

Early prophylactic tx beneficial for hypertrophic cardiomyopathy

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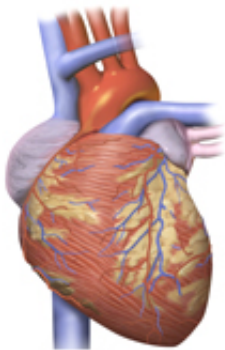


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Beta blockers are effective as an early prophylactic pharmacologic treatment for patients with mild hypertrophic cardiomyopathy who have exercise-induced left ventricular outflow tract obstruction, according to a study published in the Sept. 1 issue of *The American Journal of Cardiology*.

(HealthDay)—Beta blockers (BBs) are effective as an early prophylactic pharmacologic treatment for patients with mild hypertrophic cardiomyopathy (HC) who have exercise-induced left ventricular outflow tract (LVOT) obstruction, according to a study published in the Sept. 1 issue of *The American Journal of Cardiology*.

Stefano Nistri, M.D., Ph.D., of CMSR-Veneto Medica in Vicenza, Italy, and associates examined the benefits of BBs in a prospective study involving 27 patients with HC with mild or no symptoms of [heart failure](#), without obstruction at rest, but with exercise-induced LVOT gradients

of ≥ 30 mm Hg.

The researchers found that the mean post-exercise LVOT gradient was 87 ± 29 mm Hg. After an average of 12 months of BB treatment with [nadolol](#) or bisoprolol, the post-exercise LVOT gradient decreased significantly and was almost abolished in 52 percent of patients (0 to

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