Pediatric Hypertrophic Cardiomyopathy Clinical Presentation

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History

Patients with hypertrophic cardiomyopathy (HCM) may be asymptomatic. When present, symptoms may include sudden cardiac death, dyspnea, syncope, presyncope, angina, palpitations, orthopnea, paroxysmal nocturnal dyspnea, congestive heart failure, and dizziness.

Sudden cardiac death

Sudden cardiac death is the most devastating presenting manifestation and, unfortunately, may be the first clinical manifestation of the disease, even among asymptomatic patients.[7] It has the highest incidence in preadolescent and adolescent children and is typically associated with sports or vigorous exertion. Indeed, HCM has been identified as the most common cause of sudden death in the athlete following physical activity.[10, 11, 12]

Physical Examination

Most children with hypertrophic cardiomyopathy (HCM) do not have outflow tract obstruction and, therefore, may have completely normal physical examination findings. Abnormalities related to heart sounds, cardiac impulses, or murmurs may, however, be noted.

Diagnostic Considerations

Children with hypertrophic cardiomyopathy (HCM) may not be symptomatic. Careful evaluation of a heart murmur may reveal HCM.