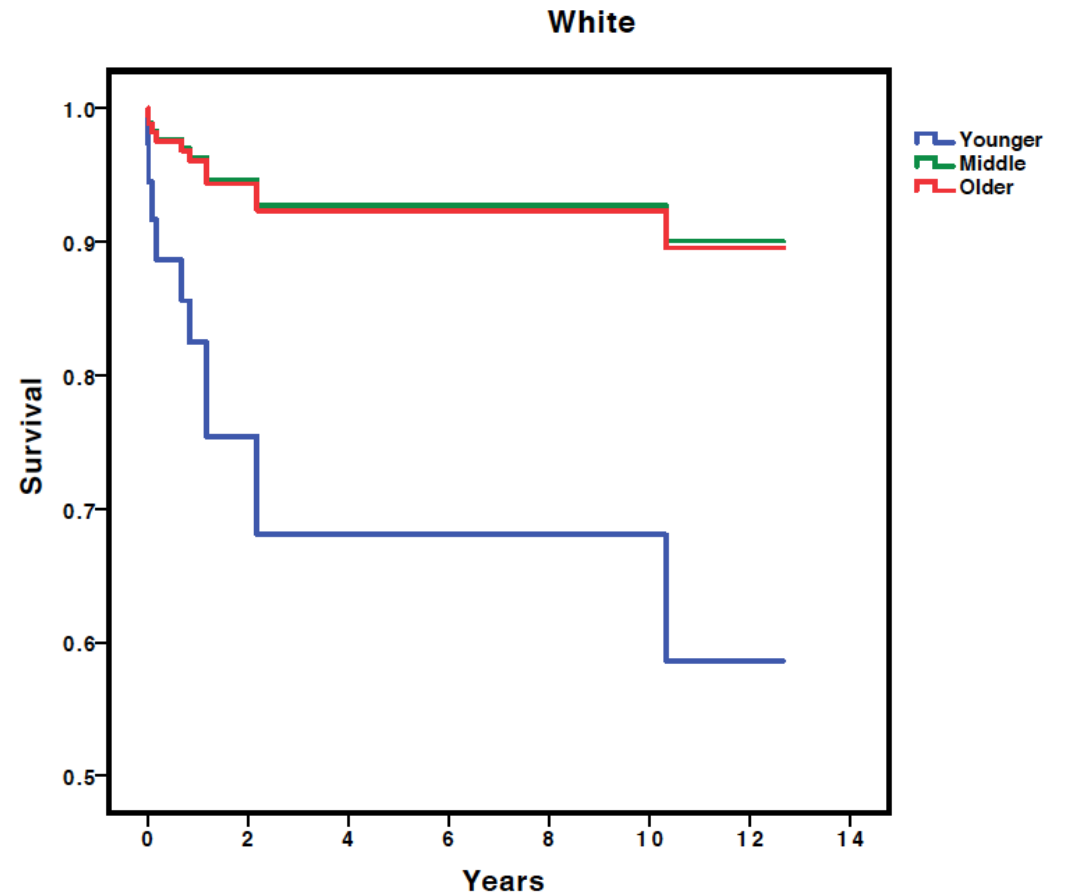
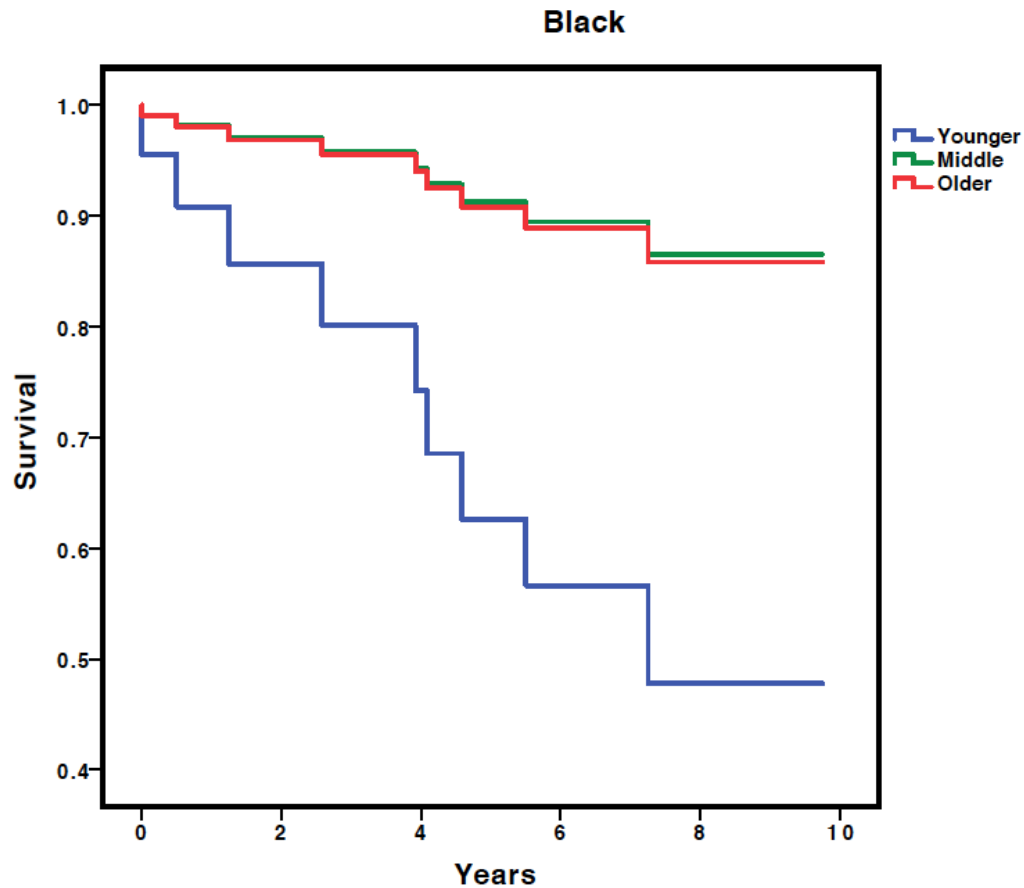
Frequency Distribution of Mortality by Age



