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Research Article

### CARDIOMYOPATHY AND LEFT VENTRICULAR STRUCTURAL REMODELING IN DUCHENNE MUSCULAR DYSTROPHY CARRIERS

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**Abstract:**

*Duchenne muscle dystrophy (DMD) accounts for over 80 percent of muscle dystrophies due to x-linked muscle diseases. A common event not necessarily linked to skeletal myopathy is a heart disease; the predominant manifestation can be muscle disease with or without any other evidence. Usually, death comes from ventricular dysfunction, blockage of the heart, or malignancy. For DMD patients, it may be not only cardiac involvement but also for female carriers. Clinical open heart failure in dystrophinopathy may or may not be delayed due to relative physical inactivity. Conduction defects, arrhythms (supraventricular or ventricular), hypertrophy and evidence of myocardial necrosis are commonly found in electrocardiography. Significant variability of left ventricular dysfunction may be assessed by echocardiography, irrespective of the age of onset or the mutation group. Cardiovascular Magnetic Resonance (CMR) has been documented in both patients and carriers of dystrophinopathy to observe a pattern of epicardial fibrosis, even if there is no apparent muscular disease. New CMR techniques for the detection of diffuse myocardial fibrosis have recently been applied in Duchenne muscle dystrophy, such as postcontrast myocardial T1 mapping. Combined medical and CMR evaluations can motivate early cardioprotective therapy and retard the development of serious heart complications in patients and asymptomatic carriers.*

**Keywords:** *duchenne muscular dystrophy, Muscular dystrophies, dilated cardiomyopathy, Echocardiography, Heart failure.*

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**INTRODUCTION:**

Duchenne muscular dystrophy (DMD) is a group of x-related muscle diseases that accounts for more than 80 percent of muscular dystrophy cases. DMD 1 is characterized by a weakness in early childhood leg, pelvic, and shoulder girdles in 3,500 male neonates, with a prevalence of 6,000 in 100,000 males.

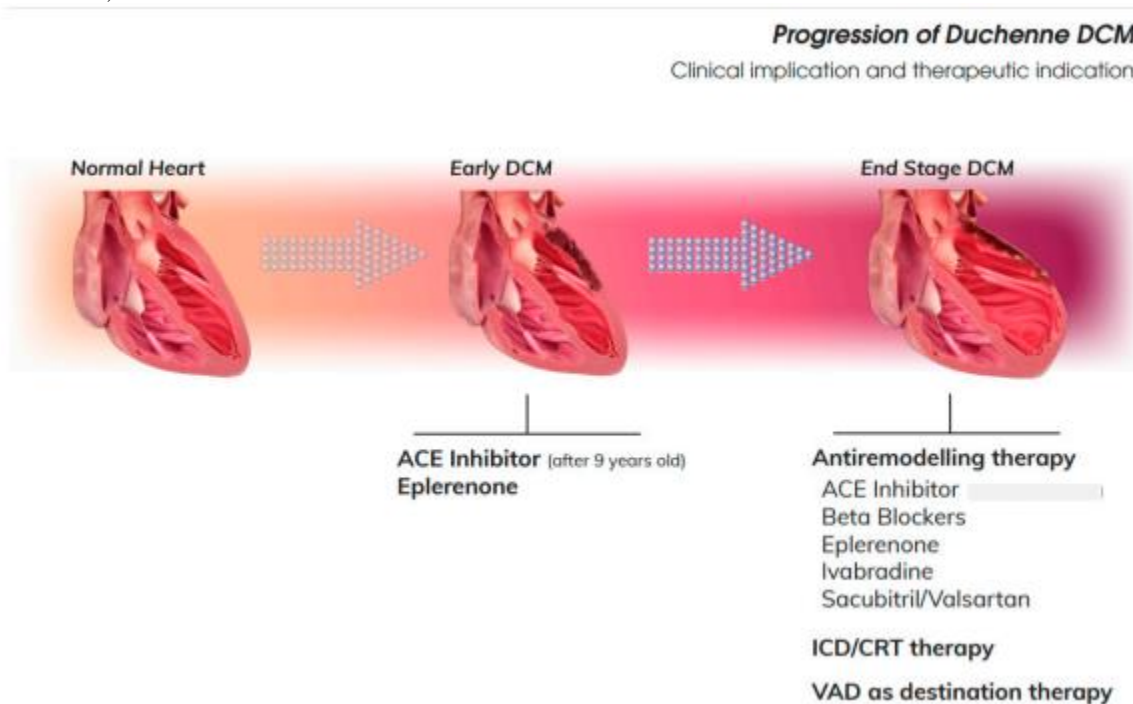
In DMD, children are diagnosed as infants and, at 15 years of age, most are wheelchair-bound. Death generally takes place due to respiratory or cardiomyopathic complications at the age of 20. Due to homemade ventilation and corticosteroids that can extend the risk of scoliosis to ambulatory patients by 2-3 years and postpone pulmonary and heart failure at an old age of 20, more patients have survived up to 30 years. More than 25% of DMD boys, despite this documented efficacy, do not have side effects or an inadequate reaction to corticosteroids. In BMD, the disease is milder and more heterogeneous than DMD. Muscle weakness in teens or young adulthood is often noticed for the first time. Cardiac participation in BMD may precede muscle skeleton decline, with cardiomyopathy deaths often before 60.

