CARDIOMYOPATHIES

Clinical features of patients with Takotsubo syndrome

Patients with Takotsubo cardiomyopathy have an increased prevalence of neurological or psychiatric disorders compared with patients with acute coronary syndrome (ACS). This finding was determined by investigators in the International Takotsubo Registry, a consortium of 26 centres in Europe and the USA, and was published in *The New England Journal of Medicine*.

The International Takotsubo Registry was established with the aim of evaluating the clinical features, course, and outcomes of patients with Takotsubo cardiomyopathy. Patients diagnosed with Takotsubo syndrome between 1998 and 2014 were included in the study, and a subgroup of these patients was compared with patients with ACS.

In total, 89.8% of the 1,750 patients with Takotsubo syndrome included in the study were women. Physical triggers of Takotsubo cardiomyopathy, such as acute respiratory failure and infection, were more prevalent than emotional

triggers of the disease, such as grief and panic (36.0% versus 27.7%). Importantly, emotional triggers were more prevalent among women, whereas physical triggers were observed more often in men, and neither physical nor emotional triggers were apparent in 28.5% of patients. Left ventricular ejection fraction was significantly reduced in 86.5% of patients

with Takotsubo syndrome, compared with 54.2% of patients with ACS. More than half of patients with Takotsubo syndrome (55.8%) had a history or acute episode of a neurological or psychiatric illness, compared with only 25.7% of patients with ACS ($P < 0.001$).

According to Christian Templin and Jelena Ghadri, the lead investigators of this study, “previous studies have suggested that Takotsubo cardiomyopathy is a benign disorder”. They now suggest that this syndrome is in fact “an acute heart failure syndrome with a significant in-hospital mortality comparable to [that in] ACS patients”. Furthermore, they speculate that “there is a brain–heart connection in Takotsubo cardiomyopathy, which contributed to the disease mechanism”.

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