Survival by Age at Diagnosis



Survival of Blacks and Whites by Age at Diagnosis



Outcomes

	All	Youngest	Middle	Oldest	X^2 / t	p
Mean Final EF	42.70%	36.11%	46.00%	45.00%	4.84	0.009
Final EF <20%	33 (22.1%)	16 (34.8%)	10 (18.9%)	7 (14.0%)	66	<0.001
Mortality	22 (15.0%)	14 (30.4%)	4 (7.5%)	4 (8.0%)	13.6	0.001
Black	9 (20.9%)	7 (35.0%)	2 (3.8%)	0	6.9	0.032
White	10 (11.1%)	5 (20.8%)	2 (3.8%)	3 (9.7%)	3.39	0.183
Other/Unknown	3 (18.8%)	1 (50%)	1 (1.9%)	1 (12.5%)	5.46	0.065
Recovery	61 (41%)	11 (23.9%)	27 (50.9%)	23 (46%)	9.3	0.01
Black	16 (37.2%)	6 (30.0%)	5 (41.7%)	5 (45.5%)	0.87	0.648
White	39 (63.9%)	5 (20.8%)	21 (60.0%)	13 (41.9%)	8.22	0.016
Other/Unknown	6 (9.8%)	0	1 (16.7%)	5 (62.5%)	5.67	0.059

