

Leefregels bij LQTS

Arthur Wilde

Cardioloog Amsterdam UMC, AMC

Leefregels bij LQTS

Onderwerpen

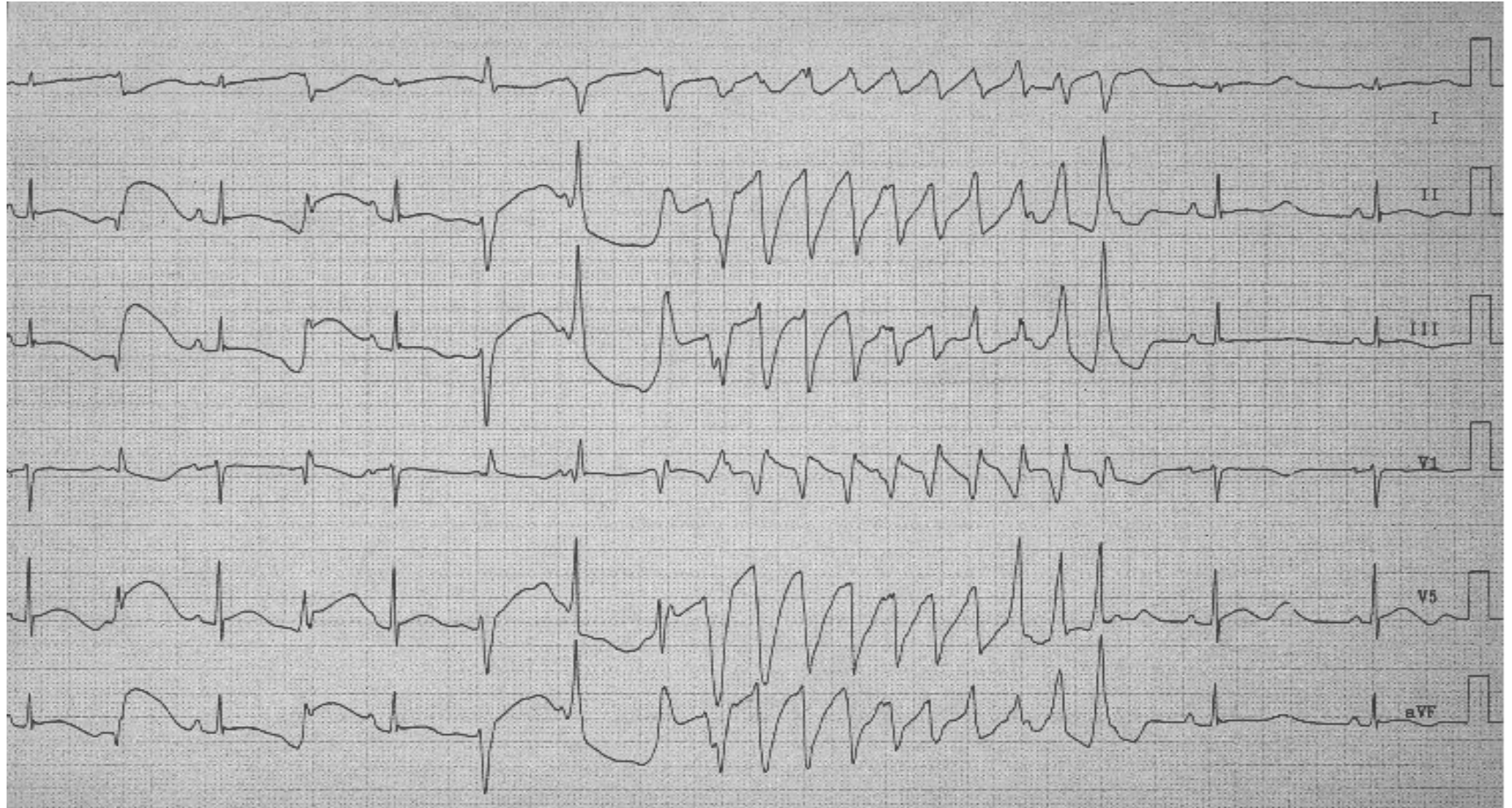
- ♥ inleiding
- ♥ opletten met medicatiegebruik
- ♥ sport
- ♥ ontspanning
- ♥ voeding

