







**Recognizing Potential** 

## **AMYLOIDOSIS**

in Your Patients



## Patient Perspective

Delays in diagnosis and treatment can be fatal



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## Faculty Disclosures

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Syllabus

The full syllabus is available here: <a href="https://www.francefoundation.com/9370-icos-cme-live">https://www.francefoundation.com/9370-icos-cme-live</a>

## Learning Objectives

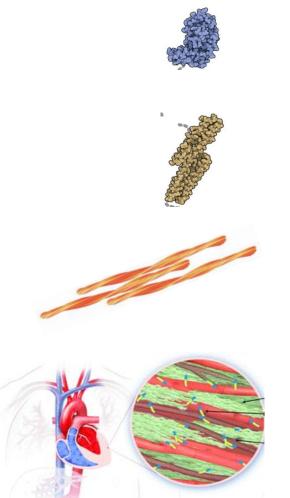
- Recognize the symptomatology characteristics of amyloidosis
- Refer patients with suspected amyloidosis for diagnosis and treatment
- Prepare patients for referral for suspected amyloidosis



## Introduction to Amyloidosis



## What Is Amyloidosis?



Normal protein overproduction

Misfolding into a  $\beta$ -pleated sheet structure

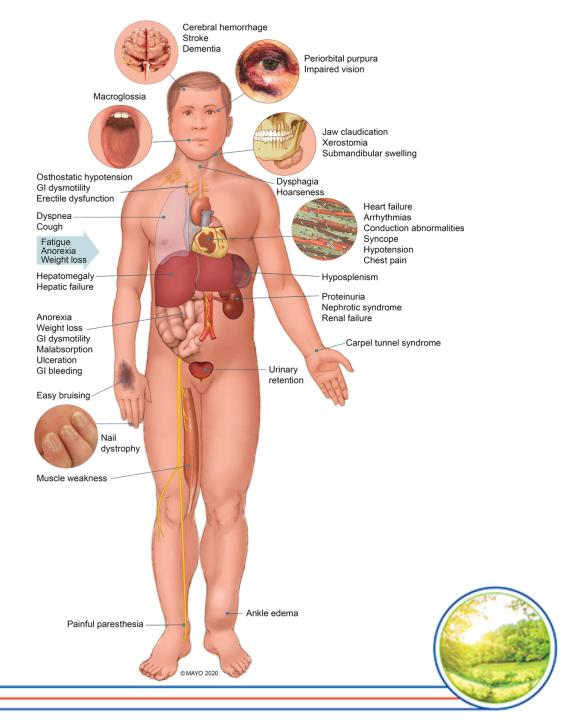
Binding together to form amyloid fibril

**Deposition in organs and tissues** 



## Clinical Manifestations

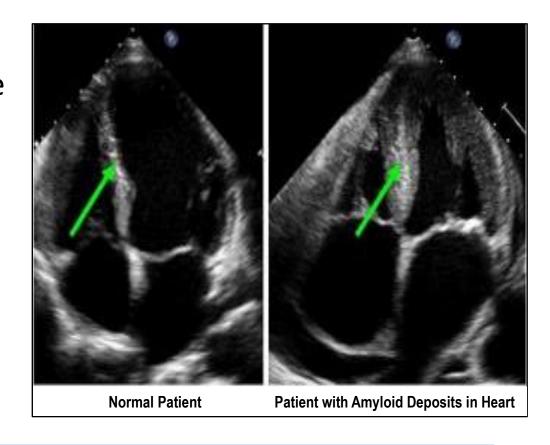
- Over 30 types of amyloidosis disorders
- Each caused by a different precursor protein that promotes fibril formation and tissue deposition
- Discussing today (>95% of all) :
  - Amyloidosis light chain (AL)
  - Amyloidosis transthyretin (ATTR)



Muchtar E, et al. J Intern Med. 2021;289(3):268-292.

## What Is Cardiac Amyloidosis?

- Characterized by the deposition of extracellular amyloid protein in the myocardium
- Two types primarily affect the heart:
  - Amyloid light chain (AL)
  - Amyloid transthyretin (ATTR)
    - ➤ Hereditary
    - ➤ Wild-Type



"Amyloid cardiomyopathy should be suspected in any patient who presents with heart failure and preserved ejection fraction."



## Case 1: Patient Description



- 47-year-old Caucasian woman
- Hx of AF (on DOAC)
- Hx of urinary incontinence (on oxybutynin)
- Dysphagia/hoarseness/macroglossia
- Noted occasional dizzy spells
- Sent to the ED for angioedema



https://mm713.org/macroglossia/



# What do you know: Which of the patient characteristics below is/are most suggestive of AL amyloidosis?

- A. History of AF (and on DOAC)
- B. History of incontinence (on oxybutynin)
- C. Dysphagia/hoarseness/macroglossia
- D. Unsteadiness



