



Case Report

Coronary Computed Tomography Angiography for The Diagnosis of Ischemic Heart Disease in a Diabetic Patient: A Case Report and Literature Review

Angiographie Coronarienne par Tomodensitométrie pour le Diagnostic de la Cardiopathie Ischémique chez un Patient Diabétique : À Propos d'un Cas et Revue de la Littérature

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ABSTRACT

The search for ischemic heart disease is essential in diabetic patients because of the potential risk of silent myocardial ischemia. Coronary computed tomography angiography (CCTA), readily available, less expensive and less invasive, remains a safe means of detecting coronary lesions. We describe the clinical case of a 67-year-old patient with a 26 year-history of hypertension and a 10 year-history of type 2 diabetes presenting a very high cardiovascular risk (ASCVD risk score = 41.6%), admitted for atypical chest discomfort resistant to usual gastric dressings and traditional analgesics. The electrocardiogram performed was non-specific. A CCTA was performed by prospective acquisition with ECG synchronization in spontaneous contrast then after injection It have revealed a coronary calcium score estimated at 852 AU and a significant tri-vessel coronary stenosis. Pending coronary revascularization, the patient remains stable under medical treatment based on fixed triple antihypertensive therapy, a beta-blocker, a statin and a dual antiplatelet agent.

RESUME

La recherche d'une cardiopathie ischémique est essentielle chez les patients diabétiques en raison du risque potentiel d'ischémie myocardique silencieuse. L'angiographie coronaire par tomographie (ACT), facilement disponible, moins coûteuse et moins invasive, reste un moyen sûr de détecter les lésions coronaires. Nous décrivons le cas clinique d'un patient de 67 ans, hypertendu depuis 26 ans et diabétique de type 2 depuis 10 ans, présentant un risque cardiovasculaire très élevé (score de risque ASCVD = 41,6 %), admis pour une gêne thoracique atypique résistant aux pansements gastriques habituels et aux analgésiques traditionnels. L'électrocardiogramme réalisé était non spécifique. Une ACT a été réalisée par acquisition prospective avec synchronisation ECG en contraste spontané puis après injection Elle a révélé un score calcique coronaire estimé à 852 UA et une sténose coronaire tri-vaisseaux significative. Dans l'attente d'une revascularisation coronaire, le patient reste stable sous traitement médical basé sur une triple thérapie antihypertensive fixe, un bêta-bloquant, une statine et un double antiagrégant plaquettaire.

INTRODUCTION

Insulin-resistant diabetes mellitus (T2DM) and coronary artery disease are two very complex pathological entities closely linked to the phenomenon of atherosclerosis [1-8]. Worldwide, coronary artery disease remains the most widespread cardiovascular disease [9-11]. It represents the main cause of cardiovascular morbidity and mortality,

especially in diabetics [2, 12-16]. According to the literature, T2DM multiplies by 2 the risk of developing coronary artery disease [12] and approximately ¾ of T2DM patients die from these conditions [6, 17]. Its often-silent nature in cases of diabetes makes the diagnosis erroneous for a long time and requires systematic screening in diabetics at very high

cardiovascular risk [9]. There are several means of cardiovascular exploration including functional or anatomical imaging, in particular CCTA, which is well established as a non-invasive exploration technique and is recommended for the evaluation or search for stable coronary diseases [1, 18,19].

CASE PRESENTATION

A 67-year-old patient, with a 26 year-history of hypertension and a 10 year-history of type 2 diabetes, presenting a very high cardiovascular risk with a predictive score for cardiovascular events over 10 years (ASCVD risk score) of 41.6%, was seen in consultation for chest discomfort. Including spontaneous chest pain, in the form of light tingling, without irradiation, sedation factors, or aggravation and without digestive disorders, fever, or other accompanying signs. The electrocardiogram performed was in sinus rhythm at 60 beats per minute with an incomplete right bundle branch block such as right ventricular hypertrophy without repolarization disorder. The pre-test probability of coronary artery disease according to the clinical model based on age, sex, symptoms and cardiovascular risk factors was estimated at 44%. A Coronary computed tomography angiography (CCTA) was performed by prospective acquisition with ECG synchronization in spontaneous contrast and then after injection. In spontaneous contrast, the coronary calcium score or coronary disease diffusion score (Agatston score) on all coronaries was estimated at 852 AU.