Leefregels bij LQTS

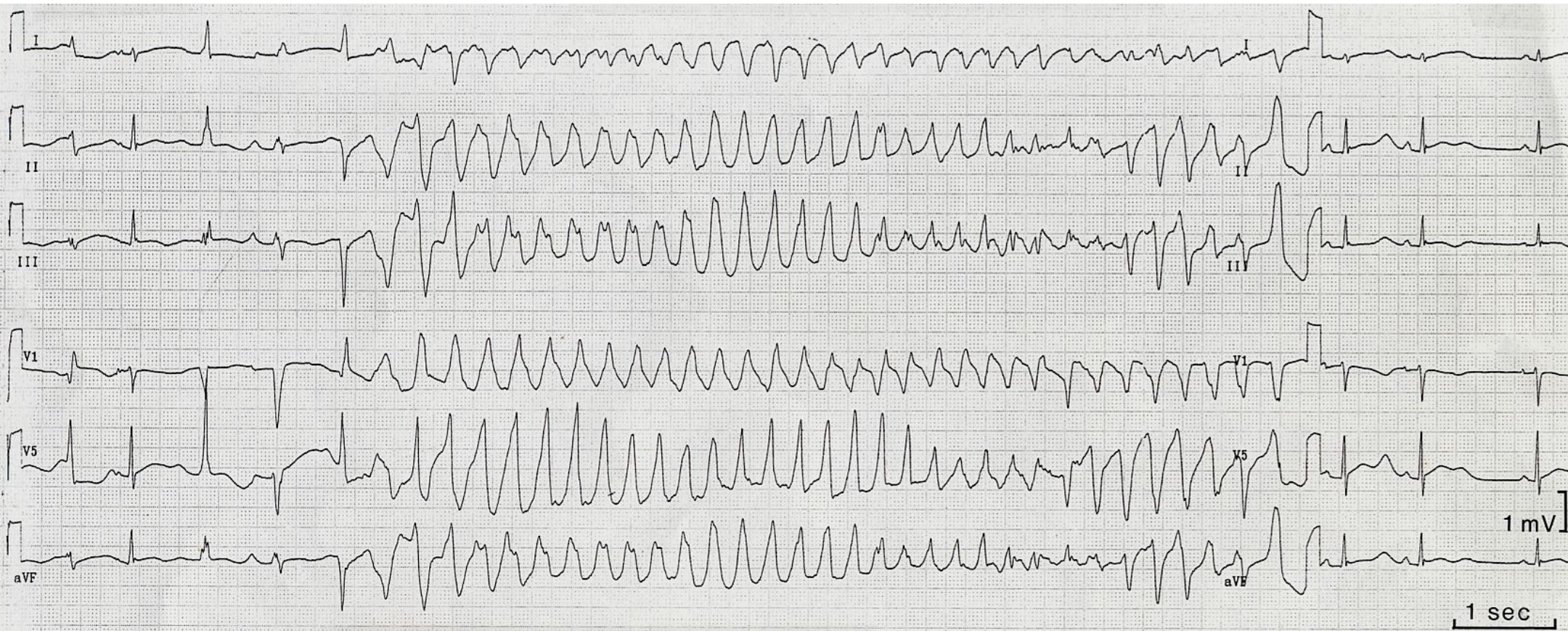
Klachten

- ♥ kort duizelig
- ♥ echt duizelig, bijna wegraking
- ♥ echte wegraking
- ♥ plotseling overlijden

