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THE IBADAN HYPERTROPHIC CARDIOMYOPATHY REGISTRY: INITIAL FINDINGS AND CALL FOR A NATIONAL REGISTRY

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Background Hypertrophic cardiomyopathy (HCM) is a primary heart muscle disease that occurs globally. It is a common cause of sudden death in young individuals, especially athletes. It is characterised by abnormal myocardial hypertrophy primarily affecting the ventricular chambers, with a particular predisposition for the interventricular septum. There is limited information on the clinical presentation of HCM in Nigeria. Therefore, we set out to determine the prevalence and clinical features of HCM in our hospital population. Methods The echocardiographic records of patients conducted over twenty years (2003-2022) were reviewed. Standard criteria were used to make the diagnosis of HCM. Clinical features of those with HCM were also extracted. Descriptive and analytical statistics were performed. Results Out of 33,000 patients' echocardiographic reports reviewed, HCM was diagnosed in 28 patients (0.08%), with a male preponderance (M/F =1.3:1) and a mean age of 50.1±17.1 years. The common symptoms were palpitation (71.4%), chest pain (64.3%), fatigue (60.7%), and dyspnoea (60.7%). The mean interventricular septal wall and left ventricular posterior wall thickness were 1.87± 0.56cm and 1.63 ± 0.51cm respectively. Eighteen (64.3%) had systolic anterior motion, and left ventricular outflow tract obstruction was observed in 12(42.9%). The catenoid form of septal hypertrophy was more common. Conclusions Hypertrophic cardiomyopathy accounted for approximately 0.08% of echocardiograms in our facility, with peak presentation between 40–60 years. Clinical and echocardiographic features were similar to global reports, while apical hypertrophic cardiomyopathy appeared relatively uncommon.

Keywords: Hypertrophic Cardiomyopathy, Cardiomyopathy, Heart Disease, Nigeria