



PHARMACOLOGIC CARDIAC STRESS SPECT (PS-SPECT), STILL VALUABLE FOR PROGNOSIS IN CHRONIC CORONARY SYNDROME

Objectives:

PS-SPECT has been commonly used test for non-invasive evaluation of ischemic heart disease (IHD) in patients unable to exercise. New techniques (like cardiac CT-scan) are replacing its use in many clinical scenarios and scientific publications. However, it is still the only available test for non-invasive evaluation of some patients in many hospitals. Aim of the study was to evaluate the prognostic value of PS-SPECT nowadays.

Material and methods

Retrospective study of 1.214 patients referred for PS-SPECT between 2010 and 2016 who completed a median follow-up of 3 years. Patients had a median age of 74 ± 10 years, 56% were women, and had high prevalence of cardiovascular risk factors (Diabetes mellitus (51%); arterial hypertension (86%); hypercholesterolemia (60%); chronic IHD (38%) or peripheral artery disease (44%)). Dipyridamole was the drug used for stress in 89% of cases.

Results

41% of the patients presented moderate or severe ischemia (MS-ISC) whereas 46% of patients had normal perfusion (NP). Global mortality was high at 1 year (5.5%) and at long-term follow-up (26.5%), and was significantly lower ($p < 0.001$) for patients with NP both at first year (3%) and at the end of follow-up (19.6%). Patients with MS-ISC had highest mortality at 1 year (8.6%, $p = 0.065$) and at long-term follow-up (42.6%, $p < 0.001$).

Conclusion

PS-SPECT is still a valuable prognostic tool for patients with suspected IHD unable to exercise. Even in high-risk populations, the presence of MS-ISC and NP identifies those patients with the highest and lowest mortality risk, respectively.