Korte ritmestoornis



Wat langere ritmestoornis



Congenitaal LQTS, algemeen

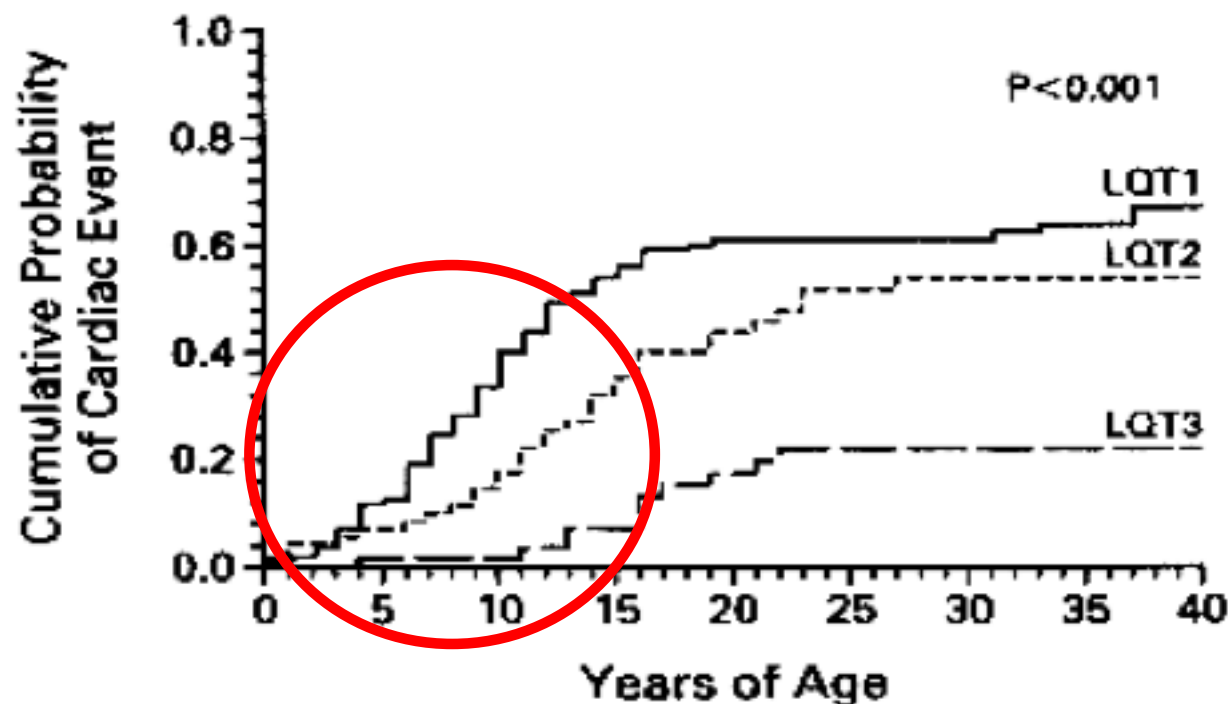
♥ **niet één ziekte**

**sterk afhankelijk van gen defect
type 1, 2 of 3 of 17**

♥ **leeftijd, geslacht, andere ziektes**

♥ **medicatiegebruik**

Leeftijd waarop klachten ontstaan



No. of SUBJECTS

LQT1 group	112	72	36	27	19
LQT2 group	72	56	29	16	11
LQT3 group	62	58	36	24	16

The LQT registry

Zareba et al. NEJM 1998; 339: 960-5.

Opletten met medicatiegebruik

Veel verschillende medicatie

- ♥ **www.credibledrugs.org (E)**
- ♥ **lokale lijsten (NL)**
- ♥ **overleg met terzake kundige cardiologen**
- ♥ **licht uw apotheek in!**





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QTDrugs Lists (registration required)

Info: Congenital LQT and Drugs to Avoid

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See News below!

List of QT Clinical Factors Launched - QTFactors.org
Free Smartphone App for QTdrugs Lists (click [here](#))

QUICK SCAN for drugs on the QTdrugs Lists:

Click Here

Quick Scan for one drug at a time (No registration required)

Click Here

Review all lists and download (Free, registration required)

Search for Drugs that Prolong QT & induce Torsades de Pointes (TdP)

Based on ongoing systematic analysis of all available evidence, CredibleMeds® places drugs into broad categories based on whether each can cause QT prolongation or TdP. These actions are highly dependent on the circumstances of each drug's use **AND** each patient's clinical characteristics.

Search for Drug of Interest:

Search

QT/TdP Risk Categories for Drugs



Known Risk of TdP - These drugs prolong the QT interval **AND** are clearly associated with a known risk of TdP, even when taken as recommended.



Possible Risk of TdP - These drugs can cause QT prolongation **BUT** currently lack evidence for a risk of TdP when taken as recommended.



Conditional Risk of TdP - These drugs are associated with TdP **BUT** only under certain conditions of their use (e.g. excessive dose, in patients with conditions such as hypokalemia, or when taken with interacting drugs) **OR** by creating conditions that facilitate or induce TdP (e.g. by inhibiting metabolism of a QT-prolonging drug or by causing an electrolyte disturbance that induces TdP).



Drugs to Avoid in Congenital Long QT Syndrome (cLQTS) - These drugs pose a high risk of TdP for patients with cLQTS and include all those in the above three categories (KR, PR & CR) **PLUS** additional drugs that do not prolong the QT interval per se but which have a Special Risk (SR) because of their other actions.

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Based on ongoing systematic analysis of all available evidence, CredibleMeds® places drugs into broad categories based on whether each can cause QT prolongation or TdP. These actions are highly dependent on the circumstances of each drug's use AND each patient's clinical characteristics.

Search for Drug of Interest:

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Sotalol -  Drug has a Known Risk of TdP

