**CHRONIC NASAL DECONGESTANT USE AND TACHYCARDIOMYOPATHY: A CASE REPORT**

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**Introduction:** Over-the-counter nasal decongestants are commonly used medications, with naphazoline being one of the most prescribed drugs from this therapeutic class in the USA.

**Case Report:** We present a case of a 27-year-old male who presented with a 3 year clinical presentation of heart failure associated with palpitations. He also reported long standing chronic abuse of nasal naphazoline (300 mL per day) and denied using any other medications. A resting eletrocardiogram confirmed the diagnosis of typical atrial flutter with an elevated ventricular rate (125 bpm), which was refractory to medical therapy. Transthoracic echocardiography revealed enlarged atrial and ventricular cavities, in addition to biventricular systolic dysfunction (figure). After successful electrical cardioversion of the atrial flutter, the patient’s symptoms and echocardiographic abnormalities resolved within 1 month.

**Conclusion:** It is known that nasal decongestants can cause rhinitis medicamentosa, hypertensive crisis, cardiac arrhythmias and systolic dysfunction, but we present the first case, to our knowledge, of tachycardiomyopathy related to atrial flutter from its chronic abuse. This case shows the importance of medical knowledge of over-the-counter medications frequently used by the general population.

