Long-term Outcomes in Patients with Peripartum Cardiomyopathy and No Recovery of Ventricular Function
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Peripartum cardiomyopathy (PPCM) is an uncommon condition with variable and unpredictable outcomes.

• While recovery of ventricular function is the usual course, some PPCM patients will continue to have left ventricular dysfunction.
• Whether these patients experience worse outcomes is underreported and the subject of study in this report.

The Utah PPCM Registry was queried for eligible patients age ≥18 years with confirmed diagnosis of PPCM:
- new reduced left ventricular ejection fraction (LVEF) <45%
- no known etiology
- diagnosed in the last month of pregnancy up to the 5th postpartum month

• The absence of left ventricular recovery was defined as a best left ventricular ejection fraction still <50%.
• Outcomes of interest included survival and use of advanced therapies.

Purpose
• n=58 patients with PPCM.
• 22 patients (38%) had no cardiac recovery.
• Average age was 30 years and mean follow-up 3.8 years.
• At one year, 61% were on beta-blocker therapy and 50% were on ACEI.
• Survival and use of advanced therapies are shown below (Table).

Results
• A significant number of PPCM patients with no recovery of cardiac function require advanced heart failure therapies.
• Yet, with appropriate and early intervention mortality can be minimized.
• Patients with PPCM and no recovery of cardiac function should be considered for advanced heart failure therapies to avoid adverse outcomes.

<table>
<thead>
<tr>
<th>Outcome</th>
<th>n, (%)</th>
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<tbody>
<tr>
<td>Alive</td>
<td>21 (95.4)</td>
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<tr>
<td>Death*</td>
<td>1 (4.5)</td>
</tr>
<tr>
<td>Implantable cardiac defibrillator</td>
<td>9 (40.9)</td>
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<tr>
<td>Ventricular passive restraint device</td>
<td>1 (4.5)</td>
</tr>
<tr>
<td>Left ventricular assist device</td>
<td>2 (9.1)</td>
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<tr>
<td>Heart transplantation</td>
<td>3 (13.6)</td>
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</tbody>
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* Death occurred following a subsequent pregnancy

Conclusions