The most significant life-limiting conditions in Duchenne muscular dystrophy (DMD) are expanded cardiomyopathy (DCM), rhythms, and congestive cardiac failure (HF). In the current 2018, DMD Care Study sponsored by the Centers for Disease Control and Prevention, routine cardiovascular assessment

including echocardiography is recommended. Furthermore, HF treatments have changed greatly since the 1980s and have been enriched by using new drugs and devices by an adult HF weapons expert before heart transplants (i.e., cardiac resynchronization therapy, intracardiac defibrillator device, and ventricular assistance device). In general, DMD patients are not candidates for cardiovascular transplants due to progressive skeletal myopathy, limited functionality, and donor availability. This review presents a view of the cardiologist on current data on the clinical management of DMD patients.

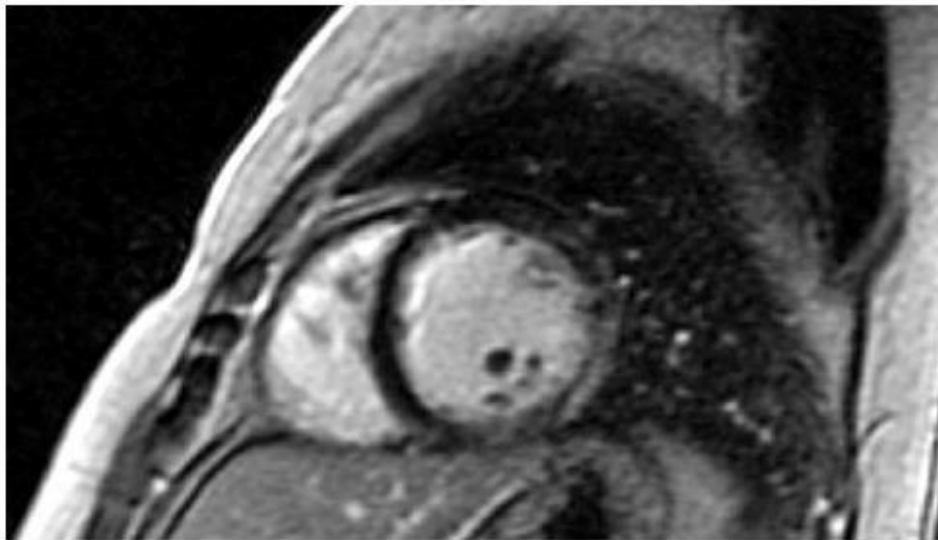
**Pathophysiology of DMD:**

DMD is a recessive, X-linked disorder in one in 3,500 male births. It is caused by dystrophin gene mutations, which cause significant decreases or lack of sarcolemmal protein dystrophin. DMD is part of the dystrophinopathy group, characterized by various pathogenic conditions and muscle impairment levels of the skeleton and heart. DMD is usually the most severe, whereas Becker MMD and XL-DCM and DMD are the most benign forms. Initially, several pathologies involve cellular damage to the skeletal and cardiac muscles because of the lack of dystrophin. The myocyte and sarcolemmal membrane are generally structured by linking actin to the amino terminus C to the complex dystrophin-related protein and sarcolemma to the carboxyl terminus extracellular muscle matrix.