QT/TdP Risk Categories for Drugs



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cLQTS, gen specifieke zaken

♥ **ECG karakteristieken**

vorm van de T-toppen

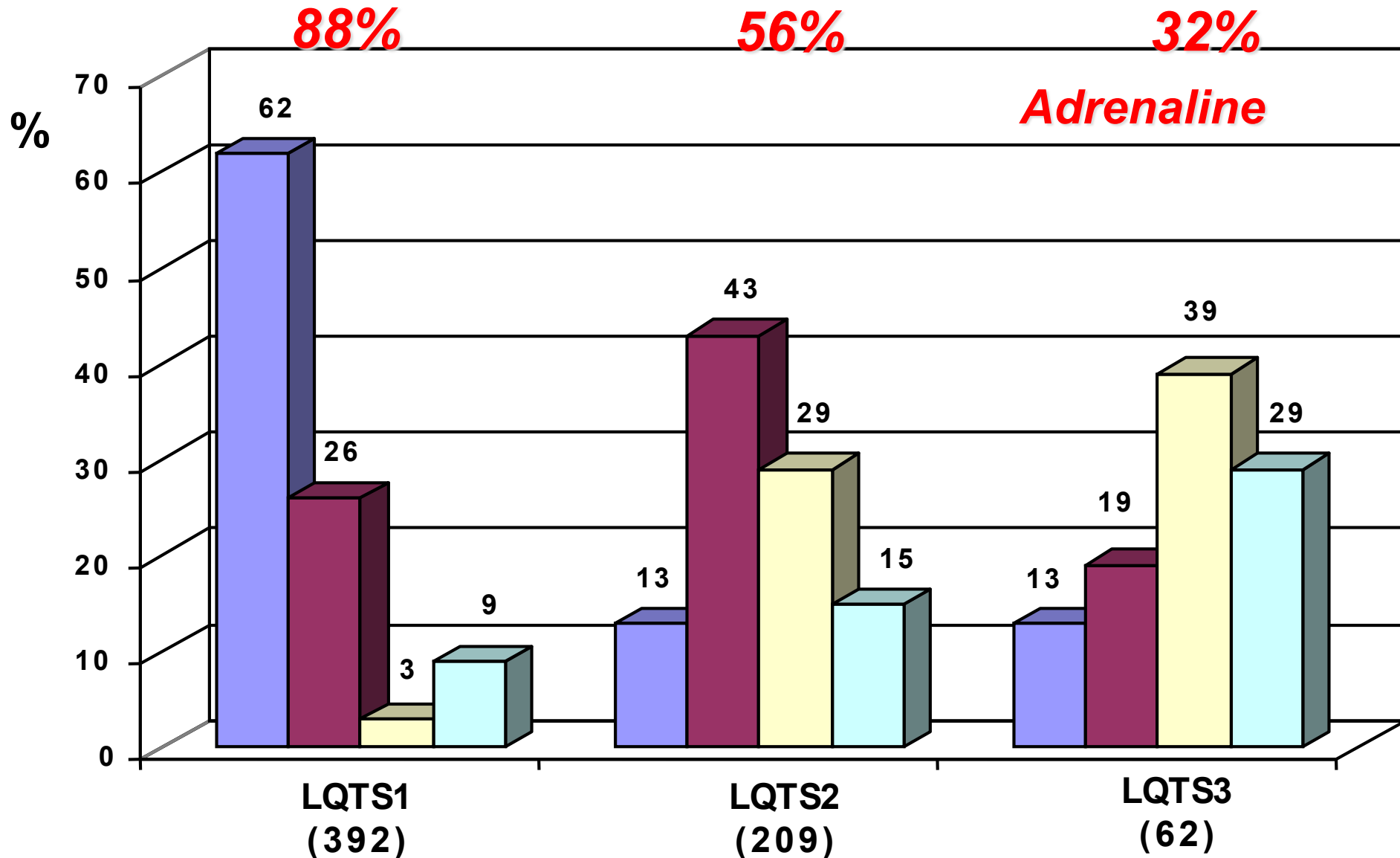
ontstaan ritmestoornissen

♥ **uitlokkende factor (wegraken, overlijden)**

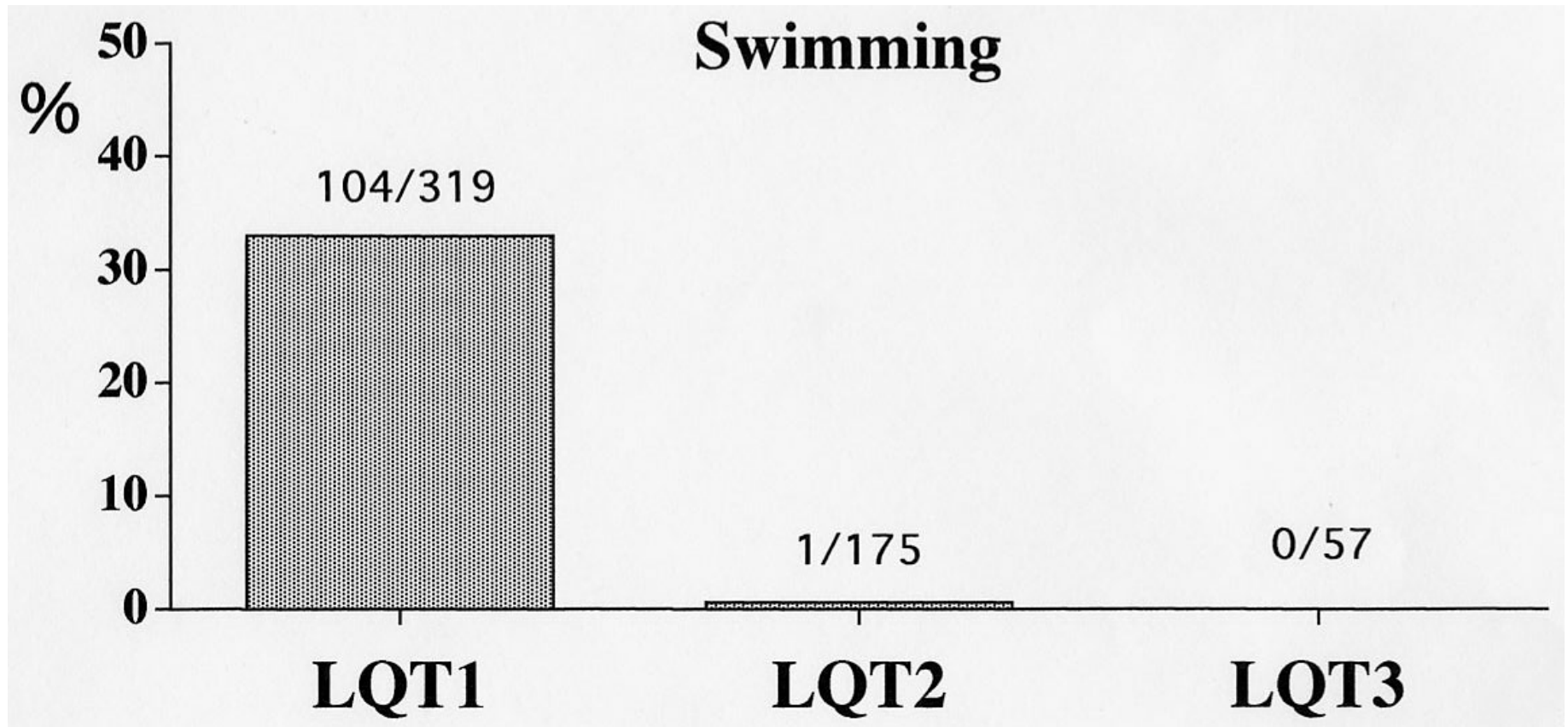
♥ **Klinisch beloop (leeftijd begin klachten)**