Scan to answer



## Amyloidosis Light Chain (AL)

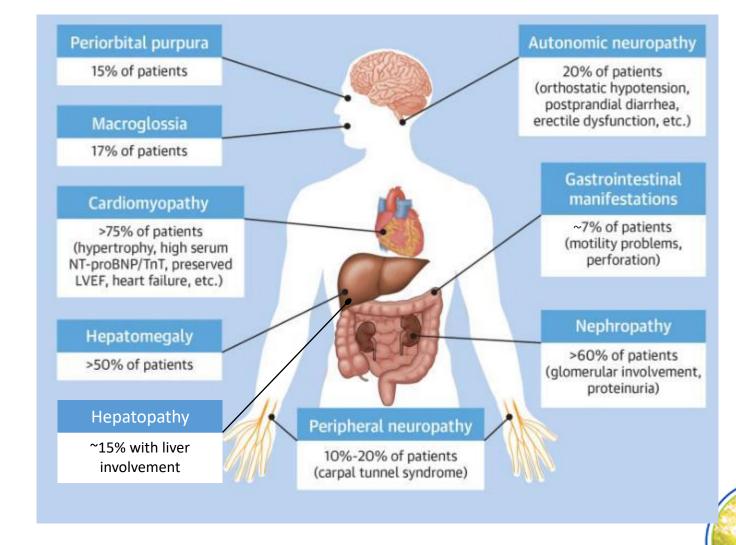
#### **EPIDEMIOLOGY**

There are approximately 4,000 new cases in the U.S. diagnosed every year (ASCO.org)

It usually affects people from ages 40-80 years

Without treatment → death occurs within 6 months of diagnosis

**Urgency to Treat** 



From Wechalekar, AD et al. J Am Coll Cardiol: CardioOncology. 2022;4(4):427-441.

## What did you learn: Which of the patient characteristics below is/are most suggestive of AL amyloidosis?



- A. History of AF (and on DOAC)
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- C. Dysphagia/hoarseness/macroglossia
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Scan to answer



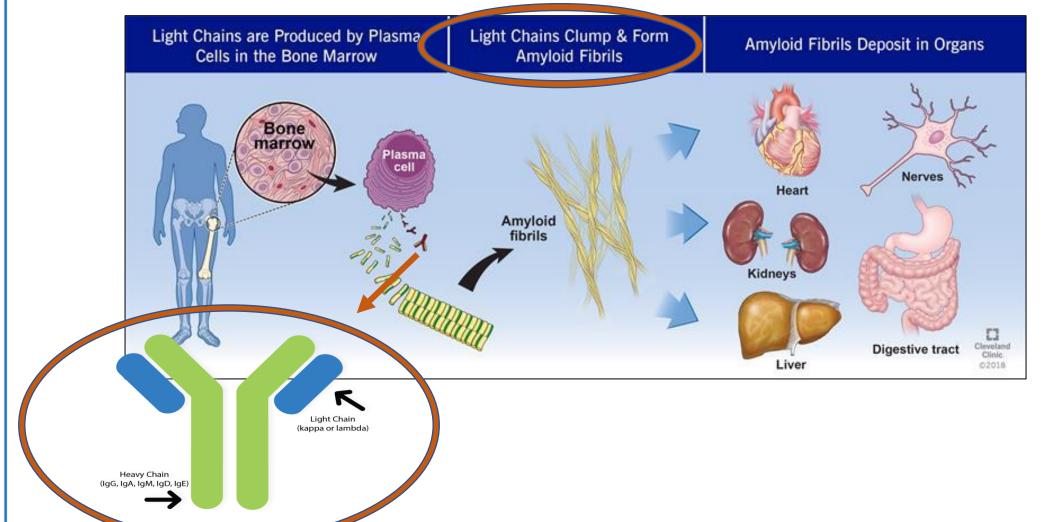
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- D. Unsteadiness



## AL Amyloidosis Pathophysiology





Modified from Mackenzie's mission (March 15, 2023) https://mm713.org/amyloidosis-a-brief-overview/

## What do you know: Which of the following is the most appropriate test to diagnose Amyloidosis Light Chain (AL)?



- A. Tc99m-Pyrophosphate (PYP) scan
- B. Echocardiogram
- C. Cardiac MRI
- D. Endomyocardial biopsy



Scan to answer



#### Modified Diagnostic Algorithm for Cardiac Amyloidosis

#### **Clinical Presentation of Amyloidosis** ECG voltage discordance; Echocardiogram: IVSD > 1.2mm; Bi-atrial enlargement; Elevated NT-proBNP and Troponin • Neuropathy; Autonomic Dysfunction; Orthostasis; Macroglossia; Dysphagia; Periorbital Purpura N/V/D/C; Albuminuria; Elevations in alkaline phosphatase Does clinical suspicion for amyloidosis exist? Yes **Hematology Consult** Screen for the presence of monoclonal light chain No • Bone Marrow Biopsy AL unlikely • Serum kappa/lambda free light chain ratio (abnormal if < 0.26 or > 1.65) Yes • Fat Pad Biopsy (20-83% Sen) • Serum IFE/urine IFE (abnormal if monoclonal protein detected) Tissue typing by mass **Consider referral to Amyloidosis Center of Excellence** spectrometry Yes cMRI Yes\* LGE transmural pattern **Endomyocardial biopsy** Yes Followed by: 99mTc-PYP **AL Amyloidosis** Positive Congo red • Grade 2/3 uptake + H/CL ratio > 1.5 Tissue typing by mass spectrometry or immunostaining Yes No No Cardiac amyloidosis unlikely but still possible Cardiac amyloidosis extremely unlikely No **ATTR amyloidosis** Consider heart biopsy if \*Diagnosis by fat pad biopsy and classic ECHO suspicion high alone is only possible in select cases

IVSD, intraventricular septal thickness; LGE, late gadolinium enhancement; H/CL ratio, heart-to-contralateral lung Modified from Kittleson MM, et al. *Circulation*. 2020;142:e7-e22.

