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Myocardial Infarction With Nonobstructive Coronary Arteries in New-onset Inflammatory Bowel Disease

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Inflammatory bowel disease (IBD) is a systemic pro-inflammatory condition with rare cardiovascular extraintestinal manifestations. Increasing evidence links gut inflammation and cardiovascular pathology, with myopericarditis encompassing approximately 70% of cases.^{1–3} Myocardial infarction with nonobstructive coronary arteries (MINOCA) has not been described in this population.⁴

A 36-year-old man with a history of gastroesophageal reflux disease and hypertension presented with a 10-day history of fever, hematochezia, and abdominal pain. Negative history included no travel, suspect foods, or drug use. Family history was negative for IBD or cardiac disease. Exam was unremarkable except for mild abdominal tenderness in bilateral lower quadrants. Labs revealed elevated white blood cell count, C-reactive protein, and erythrocyte sedimentation rate. Admission troponin and electrocardiogram (ECG) were normal.

Computed tomography (CT) abdomen and pelvis revealed diffuse bowel wall thickening and associated mesenteric inflammation of the entire colon. A stool infectious panel was negative. Sigmoidoscopy demonstrated diffuse continuous ulceration, friability, and granularity up to the splenic flexure (Figure 1A). Colon biopsies demonstrated diffuse, markedly active colitis. Although pathology had no evidence of chronicity, given a negative workup for infection or ischemia, no offending medications, no response to antibiotics, a characteristic endoscopic appearance, and a worsening clinical course that ultimately responded only to steroids, it was determined to be a diagnosis of early and new-onset ulcerative colitis.

On day 4 of steroids, the patient noted severe chest pain. Electrocardiogram revealed new ST elevations (Figure 1B). High-sensitivity troponin was newly elevated to 1218 ng/L. Transthoracic echocardiogram (TTE) while having chest pain was normal and without wall motion abnormalities. A CT angiogram (CTA) chest revealed no aortic dissection. A CTA of the coronary arteries showed no calcifications or wall motion abnormalities. Two days after his chest pain, he underwent cardiac magnetic resonance imaging (MRI). Imaging revealed transmural enhancement of the left ventricular apex with associated akinesia—signs associated with infarct (Figure 1C). Notably, there was no sign of myocarditis. With new concern

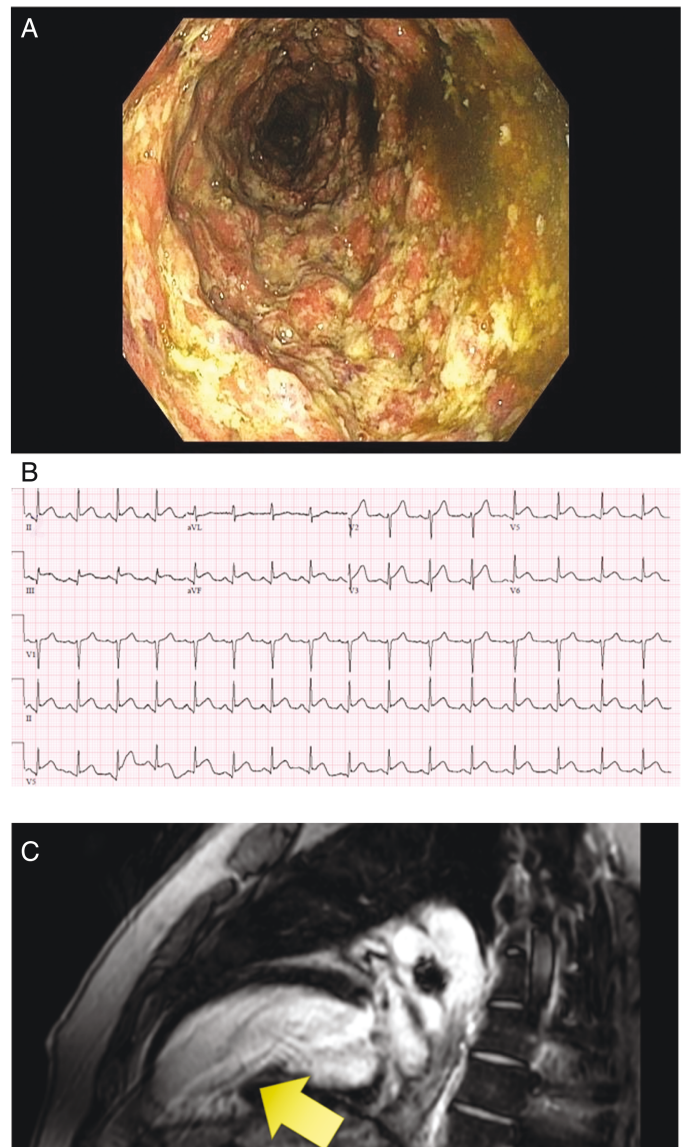


Figure 1. A, Colon with ulceration, friability, and granularity. B, ECG with anterolateral, inferior 1–2mm ST segment elevation. C, Cardiac MR with transmural enhancement of the LV.

for MINOCA, the patient was treated for acute myocardial infarction.

This case highlights a rare cardiac manifestation of IBD, unrelated to medication. Initial workup including ECG, TTE, and CTA were all without infarct territory or wall motion abnormalities. Computed tomography angiogram of the coronary arteries has a high negative predictive value for obstructive coronary artery disease.⁵ Therefore, MINOCA is the most accurate diagnosis. Given the sparsity of literature regarding MINOCA, further investigation is needed to delineate the incidence of MINOCA and nonpharmacologic-associated cardiac events in IBD.

Conflicts of Interest

The authors have no disclosures or conflicts of interest to declare.

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