

PROGNOSTIC VALUE OF NT-proBNP LEVELS IN PATIENTS WITH CHAGAS' CARDIOMYOPATHY

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N-terminal prohormone brain natriuretic peptide (NT-proBNP) is a neurohormone of cardiac origin that has been described as a diagnostic and prognostic marker for patients with cardiovascular disease. The aim of our study was to investigate the prognostic value of NT-proBNP in patients with Chagas' Cardiomyopathy (CC). Fifty patients with CC were enrolled and underwent clinical examination, echocardiography and measurement of plasmatic NT-proBNP. Eleven patients died during the follow-up period (44.7 ± 9.1 months). NT-proBNP concentrations were elevated in patients with NYHA classes III and IV (4602 ± 1704 pg/mL) when compared to those in classes I and II (1071 ± 222 pg/mL). NT-proBNP levels showed a strong negative correlation with left ventricular ejection fraction ($r=-0.647$, $p<0.001$). NT-proBNP levels emerged as a survival predictor (OR1.92, 95% CI 1.11-3.83). NT-proBNP concentrations above 700 pg/mL were associated with a significant excess mortality (log-rank statistic 4.95, $p= 0.026$) and with a survival rate of 50% in 65 months, while patients with NT-proBNP levels lower than 700 pg/mL presented a survival rate of 95%. In conclusion, this study demonstrated that the high levels of plasmatic NT-proBNP found in patients with CC are associated to an impaired left ventricular function and are a strong predictive factor of cardiac mortality.

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