**Abstracts**

**35** OBSERVATIONAL STUDY TO DETERMINE THE PREVALENCE OF TRANSTHYRETIN AMYLOIDOSIS IN AN UNDIFFERENTIATED HEART FAILURE WITH PRESERVED EJECTION FRACTION POPULATION

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**Introduction** Heart failure with preserved ejection fraction (HFpEF) is a common but heterogenous clinical syndrome. Transthyretin amyloidosis cardiomyopathy (ATTR-CM) can now be diagnosed non-invasively with high sensitivity incorporating Technitium-99m, 3,3-diphosphono-1,2-propanodicarboxylic acid (Tc-DPD) scintigraphy. ATTR-CM has been found as the underlying aetiology of heart failure in 13% in HFpEF syndrome with left ventricular hypertrophy (LVH). Timely diagnosis of ATTR-CM has become even more relevant given the recent availability of targeted treatments. However, the prevalence and spectrum of ATTR-CM has not previously been studied in all-comer HFpEF cohort.

**Aims** To determine the prevalence and spectrum of ATTR-CM in an undifferentiated multicentre HFpEF population using the non-invasive diagnostic pathway incorporating Tc-DPD scintigraphy.

**Methods** Consecutive patients ≥60 years attending the heart failure services with a diagnosis of HFpEF and New York Heart Association class II-V symptoms across 4 sites were prospectively enrolled. Severe valvular pathology or a prior history of symptomatic myeloma, AL amyloidosis or monoclonal gammopathy of unknown significance (MGUS) were excluded. Transthoracic 2D strain echocardiography, 12 lead electrocardiogram (ECG), biomarker analysis and Tc-DPD scintigraphy were performed. Tc-DPD findings were graded visually according to the Perugini classification (grades 0–3). Those patients with Perugini grade 2–3 on Tc-DPD (moderate–severe uptake; highly suggestive of ATTR-CM) underwent additional laboratory and haematological assessment and transthyretin (TTR) gene sequencing.

**Results** To date, 45 patients (49% female, mean age 77.6 ± 7.9 years) have been prospectively enrolled. A history of atrial fibrillation and hypertension were present in 60% and 80% respectively. In keeping with ATTR-CM, no participant had a low voltage pattern on ECG. Three patients (6.7%) had Perugini grade 3 uptake on Tc-DPD and 6 patients (13.3%) had grade 1 uptake (mild uptake, inferior to bone; diagnostic significance undetermined). No patients had grade 2 uptake. All those with grade 3 uptake had AL amyloid excluded on further haematological testing and no mutation was detected in the TTR gene confirming wild type ATTR-CM. Significant differences across Tc-DPD uptake grades were seen according to increasing age and LV wall thickness (figure 1).

**Conclusion** ATTR-CM, characterised by high grade uptake (Perugini 3) on Tc-DPD scintigraphy and negative haematological markers, was present in 6.7% of this undifferentiated HFpEF cohort and was associated with older age, and increased left ventricular wall thickness. Low grade uptake (Perugini grade 1) was present in a further 13.3%. While the diagnostic significance of this phenotype is undetermined, this may represent early ATTR-CM, suggesting that Tc-DPD scintigraphy may be able to identify a spectrum of disease according to uptake that correlates with wall thickness. Further follow up in this study will explore this potential.

**36** IDENTIFICATION AND MANAGEMENT OF PATIENTS WITH ELEVATED BMI IN ST. JAMES’S HOSPITAL

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The rapid rise in rates of obesity in recent decades represents a major challenge in healthcare provision. In Ireland in 2011, 26% of men and 21% of women were obese. Analysis from the United Kingdom has suggested that by 2050, over half of the adult population may be obese. BMI is widely used to classify individuals as normal weight, underweight, overweight and obese. Severe obesity is defined as a BMI >40 kg/m² (or ≥35 kg/m² in the presence of comorbidities).

We analysed a group of patients admitted to the acute medical assessment unit in St. James’s Hospital on unselected general medical take in July and August 2019. We measured the height, weight and body mass index of each patient and reviewed the medical notes to identify if abnormal BMIs were being identified and discussed with patients.

We identified the proportion of patients with an elevated BMI who were informed of their condition, and who had a management plan discussed by their primary medical team. We additionally determined if patients with an elevated BMI were being referred to a dietician service. 74 patients (39 men...