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Thyroid disorders in spontaneous coronary artery dissection

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THEME: Coronary Interventions

TOPIC(S): Other Coronary Interventions

AIMS

Spontaneous coronary dissection (SCAD) is an uncommon cause of acute coronary syndrome (ACS). Thyroid hormone affects the metabolism of all tissues in the body. The aim of this study was to analyze the prevalence and implications of thyroid disorders in a cohort of consecutive patients with SCAD.

METHODS AND RESULTS

This was a multicenter case (SCAD) and control (ACS without SCAD) study performed in 2 Spanish university tertiary hospitals. We evaluated 73 patients with SCAD and 73 controls who suffered an ACS matched by age, gender and clinical presentation. The prevalence of thyroid alterations in both groups was compared. In addition, among SCAD patients, findings of those with hypothyroidism were compared with patients with normal thyroid function. Mean age was 55 ± 12 years and 77% of patients were women. A statistically significant difference was observed in the prevalence of hypothyroidism between the two groups (26% vs 8%, $p=0.004$), being most of these patients on thyroid hormone replacement therapy with good metabolic control. Among SCAD patients, those with hypothyroidism were more often female and had more distal dissections (74% vs 41%, $p=0.03$), located in curly vessels, and more often were managed conservatively (79% vs. 41%, $p=0.007$). During a mean follow-up of 4.1 ± 3.8 years, the rate of adverse clinical events was 23% ($n=17$), with no differences according to the thyroid function status. Some patients with SCAD and abnormal thyroid function suffered iatrogenic dissections and this cohort tended to be associated with a higher recurrence rate (16% vs 7%, $p=0.36$) and lower rate of spontaneous resolution during follow-up.

CONCLUSIONS

There is a high prevalence of hypothyroidism in unselected consecutive patients with SCAD compared with a control group of ACS patients without SCAD. The group with hypothyroidism, with more distal dissections on curly vessels, is more frequently managed conservatively.