Think Amyloid!

Transthyretin cardiac amyloidosis (ATTR-CA)

A prevalent, but an under-recognized form of progressive, life-threatening infiltrative cardiomyopathy.

Patients >60 years with clinical HF, and:

- African American descent
  4% prevalence of hereditary transthyretin amyloidosis; V142I mutation

- Elderly
  Prevalence of wild-type ATTR-CA increases with age
  Increased LV wall thickness

"Red Flags":
- Low voltage ECG
- Apical sparing strain pattern (cherry on top) echocardiography
- Repeat heart failure (HF) admissions
- Chronic low-level troponin elevation
- Bilateral carpal tunnel syndrome
- Atrial fibrillation/bradycardia/heart block
- Gastroparesis/vomiting/constipation
- Autonomic dysfunction (orthostatic hypotension or syncope)
- Polyneuropathy

**RECOMMENDATION**

Promptly order the following initial tests:

1. Pyrophosphate (PYP) scan
2. Rule out light chain amyloidosis by:
   a. Serum and urine kappa/lambda light chains
   b. Serum and urine immunofixation electrophoresis