



A drug after my own heart: perimyocarditis after mesalamine use

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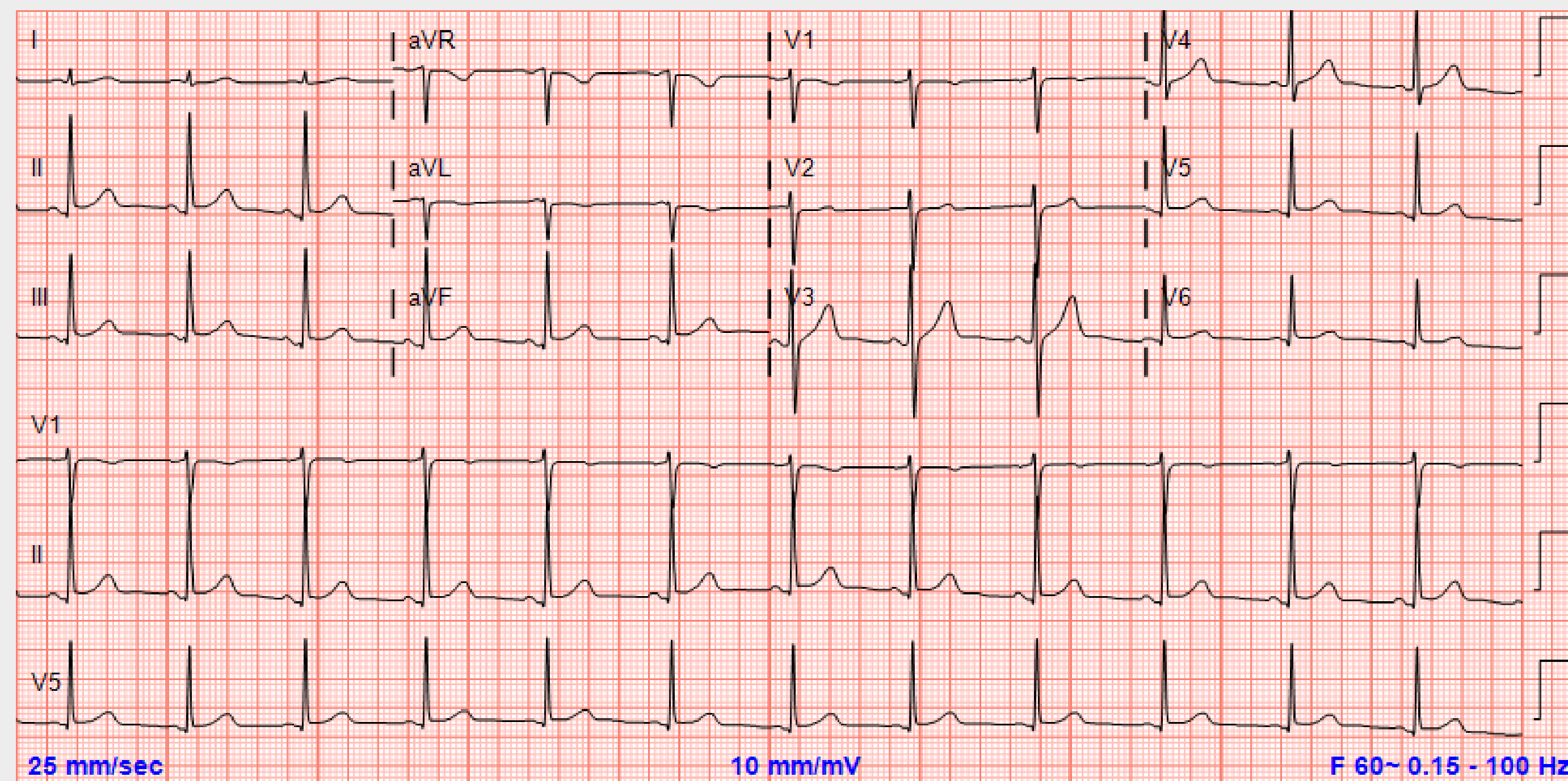


Introduction

- Mesalamine a commonly used first line treatment to induce remission in mild to moderate Ulcerative Colitis.
- Mesalamine can rarely cause serious and life threatening cardiac and lung inflammation including myocarditis, pericarditis, pleural or pericardial effusion.