Progression of DMD-DCM. According to the clinical stage of the DMD-DCM, different strategies might be considered. ACE: Angiotensin Converting Enzyme; CRT: Cardiac Resynchronization Therapy; ICD: IntraCardiac Defibrillator; VAD: Ventricular Assist Device

Dystrophin is also present in cardiac myocyte T-tubular membranes. Therefore, it helps maintain the membrane's stability and transfers mechanical strength to the sarcomeres' extracellular matrix. The absence of dystrophin causes outer cell membranes' extreme vulnerability; cellular stress might be mediated directly by the absence of dystrophin and indirectly by intracellular or oxidative stress of Ca<sup>2+</sup>. Dystrophic DCM can be triggered by these damaging cellular pathways and signaling pathways for Ca<sup>2+</sup>. Necrosis and repair mechanisms of the skeletal and cardiac myocytes are not adequate as muscle disease progresses, and fibrofatty tissue substitution is, therefore, ongoing. The DMD-DCM is typical of a thinner left ventricle (LV) wall and gradual LV dilatation due to ongoing myocyte loss. In particular, Fig.1



Fibrosis of the left ventricle in a mother Duchenne muscular dystrophy carrier, presented as late gadolinium enhancement in the lateral wall of left ventricular

After the third decade of their age, the majority of DMDs developed cardiomyopathy. Although relatively physical inactivity clinically open heart failure may delay or absent, before the left ventricular systolic function declines, cardiomyopathy is the main cause of DMD death and myocardial damage. No correlation was found between the mutation type and age at which cardiomyopathy was first introduced or serious. Eplerenone was recently documented in DMD with a pre-served ejection fraction to add background ACE inhibitors to the left systolic ventricular function.

repetitive mechanical stress results in apoptosis and fibrotic replacement and scarring, usually in the region behind the rear and mitral valve systems, starting from the epicardium to endocardium. This cavity spreads gradually down to the apex and around the heart and finally into DCM.

#### **CARDIAC DISEASE IN DMD:**

DMD is a progressive cardiac condition that ultimately leads to ventricular dysfunction, usually ventricular dilation. The cardiomyocyte late-stage pathology test shows hypertrophy, atrophy, and fibrosis. The left ventricle fibrosis in DMD carriers was observed during autopsy and late improvement in gadolinium after cardiovascular magnetic resonance (CMR) evaluation (LGE).

The primary clinical complication is cardiomyopathy in patients with subclinical or mild BMD. Early right ventricular dysfunction is usually clinically present and is then linked to the left ventricular disorder. Myocardial damage can develop in light BMD because patients unaware of potential heart disease still exercise their muscles and induce mechanical stress detrimental to myocardial dystrophin-deficient cells through overloading pressures or volumes.