LQT registry, uitlokkende factor klachten

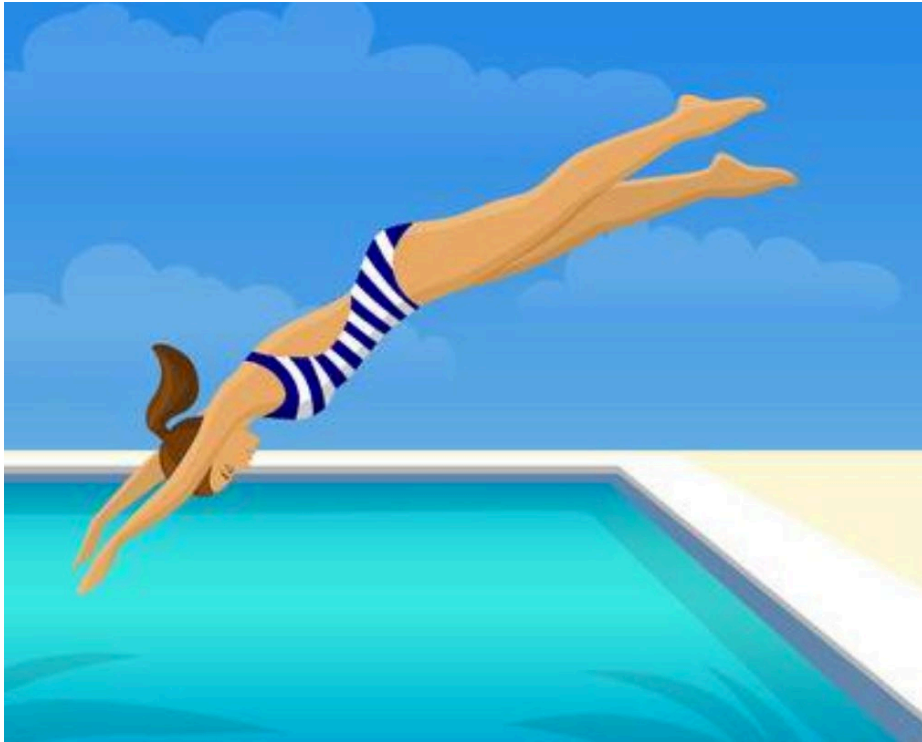
(Schwartz e.a. 2001)