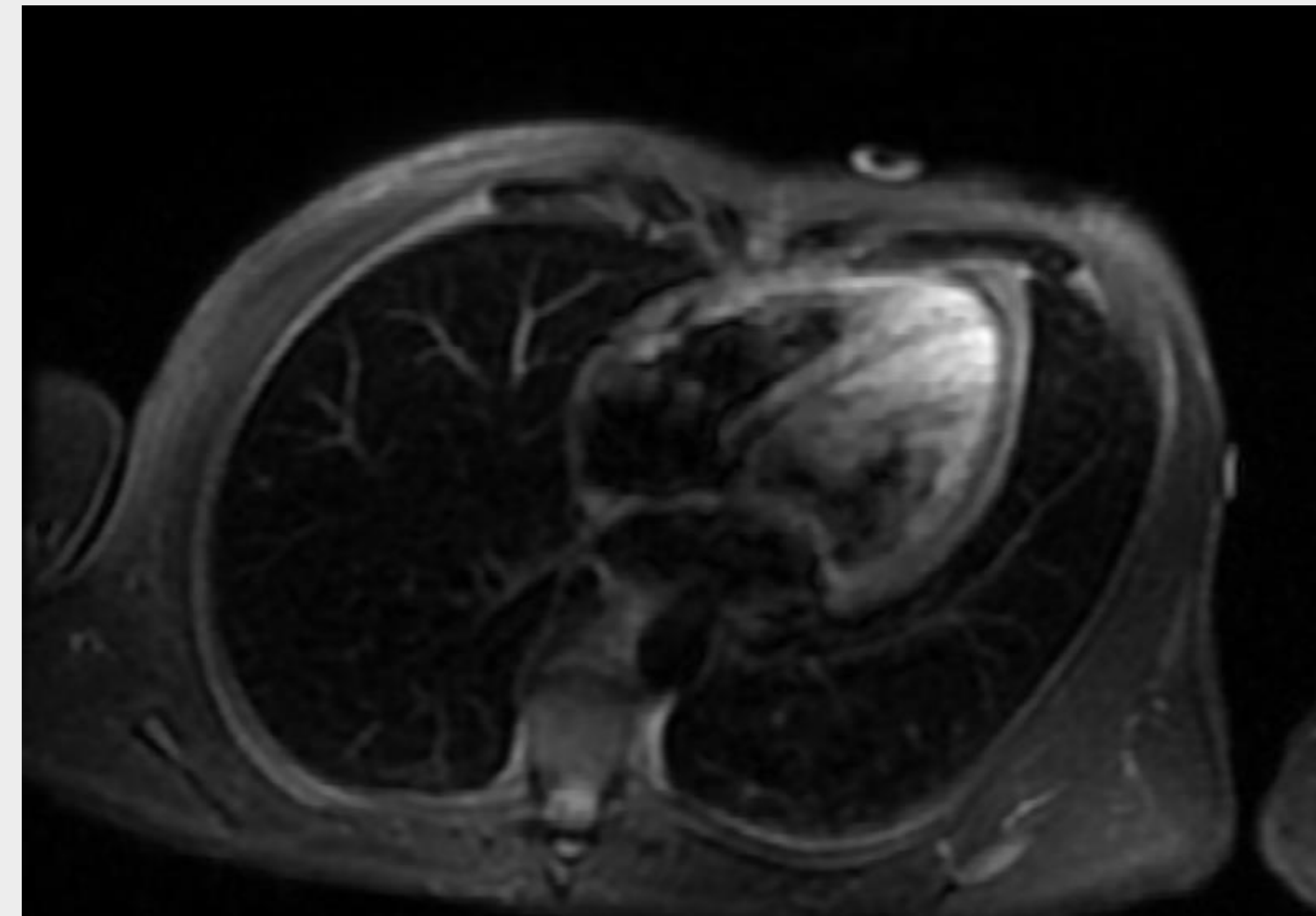
Case

- 33-year-old male recently diagnosed with moderate pancolonic ulcerative colitis on mesalamine presented with one day of pleuritic, positional chest pain and exertional dyspnea.
- Labs were remarkable for elevated troponin to 0.918, elevated brain natriuretic peptide at 2770 and elevated D-dimer to 0.94.
- Electrocardiogram showed diffuse PR depression and ST elevations consistent with pericarditis.



Case cont

- A transthoracic echocardiogram revealed moderate global hypokinesis with a reduced ejection fraction of 25-30%.
- Mesalamine was stopped. He was started on started Ibuprofen 600mg and colchicine 1mg.



- Cardiac MRI showed hyperenhancement throughout basal-to-mid inferior and inferolateral wall with ~5% scar burden proving the diagnosis of perimyocarditis.
- He was pain free after 2 days. Follow up 1 month later his ejection fraction had recovered to 52%.
- He was deemed fit for full duty 3 months later after passing treadmill exercise stress testing.

Discussion

- Mesalamine induced myocarditis is a rare but potentially lethal complication with a reported incidence up to 0.3%.
- Typically occurs within 1-2 weeks of starting the medication but has been reported as early as 48 hours and as late as 4 weeks.
- Withdrawal of mesalamine leads to symptomatic improvement and recovery of ejection fraction within weeks.
- Future treatment with mesalamine and other 5-ASA derivatives must be avoided as it can trigger recurrent symptoms.
- Our case highlights a rare and life-threatening complication of a commonly used medication and the importance of discussing the potential risks of medications with patients.
- Patient's UC symptoms have returned since stopping therapy and he remains hesitant to start other agents over concerns regarding career and adverse effects.

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