**CLINICAL CHARACTERISTICS OF PERIPARTUM CARDIOMYOPATHY IN EGYPTIAN WOMEN: A REPORT OF 10 PATIENTS**

**B.S. Ibrahim**, R.N. Hanna, M. AboEleinen

National Heart Institute, Cairo, Egypt

Background & Objectives: There are no data in the literature about the demographics and prognosis of peripartum cardiomyopathy (PPCM) in Egyptian women.

Methods: we examined the clinical characteristics, management and prognosis of 10 consecutive patients diagnosed as peripartum cardiomyopathy and followed in our heart failure unit. Results: the mean age was 24.8 years (range 16-34). The disease complicates multigravida in only 2 cases while it complicates first or second pregnancy in the rest. Onset was before delivery in 3 while it was diagnosed postpartum in 7 patients. Multiple gestation was present in one case only (10%). All 10 patients were in NYHA IV at time of presentation. Mean left ventricular ejection fraction (LVEF) was 31%; range 20-37. Mean LVEDD was 70 mm at presentation. All patients needed at least one hospitalization. All 10 patients were treated with diuretics, ACE inhibitors and b-blockers. Patients were wrongly advised to stop lactation, and anticoagulation was not routinely prescribed. Contraception advice was given to all. PPCM was complicated by 1 death and 2 cerebral strokes. On follow-up mean 6 months; 8 patients improved clinically to NYHA I but LVEF has returned to normal in only 2 patients.

Conclusion: In Egyptians PPCM affect younger age than reported in Western World. It remains a serious condition which leaves the LV systolic function impaired in many cases and could be fatal.