Genotype-phenotype, LQT registry



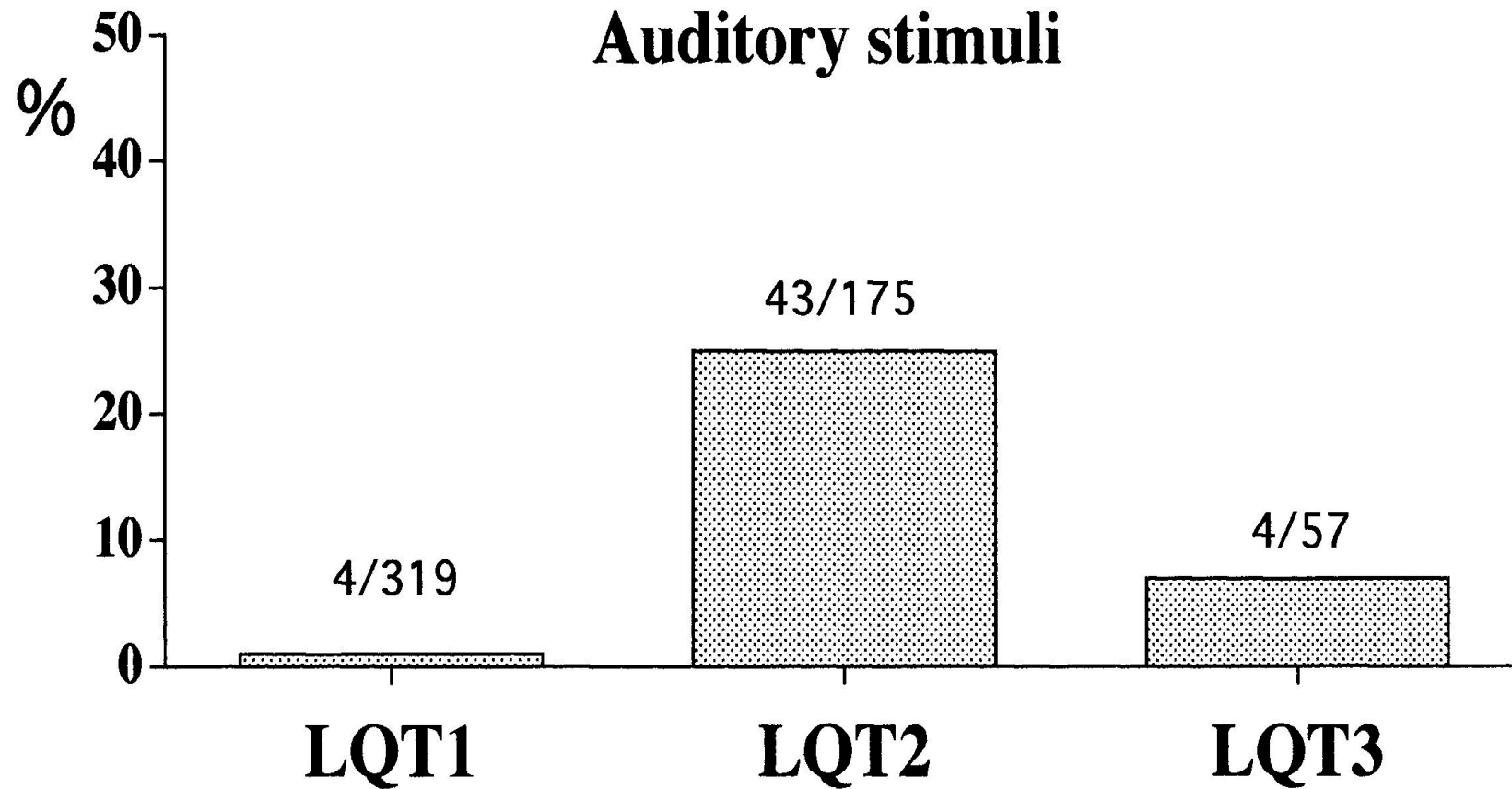
‘zwemmen’



- ♥ duiken
- ♥ onderwater
gaan
- ♥ onbehandeld
niet
- ♥ wel
zwemdiploma
- ♥ onder
begeleiding

Type 1 LQTS

Genotype-phenotype, LQT registry



‘geluidsprikkel’

