

## Cardiology Second Opinion - Full Chart Review

*Date: 2022-09-29*

*Patient: Jane Doe*

### **Discussion:**

A 62-year-old female who had a Holter monitor performed for 48 hours and 31 minutes. Some ventricular ectopy was noted, but no frank ventricular tachycardia. Some supraventricular ectopy was noted, with isolated premature atrial beats, and 2 short runs of atrial tachycardia (3 beats and 8 beats). An echocardiogram was performed which demonstrated a left ventricle which was normal in size and a preserved left ventricular ejection fraction of 50-55%. The atria were normal in size. The mitral valve was status post repair, there was no stenosis, and some mild to moderate mitral insufficiency was present based on the report. The right ventricle was normal in size and function. No shunts were identified. The aortic valve was a little thickened, but there was no stenosis.

### **Recommendations:**

The client wishes to know more about her atrial tachycardia, and whether or not this is a congenital problem.

Over the entire 48 hours of monitoring, you really had less than 15 beats of an abnormal atrial rhythm. Your rhythm abnormality is actually fairly common, and I do not think you need to move forward with any further treatment of this, unless you are symptomatic with palpitations. I see this fairly commonly in my patients, and would simply monitor it as long as you are not overly symptomatic. If you are symptomatic, then a simple medication called a beta blocker (like metoprolol) would be a reasonable first line therapy. I would not consider this a "congenital" disorder, as it is more likely secondary to your age and history of mitral valve repair. It would be reasonable to repeat a Holter monitor in a year or for new or ongoing symptoms, and to monitor for another arrhythmia called atrial fibrillation.

### **References:**

Braunwald heart disease, a textbook of cardiovascular medicine, 2015, Specific arrhythmias, diagnosis and treatment pages 748-797.

*Electronically Signed by: , MD, F.A.C.C. on 09/29/2022 08:03:03 PM*

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