## Deciphering the Light Chains in AL

#### Serum FLC Assay (Kappa/Lambda Chains)

- To detect excess light chains in the blood
- Free Light Chains are removed by renal clearance
- Result must be corrected for CKD-EPI eGFR:
  - eGFR > 90 ml/min–FLC ratio 0.26-1.65
  - eGFR 60-90 ml/min–FLC ratio 0.26-2.00
  - eGFR 30-60 ml/min: FLC ratio 0.26-2.50
  - eGFR < 30 ml/min: FLC ratio 0.26-3.10</p>

#### Abnormal

Etiology: AL, MGUS, MM

FLC, free light chain; MGUS, monoclonal gammopathy of unknown significance; MM, multiple myeloma; AL, amyloidosis light chain

Rauf MU, et al. *Eur Heart J.* 2023;44(24):2187-2198.



### Deciphering the Light Chains in AL (cont.)

#### **Serum Immunofixation Studies**

- To detect monoclonal immunoglobulin (protein) in the blood
  - Normal level: No M-Spike Present
  - Abnormal: M-Spike AKA Monoclonal Gammopathy
    - > Etiology: Plasma Cell Dyscrasia ie, MGUS vs. MM vs. AL vs. MM & AL
  - Abnormal: Polyclonal Gammopathy—non-specific 2/2 Inflammation, infections, and malignancy

#### **Urine Immunofixation Studies**

- To detect monoclonal immunoglobulin (protein) in the urine
  - —Normal level: No M-Spike Present
  - —Abnormal: M-Spike AKA monoclonal gammopathy
    - ➤ Etiology: Plasma Dyscrasia ie, MM or AL vs. MM & AL vs. Bence Jones Proteinuria
  - Abnormal: Polyclonal Gammopathy—non-specific 2/2 Inflammation, infections, and malignancy

If either Serum FLC, SIFE, or UIFE are abnormal => Histologic proof of amyloid involvement MUST be pursued

MGUS, monoclonal gammopathy of unknown significance; MM, multiple myeloma; AL, amyloidosis light chain Rauf MU, et al. *Eur Heart J.* 2023;44(24):2187-2198.



### Histologic Evaluation for AL

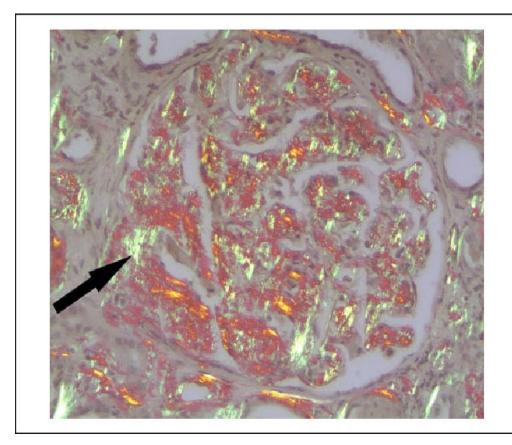
"Target" organ biopsy, fat pad biopsy, and/or bone marrow biopsy

Endomyocardial Bx Risks: Bleeding, Infection, Tamponade, Death < 1% in <u>experienced</u> Centers (Seferović PM, et al, 2021)

Tissue is stained with a dye called "Congo-red stain"

Amyloid protein turns apple-green color under microscope

Mass spectrometry <u>MUST be done</u> to confirm Amyloid Type ie, AL versus ATTR versus AA etc



EMB-Will dx both AL and ATTR

EMB, endomyocardial biopsy; Bx, biopsy

Maleszewski JJ. *Diagn Histpathol*. 2022;28(4):181-190; Seferović PM, et al. [published correction appears in Eur J Heart Fail. 2022 Apr;24(4):732. doi: 10.1002/ejhf.2474]. *Eur J Heart Fail*. 2021;23(6):854-871.