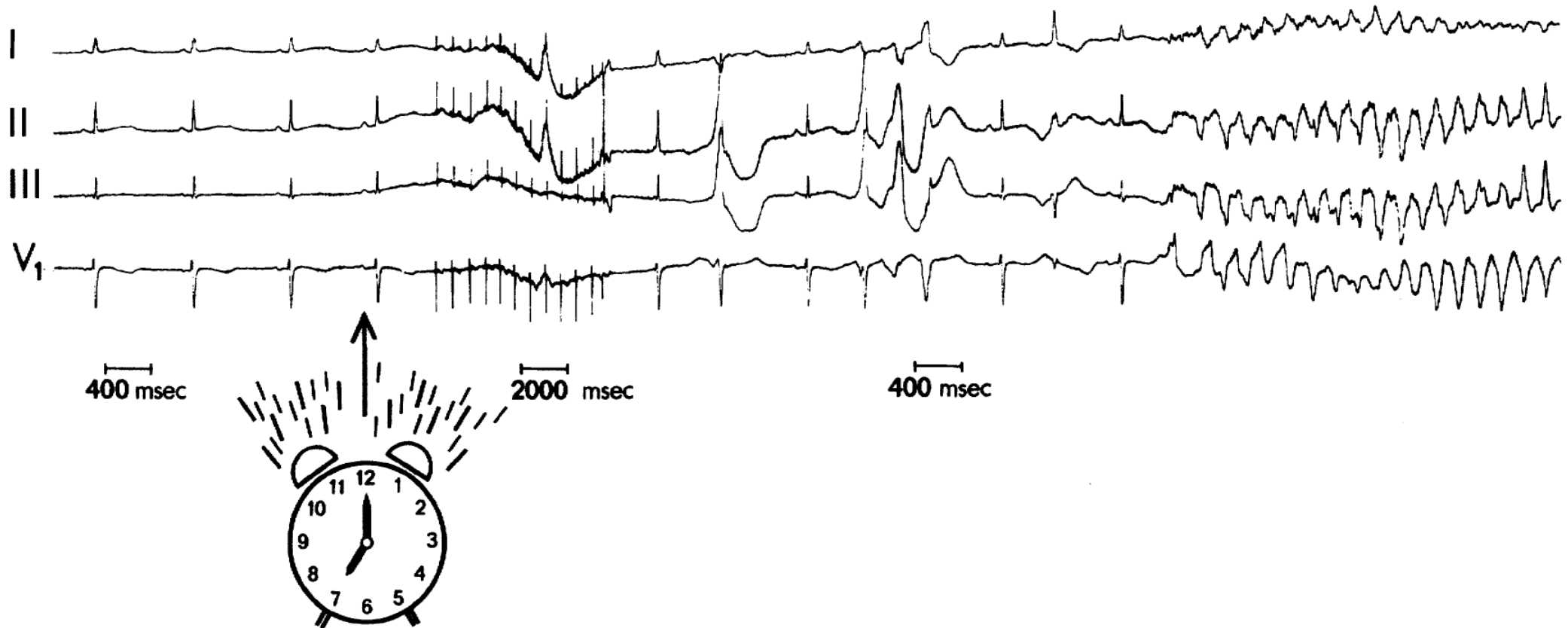


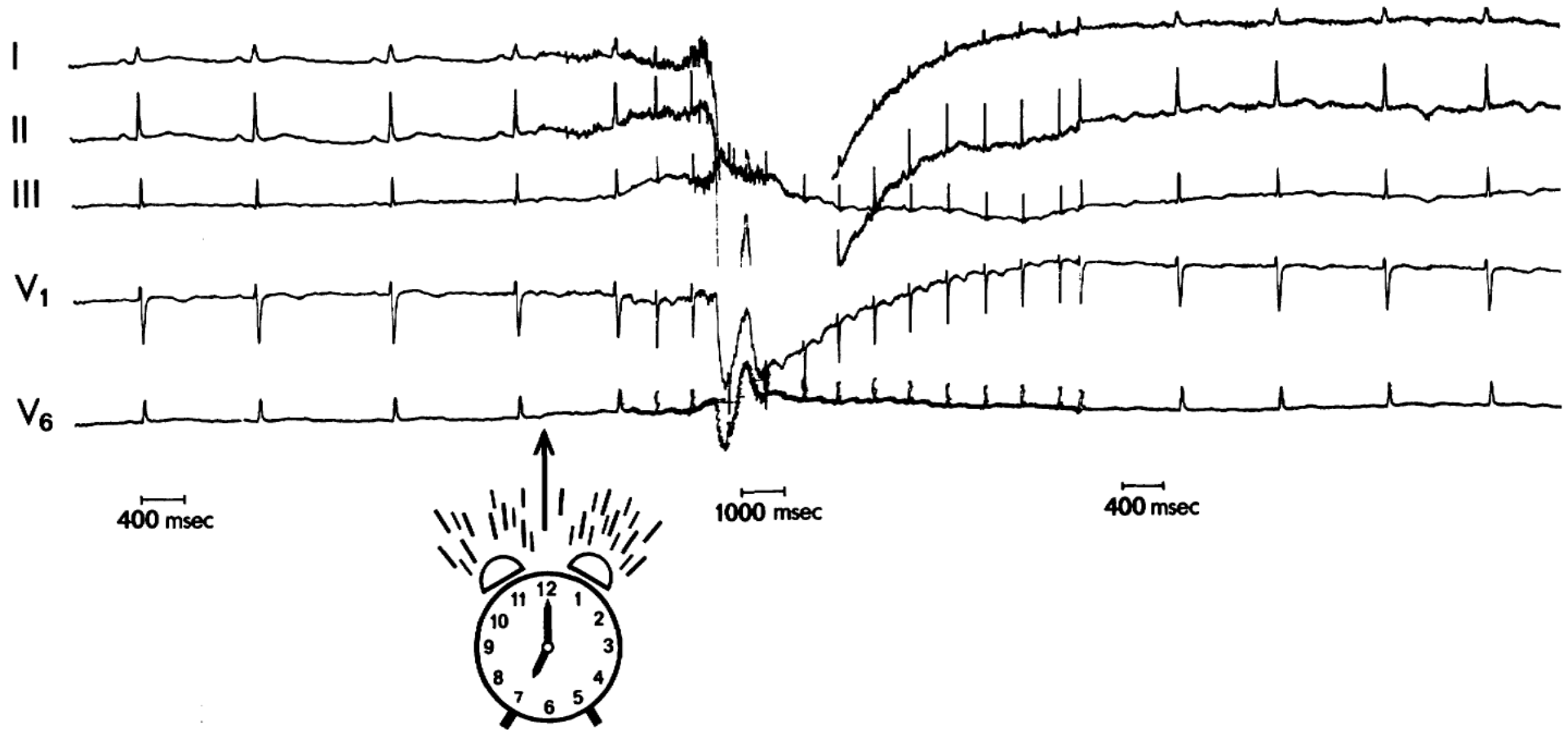
- ♥ **wekker**
- ♥ **deurbel**
- ♥ **laten schrikken**

Type 2 LQTS

Ventricular Fibrillation Occurring on Arousal from Sleep by Auditory Stimuli

By HEIN J. J. WELLENS, M.D., AART VERMEULEN, M.D.,
AND DIRK DURRER, M.D.