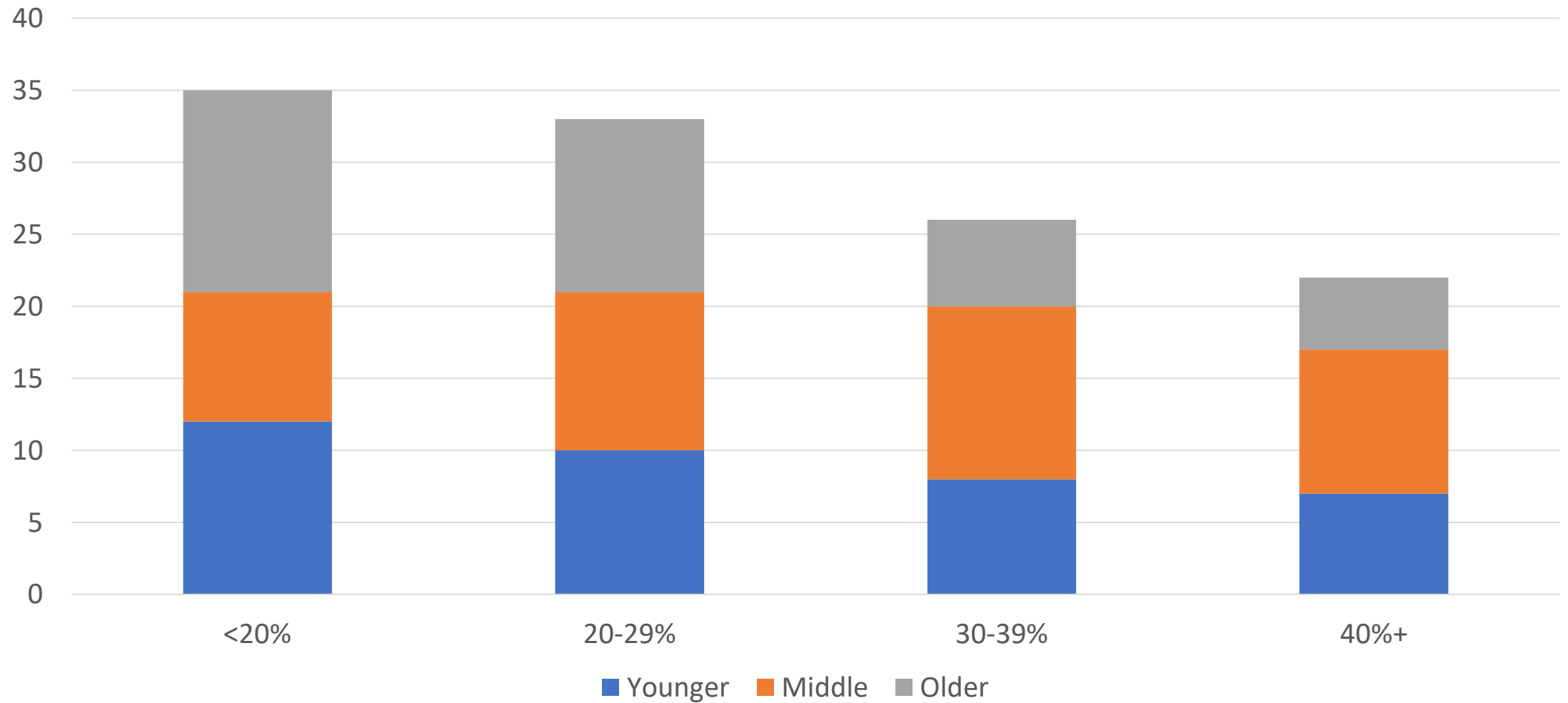
Conclusions

Despite similar mean initial EF, younger women with PPCM:

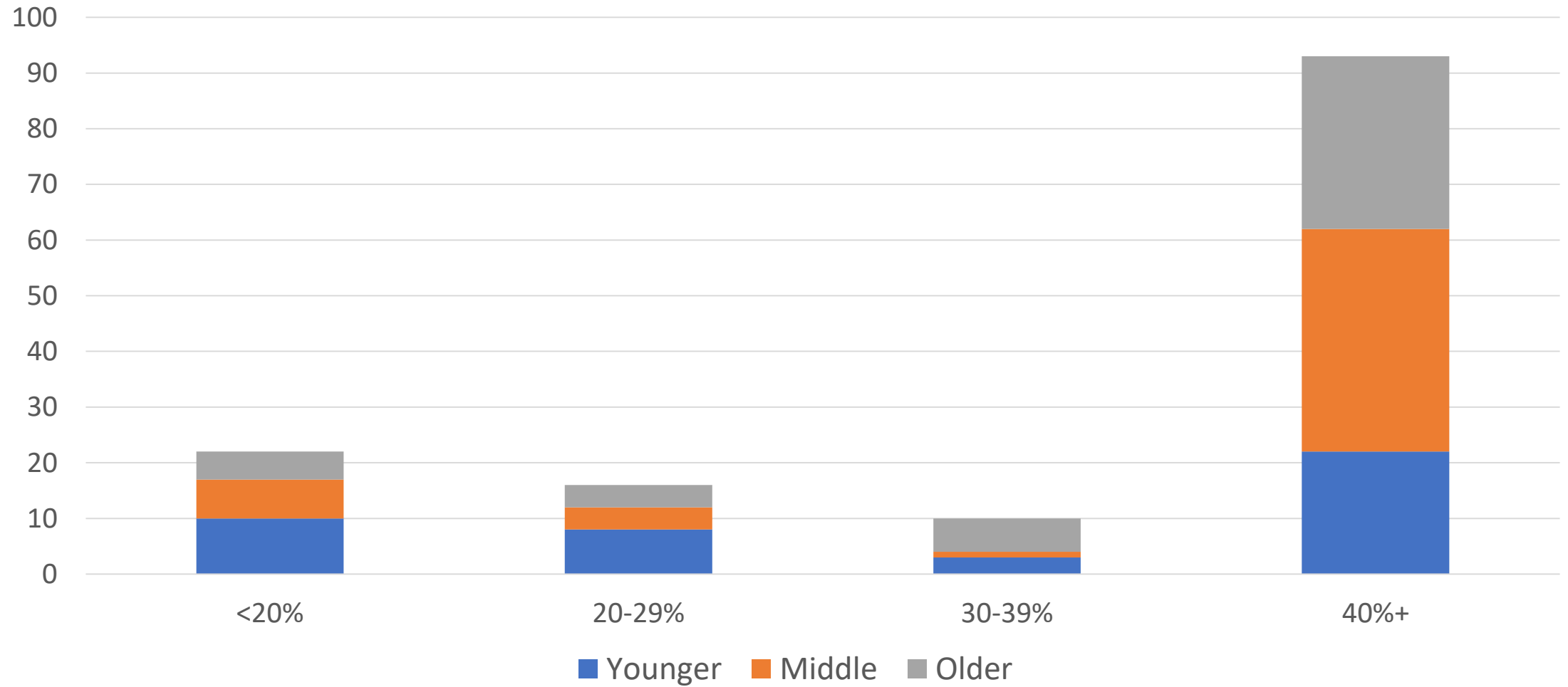
- Are less likely to recover
- Have less improvement in EF
- Have higher mortality