## What did you learn: Which of the following is the appropriate test to diagnose Amyloidosis Light Chain (AL)?



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Scan to answer



## What did you learn: Which of the following is the appropriate test to diagnose Amyloidosis Light Chain (AL)?



- A. Tc99m-Pyrophosphate (PYP) Scan
- B. Echocardiogram
- C. Cardiac MRI
- **D. Endomyocardial Biopsy**



## Patient Journey



#### Clinical Presentation

- AF, fatigue, dizzy spells
- Macroglossia, hoarseness, dysphagia
- Urinary incontinence

### Symptom Progression

- Angioedema ruled out in ED
- Dizzy spells worsened => patient told to "drink more fluids"
- Incontinence worsened => referred to urology

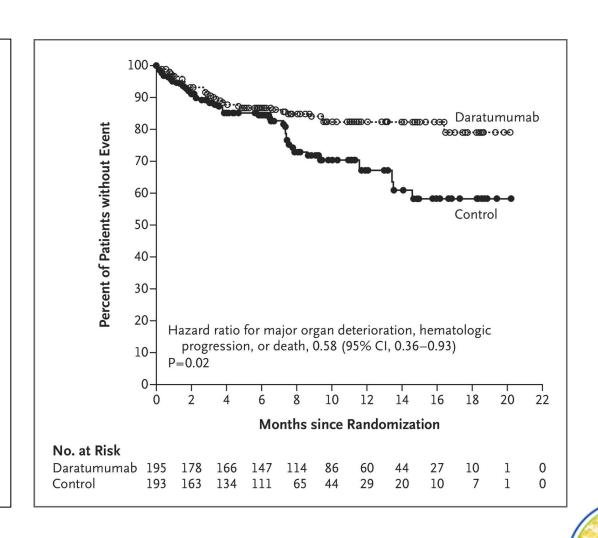
### **Incidental Diagnosis**

- Patient mentioned enlarged tongue to dental hygienist during a routine cleaning
- Tongue Bx (+) amyloid deposits—tissue **NOT** sent for Mass Spec
- Patient googled amyloidosis and self-referred to a Center of Excellence
- Patient underwent an EMB that confirmed AL deposition in the heart

AF, atrial fibrillation; ED, emergency department; EMB, endomyocardial biopsy; AL, amyloid light chain

### Targeted Disease Therapies for AL-ANDROMEDA

- Treatments target plasma cells, and are similar to treatment for multiple myeloma
- Goal is to prevent new amyloid protein development (hematologic response) and to improve organ involvement function (organ response)
- Standard of care is to give a 4-drug combination (dara + CyBorD)
  - daratumumab
  - cyclophosphamide
  - bortezomib
  - dexamethasone
- Autologous stem cell transplant (ASCT) in certain patients



## Therapy Responses

#### **Hematological Response**

**COMPLETE RESPONSE** (Requires <u>both</u> of the following)

- Serum and urine negative monoclonal proteins by immunofixation
- Normal K/L chain ratio **OR** the uninvolved free light chain is greater than the involved concentration w/wo abnormal ratio

#### **VERY GOOD PARTIAL RESPONSE**

 Reduction in the difference between the involved and uninvolved free light chain < 40mg/L</li>

#### **PARTIAL RESPONSE**

 Reduction in the difference between the involved an uninvolved free light chain of at lease 50% compared to baseline

#### **Organ Response**

| HEART                     | <ul> <li>NT-proBNP Response (&gt; 30% and &gt; 300ng/L decrease in pts with baseline NT-proBNP &gt; 650ng/L)</li> <li>OR</li> <li>NYHA Class response (&gt; 2 Grade decrease in pts with baseline NYHA class 3 or 4)</li> </ul> |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| LIVER                     | <ul> <li>≥ 2cm decrease in liver size in radiography</li> <li>≥ 50% decrease in abnormal serum alkaline phosphatase level</li> </ul>                                                                                            |
| KIDNEY                    | <ul> <li>≥ 30% decrease in 24h urine protein or drop<br/>below 0.5g/day</li> <li>eGFR must not have worsen by ≥ 25% over<br/>baseline</li> </ul>                                                                                |
| PERIPHERAL NERVOUS SYSTEM | <ul> <li>Resolution of abnormal physical findings</li> <li>Improvement of abnormal EMG and/or nerve conduction velocity findings (rare)</li> </ul>                                                                              |

Wechalekar AD, et al. *Amyloid*. 2023;30(1):3-17.

### Case 1: Outcome



- Started on treatment but autonomic dysfunction and cardiac involvement debilitated her
- She died despite heroic efforts to withstand therapy



## AL: Key Points to Remember



- AL is a medical emergency (life expectancy of ~6 months without treatment) and MUST be ruled out <u>ASAP</u>
- Remember diagnostic pitfalls:
  - AL cannot be diagnosed/distinguished from ATTR via imaging (Echo, PYP scan, cMRI) or bloodwork alone
  - Gold standard for diagnosis for <u>ALL types</u> of amyloidosis (but particularly for AL) is still target organ biopsy (heart, liver, kidney) followed by Congo red stain
  - Delays in evaluation may result in high index of mortality
  - Not all amyloidosis is ATTR
- AL is a serious but treatable disease <u>IF</u> diagnosed early enough to allow for successful therapies, including autologous stem cell transplant (ASCT)



## What is different about ATTR Cardiac Amyloidosis (ATTR-CM)?



## What do you know: ATTR deposition is seen in up to what percentage of patients with HFpEF?



- A. 5%
- B. 17%
- C. 29%
- D. 41%



Scan to answer



### ATTR CM: Is it Common?

"ATTR deposition is seen in up to...
17% of patients with HFpEF."