Tijdens medicatie gebruik

Leefregels bij LQTS

Sport

- ♥ LQT type afhankelijk
- ♥ type 1: liever niet zwemmen, duiken
- ♥ type 1 en 2 (?): geen topsport
- ♥ onder medicatie kan veel wel
- ♥ en onder goede begeleiding.



Leefregels bij LQTS

Ontspanning

- ♥ zwemmen, duiken
- ♥ pretparken
- ♥ andere 'enge' dingen

Life style Don'ts





Life style
Don'ts



Leefregels bij LQTS

Ontspanning

- ♥ hangt erg af van beleving (denk ik)
- ♥ hoe 'enger' hoe gevaarlijker
- ♥ liever niet!

Leefregels bij LQTS

Ontspanning

♥ energy drinks

♥ voeding: grapefruit!

Energy drinks



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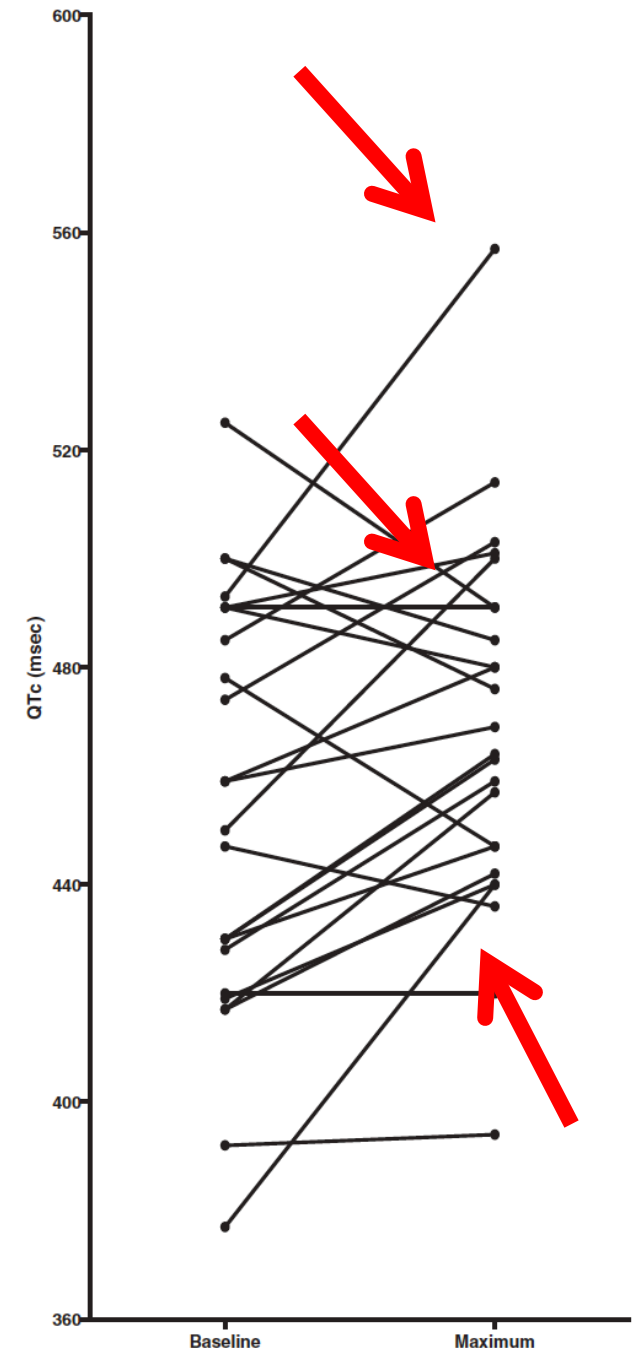
Teen dies from too much caffeine, coroner says

By Jamiel Lynch and Debra Goldschmidt, CNN

🕒 Updated 1904 GMT (0304 HKT) May 16, 2017



B



Leefregels bij LQTS

Reizen

- ♥ **Liever niet naar landen als bv India**
- ♥ **Voedelsvergiftiging, Kalium verlies**
- ♥ **Geen medicatie**
- ♥ **Koorts**



Leefregels bij LQTS

Bij adequate behandeling

- ♥ kan heel veel wel
- ♥ maar zoek niet de problemen op
- ♥ sommige dingen echt niet.