Resolution of Cardiac Thrombus After 12 Months of Anticoagulation

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**Introduction** --- Intracardiac thrombus can generally be found in conditions such as valvular heart disease and non-valvular heart disease such as dilated cardiomyopathy, or ischemic heart disease with LV dysfunction. Intracardiac thrombus formation are relatively common, there are no studies about the adequacy of anticoagulation that will help determine its outcome with regards to its persistence or resolution.

**Objective** --- To determine the resolution of intracadiac thrombi among patients treated with 12 months of oral anticoagulation and to determine the predictors of the resolution of thrombi among patients treated with 12 months of oral anticoagulation.

**Methods** --- This is a 1-year prospective cohort study involving patients at the Philippine Heart Center, ages 19-50 years old, with transthoracic or transesophageal echocardiographic findings intracardiac thrombus. All patients received anticoagulation therapy with warfarin for 6 months, and extended into 12-month duration if needed. Prothrombin time with INR determination were recorded during follow-up. A repeat echocardiographic study was done on 6th and 12th month follow-up. Outcomes will include the persistence or resolution of the thrombus formation.

**Results** --- Sample size were computed at 94 patients with 95% confidence interval. Results showed that the resolution of cardiac thrombus did not correlate with gender. On the 12th month, 84% of the patients who were in sinus rhythm, did had a resolution of thrombus. Patients in functional class III-IV still had a thrombus on the 6th month and 12th month (75% and 25% respectively). Non-valvular patients (those patients with cardiomyopathies, or patients with LV dysfunction) had a thrombus resolution on the 6th month and 12th month (8% and 83% respectively). For patients with valve problems (those patients with rheumatic heart disease), 87% still had a thrombus on the 6th month and 57% on the 12th month. Results however, were not significant.

**Conclusion** --- The study showed that for those patients with intracardiac thrombus, 12th months of anticoagulation may still not be enough. It did not demonstrated a relationship of the resolution of thrombi against of atrial fibrillation, NYHA classification, gender, and as to whether the thrombus arises from the left atrium and left ventricle. Results were inconclusive, since a greater number of patients is needed to further validate the relationship of these factors with thrombus resolution. *Phil Heart Center J 2012;16:77.*