On Coronary computed tomography angiography (CCTA), at the level of the common trunk, a proximal plaque responsible for a stenosis of approximately 20% was highlighted (CAD-RADS 1) (Figure 1A).

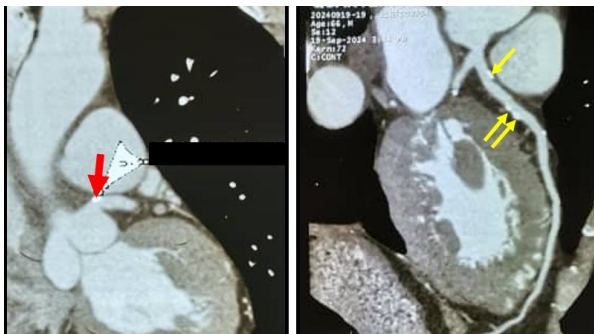


Figure 1: Results of coronary computed tomography angiography (CCTA) highlighting: **A:** The presence of a proximal plaque responsible for a stenosis of approximately 20% (CAD-RADS 1) (red arrow) on the common trunk. **B:** The presence of numerous proximal plaques with stenoses of approximately 50 to 69% (CAD-RADS 3) without intramyocardial bridge (yellow arrows) on the left anterior descending artery (LAD).

On the left anterior descending artery (LAD), numerous proximal plaques with stenoses of approximately 50 to 69% (CAD-RADS 3) were objectified without intramyocardial bridge (Figure 1B). The circumflex (Figure 2A), was permeable with minimal plaques. At the level of the right coronary (Figure 2B), numerous

calcifications with stenoses of approximately 50 to >70% (CAD-RADS 3, 4). We conclude to a tri-vessel atheromatous lesion in a type 2 diabetic patient with a coronary calcium score of 852 AU, classifying this patient at the 96th percentile, reflecting a significant calcified atheromatous calcium burden and thus a very high cardiovascular risk. The patient is awaiting coronary revascularization and remains stable under medical treatment based on a fixed triple antihypertensive therapy, a beta-blocker, a statin and a dual antiplatelet agent.



Figure 2: Results of the coronary computed tomography angiography (CCTA) highlighting: **A:** Permeability of the circumflex with minimal plaques. **B:** The presence of numerous calcifications with stenoses of approximately 50 to >70% (CAD-RADS 3.4) (Arrows) on the right coronary

DISCUSSION

Major cardiovascular risk factors

Knowledge and early detection of cardiovascular risk factors are useful for screening patients exposed to cardiovascular diseases [20]. Initiated in 1948 in Massachusetts, United States, the Framingham study identified many major cardiovascular risk factors, including high blood pressure, T2D, obesity, smoking, and dyslipidemia [21, 22]. Perfect control of these risk factors has slowed the scale and occurrence of cardiovascular diseases [20, 21, 23, 24]. In developing countries, a century later (21st century) with the epidemiological transition, a similar observation to the phenomena observed in developed countries is made with a surge in non-communicable diseases and a high case fatality rate confirmed by the INTERHEART and INTERSTROKE studies [20, 25-28]. Among these various major risk factors cited, diabetes mellitus is experiencing exponential growth worldwide and represents a real public health problem [29-31]. According to current statistics, 415 million people are affected by this condition, responsible for 1.5 million deaths and an estimated prevalence of more than 50% by 2050 [2, 9, 32, 33]. Diabetes mellitus is an independent risk factor with a very poor prognosis [9, 29]. It is a chronic metabolic disease characterized by impaired glucose tolerance with insulin resistance [9-29]. According to the literature, T2D doubles the risk of death unlike non-diabetic subjects [29, 34, 35].

