Title: Atrial Myxoma – A rare cause of Heart Failure

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Abstract

Atrial myxomas are rare cardiac tumors that usually present with diverse, unrelated symptoms, or may be asymptomatic. Conversely, heart failure (HF) is a common clinical syndrome resulting from any structural or functional impairment of ventricular filling or ejection of blood. Leading causes of HF include uncontrolled systemic hypertension, ischaemic heart disease, cardiomyopathies, and valvular heart disease. HF is a progressive cardiac disease and the cornerstone of management is use of guideline directed medical therapy (GDMT).

On rare occasions however, the common HF may be caused by an uncommon disease process. We report the case of a middle-aged farmer admitted with clinical diagnosis of HF. Echocardiography however revealed an unusual cause of his symptoms - a huge mass in his left atrium (LA) prolapsing through the mitral valve in diastole, thereby causing functional mitral stenosis. Consequently, his LA, right atrium, and right ventricle (RV) were dilated, with impaired RV systolic function. However, his left ventricle (LV) was not dilated, and his LV systolic function was preserved. Our patient's LA mass is suspected to be an atrial myxoma. Surgical excision of atrial myxoma obstructing blood flow has been documented to alleviate symptoms and obviate the need for continuous use of GDMT. This case report and literature review bring to fore the mechanisms by which atrial myxoma can cause HF and the other varied clinical presentations of atrial myxomas.

References

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Biography

Oluwole Gideon Adeoye graduated from University of Ilorin as a medical doctor in 2012. He undertook his residency training in Cardiology at the University of Ilorin Teaching Hospital (UITH) during which time he admitted and was actively involved in the management of the case reported above. He became a Fellow of the National Postgraduate Medical College of Nigeria and the West Africa College of Physicians in 2024. He has special interest in heart failure and preventive cardiology. His dissertations for the two colleges above centered on heart failure patients ('Relationship between Serum Selenium level and severity of Left Ventricular Dysfunction in newly diagnosed Heart Failure patients in Ilorin', and 'Assessment of Right Heart function and its relationship to six months clinical outcomes in patients with Heart Failure in Ilorin').

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