## What did you learn: ATTR deposition is seen in up to what percentage of patients with HFpEF?



- A. 5%
- B. 17%
- C. 29%
- D. 41%



Scan to answer



## What did you learn: ATTR deposition is seen in up to what percentage of patients with HFpEF?



- A. 5%
- **B. 17%**
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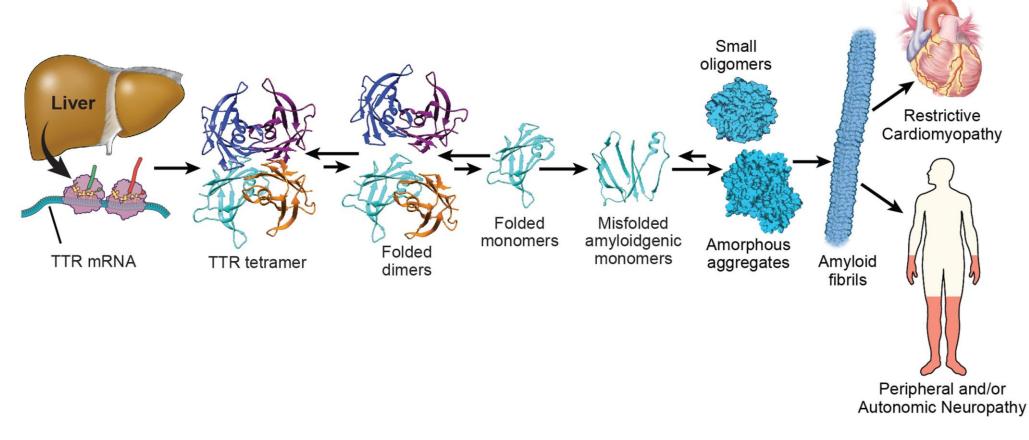


### Nomenclature: ATTR

- ATTR = Transthyretin amyloidosis
- Transthyretin: a protein transport carrier for
  - Thyroid hormones T<sub>3</sub> and T<sub>4</sub> (the "thy" of transthyretin)
  - Retinol (the retin of transthyretin)
- Transthyretin = transports thyroxine and retinol



## The Formation of Transthyretin Amyloid



Ruberg FL, et al. *J Am Coll Cardiol*. 2019;73(22):2872-2891.



## A Typical Patient With HFpEF



- A 72-year-old African American male is seeing his PCP for an annual review. He has
  no new specific symptoms but is "getting older."
- ROS: NYHA II based symptoms with moderate activity
- PMH:
  - Carpal tunnel syndrome surgery (bilateral) age 62
  - HTN in past (currently well controlled 120/80)
- Current Meds:
  - Empagliflozin 10 mg qd
  - Lisinopril 20 mg qd
  - ASA 81 mg qd
  - Recent Echo: LVEF 56%, mild LVH, intraventricular septum 1.3 cm, and impaired diastolic function by report



# Would you investigate this patient for ATTR?



- A. Yes
- B. No
- C. I'm not sure





### Hereditary ATTR: Valine-142-Isoleucine

- Most common genetic ATTR-CM in US
- 3.43% Black Americans (1.5 million persons)
  - Compared to 0.3-1.6% in the general population
- Clinical penetrance is variable and age dependent
- 个Risk of HF (RR 2.62)
- ↑Mortality rate with ATTR-CM



## Wild-Type ATTR (wtATTR): Not so Rare...

- MORE common than hereditary ATTR
- Increases with age; male predominance
- 25% of pts > 80-years-old had Bx evidence of cardiac wtATTR<sup>1</sup>
- Spanish study (n = 120): 13% of pts ≥ 60-years-old admitted for HFpEF found to have wtATTR<sup>2</sup>



### **ATTR Clinical Presentations**

|                           | hATTR                                                                                                              |      | wtATTR                                                                  |
|---------------------------|--------------------------------------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------|
| Onset                     | Variable (per Genotype); > 20-year-                                                                                | old  | Median age > 70-year-old                                                |
| Gender                    | Male = Female                                                                                                      |      | Male > Female                                                           |
| Clinical<br>Presentations | Cardiac and PNS                                                                                                    |      | Cardiac and Tenosynovial                                                |
|                           | Heart Failure (HFpEF) Arrhythmia (Afib/Aflutter) Aortic Stenosis Conduction System Disease/Ventricular Arrhythmias |      |                                                                         |
|                           | Bilateral carpel tunnel syndrome<br>Polyneuropathy<br>Autonomic Neuropathy                                         | Lun  | ilateral carpel tunnel syndrome<br>umbar Spinal Stenosis<br>ip/Knee DJD |
| Dx Delay                  | ~3 years                                                                                                           | ~2 y | years                                                                   |

DJD, degenerative joint disease

Color key: blue-associated with hATTR; green-associated with wtATTR; white-common to both hATTR and wtATTR



# Prevalence of ATTR-CM in Patients Undergoing TAVR

| Author or Study Name, Year  | N   | Prevalence of CA (%)                          |
|-----------------------------|-----|-----------------------------------------------|
| Nietlispach F, et al., 2012 | 17  | 29.0                                          |
| Longhi S, et al., 2016      | 43  | 11.6                                          |
| Treibel TA, et al., 2016    | 146 | 4.1 in whole cohort<br>6.0% in age > 65 years |
| Castaño A, et al., 2017     | 151 | 16.0                                          |
| Cavalcante JL, et al., 2018 | 113 | 8.0 in whole cohort<br>16.0 in age > 74 years |
| Scully PR, et al., 2018     | 101 | 13.9                                          |
| ATTRact-AS, 2019            | 250 | Study is ongoing                              |
| Amylo-CARTESIAN, 2020       | 180 | Study is ongoing                              |



# What do you know: For a patient with confirmed aortic stenosis and LVH by Echo, what are the next best tests that should be performed to exclude amyloidosis?