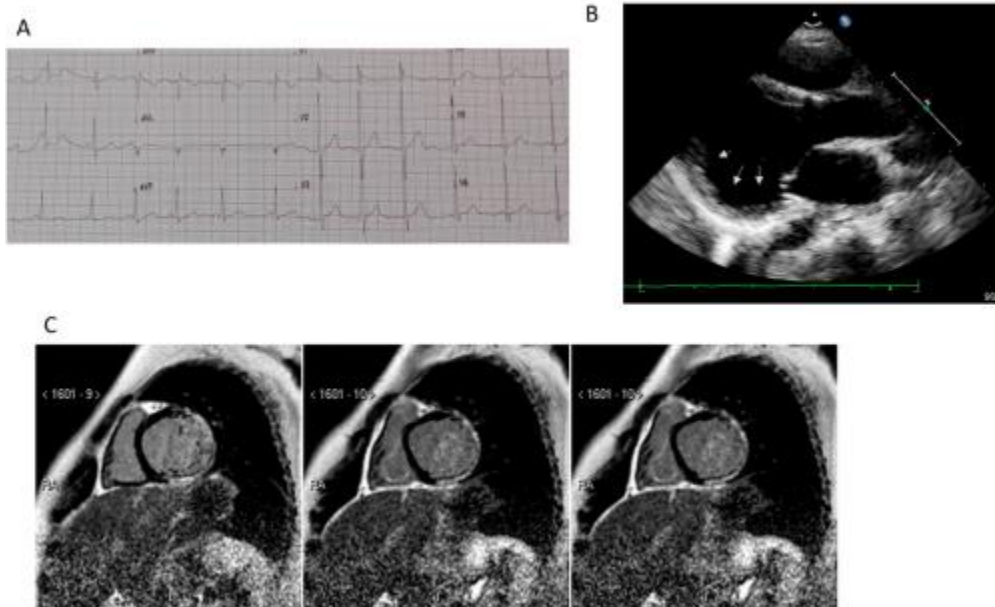
Hypertrophy, arrhythmia, and dilated cardiomyopathy may be present in female carriers of dystrophinopathy. The percentage of clinically open-ended heart disease

significantly increases at age, from 15% in carriers <16 to 45% in carriers > 16. In contrast, it is unlikely that significant heart disease will occur in women carriers < 16 years of age. A cross-section study of 85 DMD and 44 BMD ventricular dilatation and dilated cardiomyopathy evaluated 18% and 8% of patients 18 to 58 years of age. In only 47 percent of this population, electrocardiography (ECG) abnormalities were discovered. An additional 56 female carriers had no ECG abnormalities, but 14% ventricular dilatation or hypertrophy and 7% dilated cardiomyopathy was reported. However, in some women who require heart transplantation to survive, severe heart failure may develop. A systematic ventricular left (LV) dysfunction may be unmasked. In a study carried out by our group, CMR documented myocardial fibrosis in most mother carriers of DMD and BMD, although the clinical submission and the regular non-invasive assessment were somewhat abnormal. For this reason, a detailed cardiac assessment of all-female carriers should be recommended at least once after adolescence in order to begin early treatment.

The DMD is linked to increased R/S in the right precordial pathways, high Q waves in the side paths, lead abnormalities, and rhythms (mainly supraventricular but also ventricular). ECG in a 131 DMD study was abnormal at 78.6 percent. All of them Fig.2

were found in the sinus rhythm and were found to show abnormal Q waves in V6 = 21,3%; abnormal VR repolarisation = 64,9%; abnormal QS waves in lower and upper lateral walls = 37,4%; leading disturbance in the right bundle The two of these variables were found in the rhythm and were identified as following for the major studied variables: Early DMO cardiomyopathy can also be detected through a serial clinical assessment, including routine electrocardiogram monitoring, even if left ventricular function is maintained.

LV functional differences in DMD patients, regardless of the age of onset or mutation groups, have already been documented in echocardiography. LV dysfunction has also been very common with frequent, systematic ventricular asynchrony in DMD, especially in EF patients < 35 percent. New echocardiographic techniques can detect subclinical LV dysfunction by traditional echocardiography in DMD patients without wall movement abnormalities using a transmural strain profile (TMSP). The use of myocardial strain imaging in DMD patients was characterized by decreased systolic peak strain from the posterior wall despite normal echocardiographic results. However, these studies were not universally accepted for the routine assessment of DMD.



Clinical features of Duchenne muscular dystrophy cardiomyopathy (DMD-DCM). Panel (A): typical EKG with sinus tachycardia and tall R waves. Panel (B): parasternal long axis view of left ventricle (LV). Arrows indicate the presence of posterior wall aneurysm. Panel (C): cardiac magnetic resonance: short axis view of the LV. Presence of a transmural late gadolinium enhancement pattern located at the infero-lateral wall (Courtesy of Dr. A. Secinaro).

