

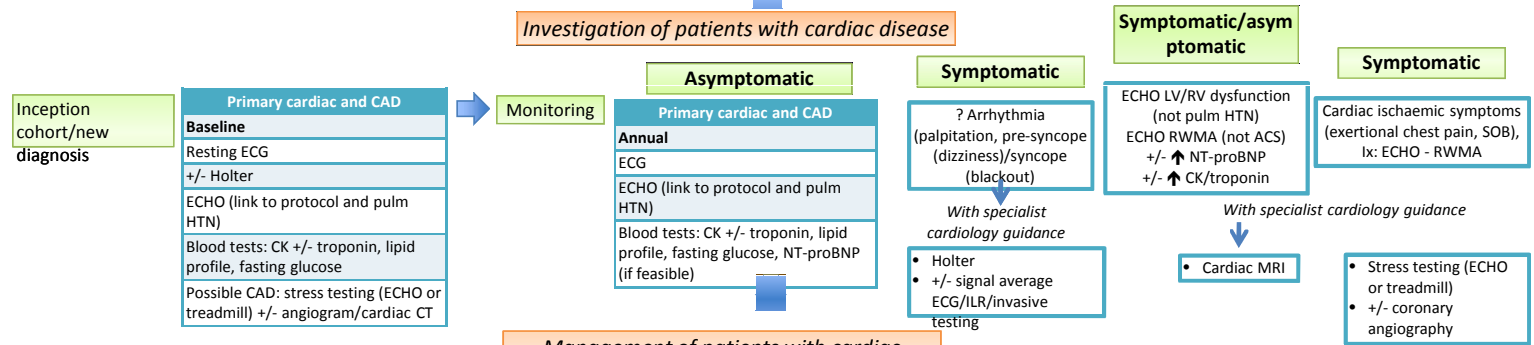
Management of cardiac involvement in patients with systemic sclerosis (SSc): Investigation, monitoring and treatment

Identification of patients with cardiac

Usually present to rheumatologist; may present to respiratory physician (ILD/PAH first diagnoses excluded with common symptom of breathlessness); rarely, cardiologist (usually on referral):
 Red flag symptoms: breathlessness, palpitations, dizziness, pre-syncope episodes; chest pain
Specifically assess/look for:
History Raynaud's, skin thickening, digital ulcers, oesophageal reflux, joint pain and/or weakness
Examination telangiectasia, Raynaud's, calcinosis, skin thickening/puffy fingers, nail fold changes, myopathy and/or arthropathy

| Primary cardiac | History | Examination findings | Macrovascular (CAD) | History | Examination findings |
|-----------------|---|----------------------|---------------------|--|---|
| | Shortness of breath on exertion (exclude ILD, Pulm HTN, PE) | Pulse abnormalities | | Cardiac ischaemic symptoms (angina, SOBOE) | Peripheral pulses |
| | Palpitation | Murmur(s) | | History of diabetes, peripheral or cerebro-vascular disease, high cholesterol, family history, smoking | Xanthelasma Bruits Murmur (MR, heart failure) |
| | Dizziness/Blackout (pre-syncope/syncope) | | | | |
| | Muscle weakness | | | | |

Investigation of patients with cardiac disease



Management of patients with cardiac disease

| Primary Cardiac | |
|--|---|
| Arrhythmia | Pharmacotherapy |
| | Pacemaker/device |
| | Ablation therapy |
| Fibrosis | Consider immunosuppression |
| Myocarditis (+/- part of wider myositis) | Oral/iv steroid (caution risk of renal crisis) +/- Immunosuppression |
| | Immunosuppression: MTX, MMF, pulse cyclophosphamide |

| Macrovascular/CAD | |
|-------------------|--|
| Pharmacotherapy | Prognostic |
| | Aspirin (caution with PPI) |
| | Statin (caution myositis) |
| | ACEI |
| | Beta-blocker: selective |
| | [Anti-anginal (symptom control)] |
| | Treat traditional risk factors effectively (BP, diabetes, smoking cessation) |
| Intervention | If indicated as per usual practice |