- A. AL monoclonal proteins, Tc-99m-PYP scan
- B. Genetic testing for TTR mutations, Tc-99m-PYP scan
- C. Transesophageal Echo, Tc-99m-PYP scan
- D. Coronary angiography, Tc-99m-PYP scan



Scan to answer



### Proposed Diagnostic Algorithm for ATTR-CA Among Patients With Severe AS Undergoing TAVR (Transaortic valve replacement)

Step 1–Monoclonal proteins\*; if negative...

Step 2–Tc-99m-PYP scan with SPECT imaging; if positive...

Step 3–Genetic testing (hereditary versus wild type TTR gene)

\*Monoclonal proteins include immunofixation of the urine and serum as well as the kappa/lambda serum free light chain test



### AS and ATTR: Remember This...



- Among patients with significant aortic stenosis (AS)
   undergoing TAVR, 1 in 7 (~15%) have concomitant ATTR-CM
- Identification of cardiac amyloidosis in the setting of AS can be challenging, look for the many clinical clues that can raise suspicion of this dual diagnosis



# What did you learn: For a patient with confirmed aortic stenosis and LVH by Echo, what are the next best tests that should be performed to exclude amyloidosis?



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Scan to answer



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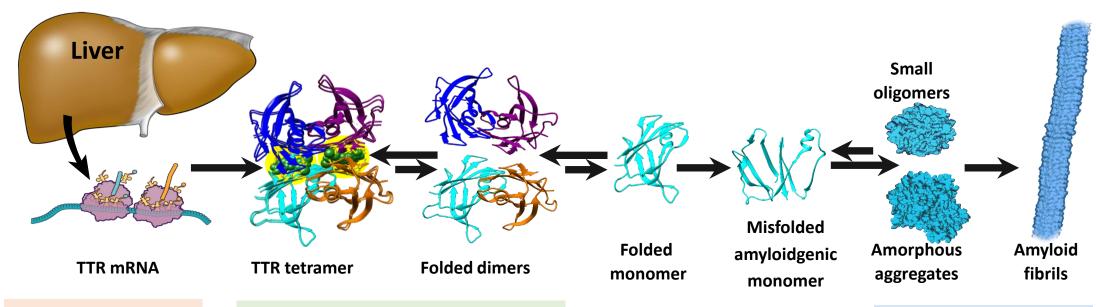


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- C. Transesophageal Echo, Tc-99m-PYP scan
- D. Coronary angiography, Tc-99m-PYP scan



<sup>\*</sup>Monoclonal proteins include immunofixation of the urine and serum as well as the kappa/lambda serum free light chain test

### **Amyloidosis Treatments**



### **Block Protein Synthesis**

- Patisiran<sup>#</sup>
- Vutrisiran<sup>#\*</sup>
- Inotersen<sup>#</sup>

#### **Stabilize Tetramer**

- Tafamidis\* (hATTR, wtATTR)
- Diflusinal
- Acoramidis\*

### FR, wtATTR) • NNC6019

- AT-02
- NI1006

**Remove Fibrils** 

\*approved for ATTR-CM; #approved for ATTR-PN

Ruberg FL, et al. *J Am Coll Cardiol*. 2019;73(22):2872-2891.

Prescribing Information acoramidis. www.accessdata.fda.gov/drugsatfda\_docs/label/2024/216540s000lbl.pdf



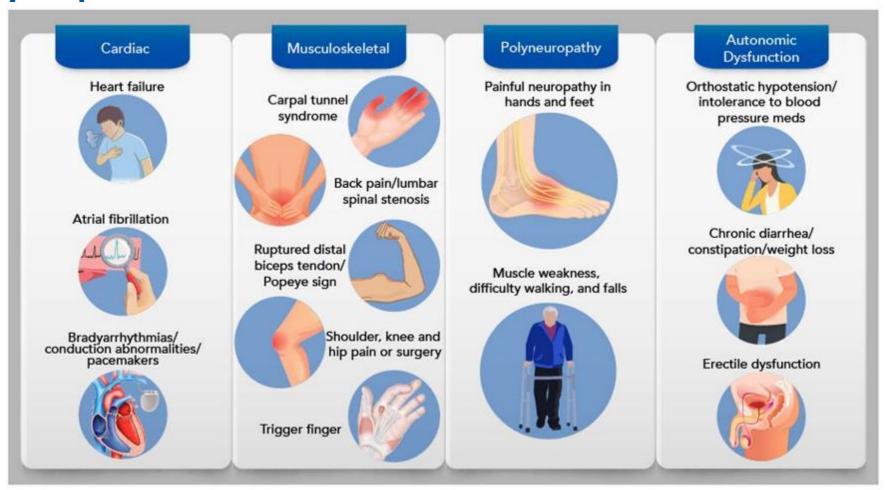
### ATTR-CM: Key Point to Remember



"Advances in noninvasive diagnosis, coupled with concurrent demonstration of efficacy and ... approval of specific ATTR-CM therapies, has shifted ATTR-CM from a rarely encountered and untreatable 'zebra,' to a condition that clinicians should consider on a daily basis."