Atherosclerosis and coronary artery disease phenomena

Atherosclerosis is the main entity responsible for coronary artery disease [10]. This condition is generally observed from the second decade in children [1, 35-37]. Preclinical lesions evolve into true plaques consisting of a lipid center and a fibrous cap [1]. This is a phenomenon strongly linked to an inflammatory process inducing activation of proteases of many immune cells leading to plaque instability with rupture [38-53]. Diabetic coronary atherosclerosis is multifactorial and represents a chronic and complex progressive process [9, 54]. According to the literature [1, 9, 54], post mortem, a higher plaque load was found in diabetic patients. These plaques consisted of a larger necrotic center and a very pronounced inflammatory phenomenon.

Coronary artery disease screening

Coronary computed tomography angiography (CCTA) is currently a powerful and reliable examination in the diagnosis of coronary stenosis > 50% with a sensitivity of 94–99% and a specificity of 64–83% due to the use of recent systems (64-, 128- or 320-detectors). Its negative predictive value is excellent, 97–99 % [1,55-62]. Diagnostic evaluation and monitoring of coronary artery disease use modern noninvasive cardiac imaging, including Coronary computed tomography angiography and cardiac nuclear magnetic resonance. Coronary computed tomography angiography identifies coronary atheromatous calcium load by spontaneous contrast with ECG synchronization, identifies plaques at risk and the anatomical structure of coronary vessels using the Agatston score. Coronary Artery Calcium (CAC) \geq 300UA is associated with a 4-fold increased risk of cardiovascular events and an excellent marker of poor prognosis.

Silent myocardial ischemia (SMI)

Silent myocardial ischemia (SMI) is a condition in patients with coronary artery disease (coronary artery stenosis or obstruction) without recognizable and obvious symptoms; which makes its diagnosis and management complex [63, 64]. The insidious progression of SMI increases cardiovascular morbidity and mortality. SMI is part of chronic coronary syndromes (CCS) when clinically stable [65] as illustrated by the present clinical case. In this condition, SMI can remain undetected and cause more serious complications, such as irreversible cardiac damage and heart attacks. Therefore, the management of SMI should focus on the diagnosis of suspected myocardial ischemia.

Pre-test probability and diagnostic tests for obstructive coronary artery disease

The ACC/AHA chest pain guidelines emphasized the importance of a focused history to detect cardiac chest pain and the need to perform the Coronary Artery Disease Probability Pretest to determine whether additional diagnostic testing is appropriate for the patient [66]. The 2019 European Society of Cardiology (ESC) guidelines for the diagnosis and management of chronic coronary syndrome introduced the clinical model of the risk-factor-weighted obstructive coronary artery disease probability

pretest (RF-CL) that includes sex, age, angina symptoms, and number of risk factors [59]. At the end of this pretest, patients are classified as having a very low probability (\leq 5%) of obstructive coronary artery disease and do not require further diagnostic testing unless symptoms persist and noncardiac causes have been excluded. In patients with low probability (>5% –15%) of obstructive coronary artery disease, the benefit of diagnostic testing is uncertain but may be performed if symptoms are limiting and require clarification. Patients with moderate (>15%–50%), high (>50%–85%), and very high (>85%) probability of obstructive coronary artery disease are encouraged to undergo further diagnostic testing [67]. The diagnostic test that is increasingly adopted as first-line to detect segmental myocardial ischemia is coronary computed tomography angiography (CCTA) [68, 69] because it has shown similar performance to noninvasive stress tests [70–72]. Classical invasive coronary angiography (coronary angiography) has become a functional test [73] and allows hemodynamic assessment [74] of coronary artery disease. In addition, positron emission tomography (PET) [75] and magnetic resonance imaging (MRI) [76] are of increasing interest as they are non-invasive means that allow precise assessment of coronary microcirculation in a quantitative manner.

CONCLUSION

Coronary computed tomography angiography is a reliable method of exploring coronary artery disease with good diagnostic accuracy in detecting significant coronary stenoses in diabetics. The calculation of the coronary artery calcification (CAC) score, with low radiation, allows quantifying the atheromatous coronary calcium load and therefore assessing subclinical atherosclerosis, and is involved in estimating the cardiovascular risk of patients. It also has an excellent negative predictive value (CAC < 100 UA) in screening for silent myocardial ischemia in diabetics.

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