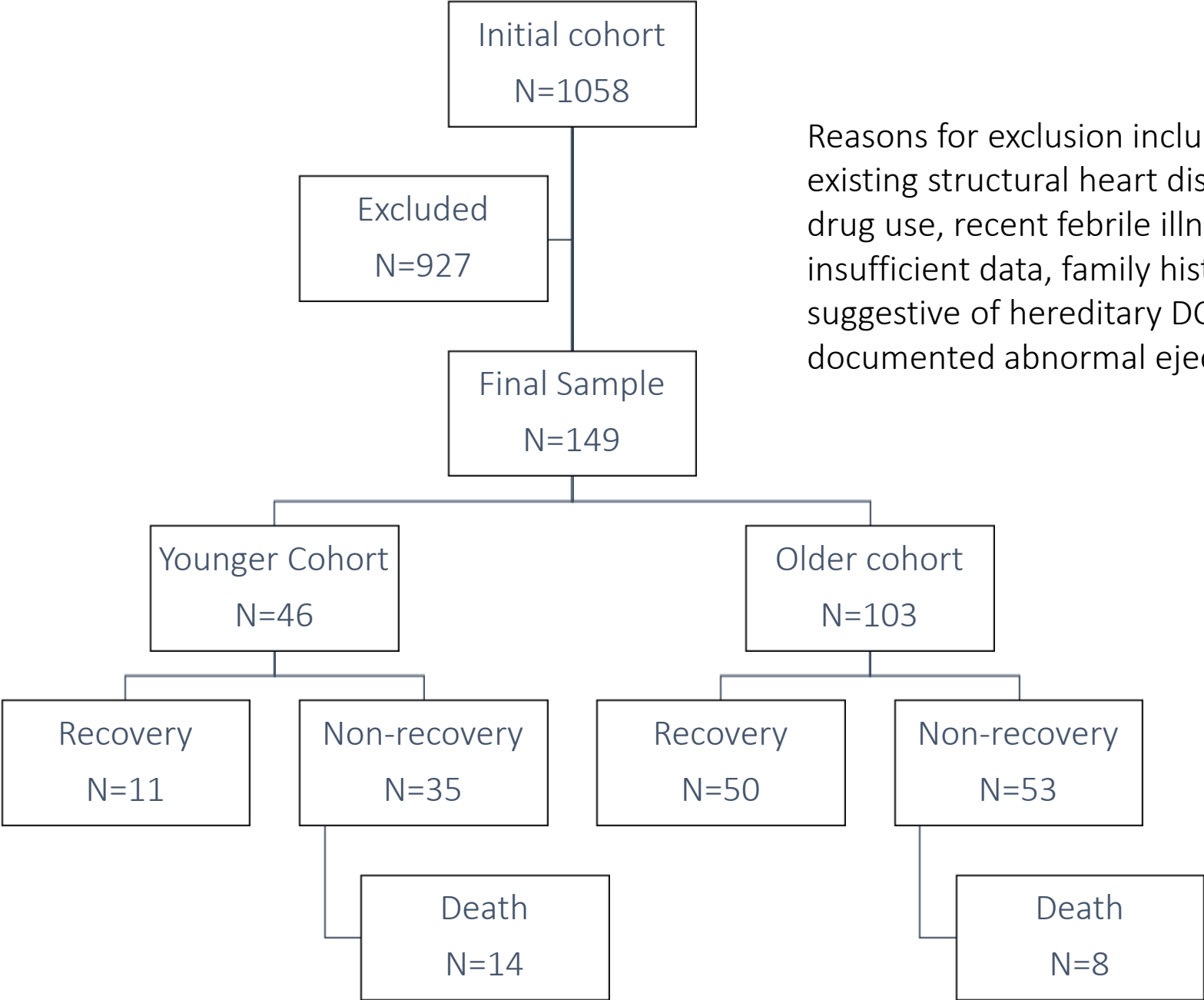


Frequency Distribution of EF at Diagnosis



Frequency Distribution of EF at Conclusion





Reasons for exclusion include pre-existing structural heart disease, recent drug use, recent febrile illness, insufficient data, family history suggestive of hereditary DCM, or no documented abnormal ejection fraction

Medical Management

	All	Younger	Middle	Older	χ^2 / t	p
Beta-blocker	117 (82.4%)	39 (88.6%)	41 (82.0%)	37 (77.1%)	2.72	0.257
ACE-i/ARB	128 (90.1%)	39 (88.6%)	45 (90.0%)	44 (91.7%)	3.62	0.164
Spiroinolactone	52 (36.6%)	22 (50.0%)	15 (30.0%)	15 (31.3%)	1.60	0.449
Loop diuretic	131 (92.3%)	40 (90.1%)	48 (96.0%)	43 (89.6%)	3.81	0.149
Nitrate	21 (14.8%)	9(20.5%)	9 (18.0%)	3 (6.3%)	0.25	0.882
Hydralazine	18 (12.7%)	6 (13.6%)	7 (14.0%)	5 (10.4%)	4.19	0.123
Digoxin	68 (47.9%)	27 (61.3%)	19 (38.0%)	22 (45.8%)	0.00	0.999
Bromocriptine	3 (2.1%)	1 (2.3%)	1 (2.0%)	1 (2.1%)	0.36	0.835

Comorbidities

	All	Youngest	Middle	Oldest	X ² / t	p
Pre-eclampsia	30 (21.7%)	9 (22.0%)	10 (19.6%)	11 (23.4%)	0.35	0.838
HTN	17 (12.3%)	6 (15.0%)	5 (9.8%)	6 (12.8%)	0.50	0.780
gHTN	14 (10.1%)	6 (15.0%)	6 (11.8%)	2 (4.3%)	2.61	0.271
DM	4 (2.9%)	2 (4.3%)	0	0	4.72	0.094
gDM	12 (8.7%)	3 (7.5%)	4 (7.8%)	5 (10.6%)	0.45	0.798
Thyroid	9 (6.5%)	1 (2.5%)	5 (9.8%)	3 (6.4%)	2.07	0.355
Auto-immune	6 (4.3%)	1 (2.5%)	3 (5.9%)	2 (4.3%)	0.67	0.715
Depression/Anxiety	15 (10.9%)	3 (7.5%)	6 (11.8%)	6 (12.8%)	0.86	0.650