

Clinicopathological Profile of Cardiac Myxomas in Bahraini Population

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Background: Cardiac tumors could be either primary (benign or malignant) or secondary. Myxomas are the most frequent benign cardiac neoplasms of the heart, usually affecting the ages between 30 and 70 years and are typically found in females.

Objective: To evaluate the clinicopathological manifestations of cardiac myxomas in the Bahraini population.

Design: A Retrospective Study.

Setting: Mohammed Bin Khalifa Cardiac Center, BDF-RMS Hospital, Bahrain.

Method: Twelve cases of cardiac myxoma patients were reviewed from 2005 to 2012. Personal characteristics and clinicopathological manifestations were documented.

Results: Twelve patients with cardiac myxoma tumors were included in the study. Seven (58%) patients were females; the age range was from 44 years to 70 years and the mean range was 57.6 years. In eight (67%) patients, the tumors were found in the left-atrium, in three (25%) patients in the right-atrium and in one (8%) patient in the right-ventricle. The most common presentation was chest pain, seven (58%), followed by neurological symptoms, five (42%) and shortness of breath, four (33.5%). Five (42%) patients had diabetes mellitus, four (33.3%) had dyslipidemia and two (17%) had hypertension.

Conclusion: Myxomas were the most common benign primary cardiac tumors in our institute, mostly arising from the left-atria. Five years of follow-up revealed no recurrence. Most patients presented with extra-cardiac manifestations and surgical intervention was the treatment of choice.

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