The most robust detection method of premature myocardial fibrosis in DMD and female carriers with a late improvement in gadolinium is a non-invasive non-radiating (CMR) (LGE). In the inferolateral wall, cardiomyopathy involves subepicardial fibrosis, similar to viral myocarditis in dystrophinopathy. CMR applications are very valuable in addition to standard monitoring for DMD and women's carriers as follows: (1) the early onset of therapy for heart failure can retard progression of LV dysfunction; (2) myocardial fibrosis measured with LGE may be seen even if the echo cars are normal and can be used as a sensitive early-onset star index. The simple and visually-accessible 'Transmural LGE' parameter has a predictor additive value in DMD patients with relatively conserved DVE-FE; (4) the transmitter carriers have revealed a fibrosis pattern that is similar to DMD but without any correlation with the genotype-phenotype, and even when there was no open muscle disease; (5) new CMR methods, s. 4. Compared to controls, T1 from Look-Locker sequences (T1LL) has been documented to be abnormally shortened to DMD, even in DMD patients with normally conducted CMR studies. Applying more aggressive T1LL therapy on DMD can improve cardiomyopathy morbidity and mortality.

#### Female DMD Carriers:

DMD is X-linked and usually affects men, with most women mutating alone in an asymptomatic carrier. Mutations cause approximately one-third of all DMD cases in de novo and another two thirds by mother heritage. This means that every mother can carry a single male DMD case for two-thirds. Due to a second allele, most women with a pathogenic DMD variant are present as asymptomatic carriers, which normally work. However, there may also be muscle weakness, abnormal gait, fatigue, and heart involvement in some female carriers. In female DMD carriers, the "skewed inactivation of normal x-chromosome" explains the mosaic pattern of dystrophin expression in the skeleton and cardiac muscles. According to this hypothesis, higher percentages of normal X-chromosome skewed inactivation were responsible for cardiomyopathy in some MD women's carriers. However, there is no relation between the dystrophic muscle phenotype and either the X-inactivation pattern or the transcriptional compartment of dystrophin in the Brioschi *et al.* study, which indicates that the manifestation of the disease results simply in the total amount of dystrophin. In a female carrier, every male child has a 50 percent chance of having DMD clinically. Carrier tests may show that a woman is at risk of infection.

While women with DMD are generally free of skeletal muscle symptoms, approximately 8% of this population are affected by cardiac symptoms. They may develop cardiomyopathy, including asymptomatic forms of progressive HF, including heart transplantation, with mild abnormalities. The onset of clinical events in women with symptoms varies from early childhood to late adulthood. Cardiomyopathy increases even in patients with normal electrocardiograms and no age muscle skeleton symptoms. Adult carriers of dystrophinopathy in Europe and the United States are therefore recommended to undergo echocardiography under the clinical guidelines every five years. Other heart events include behavioral defects and rhythm, but long-term DCM effects may occur. The initial presentations in late adulthood, although not as common, have been acute HF and nonsustained ventricular tachycardia. The disease's severity is variable, and genotype phenotypic correlations are not well established in this patient group, and cardiac involvement can occur without simultaneous skeletal muscle manifestations. Cardiac manifestations in normal physiological conditions can be subclinical in female carriers. During major events such as pregnancy, they can become worse and more symptomatic. About two-thirds of all patients with Muscle Dystrophy limb experience muscle weakness during pregnancy, which is probably associated with increased weight and increased diaphragm. In addition to heart events, DMD carriers have different systemic features: weakness of the limb-girdle, troubled grunting, intolerance to exercise, calf hypertrophy, and scoliosis. Elevated serum creatinine kinase (CK) serum is frequently found in skeletal muscle patients. Neurocognitive problems can also be identified in this patient population as learning disabilities or behavioral problems.

#### CONCLUSION:

In conclusion, it is common for both DMD and female carriers to have heart involvement. The early cardiac involvement assessment with ACE inhibitors and the b-blockers should be encouraged to postpone serious cardiac complications for this population, including medical, ECG, echocardiographic, and CMR monitoring.

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