### Amyloidosis: A Large Array of Non-Specific Symptoms



Heart failure with thick septum (IVSd ≥ 1.2mm) regardless of LVEF



One other cardiac or noncardiac symptom



Screen for cardiac amyloidosis\*

\* Surgical clearance requests provide an opportunity for surrogate site biopsy

IVSd, intraventricular septum diameter

### Challenges in Patient Diagnosis, Referral, and Support



# What do you know: What are the biggest challenges to refer patients for follow-up of suspected amyloidosis? (select all that apply)

- A. Ordering the correct available testing to evaluate for suspected amyloidosis
- B. Knowing which centers/providers to refer to in my region
- C. Providing proper information for my patients to be prepared for next steps after referral
- D. Receiving excellent guidance for high quality follow-up from the referral center
- E. Understanding how to deal with day-to-day issues that may arise after the diagnosis

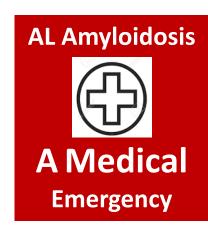


Scan to answer



# Urgency Is Needed to Complete Diagnostic Workup



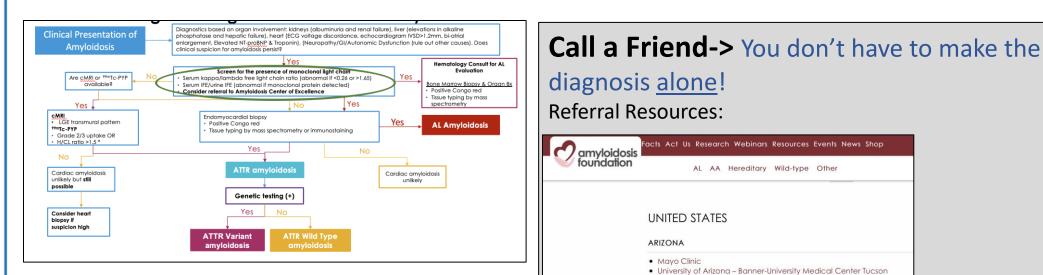


Is it HTN? Is it AL? Is it ATTR? Is it Me?



- Consider Amyloidosis in ALL cases unless reasonably ruled out
- When in doubt, pursue workup
- HTN may co-exist with amyloidosis
- Remember that patients are allowed to have as many diagnoses as they'd like!

### Multistep Diagnostic Algorithm



#### HOW FAR ARE YOU FROM TREATMENT AND SUPPORT?

Select State V Find Treatment



**UNITED STATES** ARIZONA Mayo Clinic • University of Arizona – Banner-University Medical Center Tucson ARKANSAS Highlands Oncology Group CALIFORNIA California Pacific Medical Center - San Francisco Cedars-Sinai Hospital · City of Hope Kaiser Permanente San Francisco Medical Center Scripps Clinic John R. Anderson V Medical Pavilion Stanford Health Care – Hematology Program · Stanford Hospital & Clinics - Amyloid Center

UC San Diego Health

COLORADO

University of California San Francisco

 Colorado Blood Cancer Institute University of Colorado Hospital

amyloidosis foundation

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AL AA Hereditary Wild-type Other



Amyloidosis support groups. https://www.amyloidosissupport.org/

### **Ethical Considerations With Genetic Testing**

- Must be performed for any suspected ATTR
- Lack of family history does
   <u>NOT</u> rule out hereditary
   disease
- Free or affordable through industry partners
- Multiple financial, emotional, and psychological repercussions in patients and families

- Consider referring to a Genetic Counselor PRIOR to sending lab sample
- Pre-testing discussion **should** include:
  - Basic pathophysiology of the disease
  - GINA (Genetic Information Nondiscrimination Act)
  - Repercussions on Life Insurance Policies
- If positive:
  - Who should be tested in the family
  - Reproductive decisions
  - Survivor's guilt
  - How to share information with other family members







## Supporting Patients: Key Points to Remember



- Amyloidosis is a multisystem disease that presents numerous challenges to both patients and providers alike
- Centers of Excellence can supervise strategic, coordinated, and cost-effective care to the amyloidosis population but we need to reach providers broadly
- Amyloidosis Centers of Excellence may facilitate diagnosis and access to treatment options ONLY IF regional partners (YOU) screen patients on a regular basis and make the diagnosis and/or make timely referrals

#TogetherAgainstAmyloidosis



### Patient Perspective

Timely diagnosis and treatment can lead to favorable outcomes



### Download the Clinical Companion to today's session now!



**Evaluate this Session** 



Evaluation

# A Case of Cardiac Amyloidosis and Aortic Stenosis: Partners in Crime

Another case if time permits



### Case: Aortic Stenosis

- 87-year-old male veteran with worsening shortness of breath with systolic murmur
- PMHx: HTN, DM, CKD, anemia, atrial fibrillation, CAD, Lumbar spinal stenosis, and biceps tendon rupture
- PSHx: Previous R hip and L shoulder replacement
- Exam: BP 126/76, HR = 90, BMI =  $24 \text{ kg/m}^2$ 
  - -JVP > 10 cm (normal < 8)
  - -3/6 systolic murmur at base, soft S2
  - Hepatomegaly with 2+ lower extremity edema

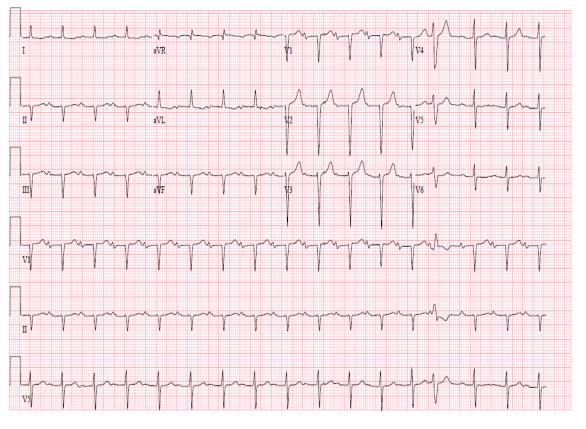




### Case: Laboratory Results and EKG



- Creatinine = 1.2 mg/dl
- Hemoglobin = 11.8 g/dl
- Albumin = 3.9 g/dl
- eGFR = 57 ml/min/m2
- Troponin T = 0.18 ng/ml
- NTproBNP = 3,220 pg/ml





# Case: What should be the next step in the diagnostic work up for this patient?



- A. Tc99m-Pyrophosphate (PYP) Scan
- B. Echocardiogram
- C. Cardiac MRI
- D. Endomyocardial Biopsy



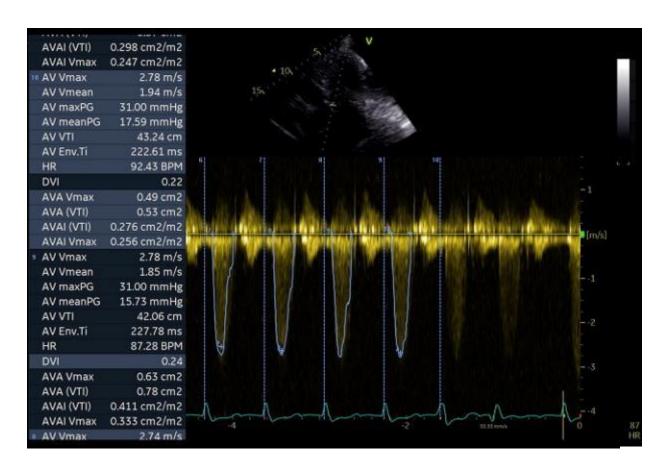






## Case: Paradoxically Low Flow Aortic Stenosis





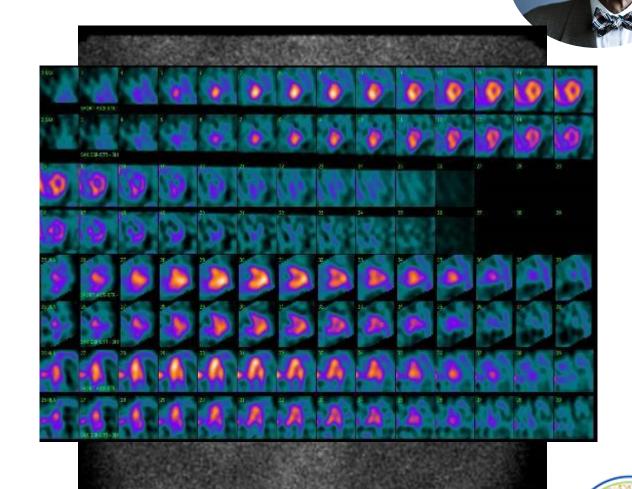
#### Echo:

- EF = 56%, IVS 18 mm, RWT 0.6
- Mitral S' < 6 cm/sec</li>
- AVA = 0.6 cm<sup>2</sup>, gradient
   35 mm Hg, peak
   velocity 2.8 m/sec



### Case: Treatment Choices

- After long discussions, in part, driven by a desire to be at his grandson's bar mitzvah, he pursued TAVR
- Post TAVR had Tc<sup>99</sup> PYP Scan with SPECT/CT imaging
- Monoclonal protein assessment showed:
  - Kappa of 4.3 mg/dl, Lambda of 2.1 mg/dl, K/L ratio of 2
  - Immunofixation of serum and urine showed no monoclonal proteins
- Treated with tafamidis



TAVR, transcatheter aortic valve replacement