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Advanced echocardiography in characterization and management of patients with secondary mitral regurgitation

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1. “LVGLS reflects LV dysfunction better than LVEF in secondary MR and has an incremental prognostic value over LVEF” (this thesis)
2. “RVol/LVEDV ratio may further improve risk stratification in secondary MR as it takes into account the relative severity of both MR and LV volume” (this thesis)
3. “Secondary MR is more prevalent in men compared to women and is associated with worse prognosis, probably due to the underlying ischemic heart disease which is also more prevalent in men and is known to progress over time and lead to worse outcome” (this thesis)
4. “Quantification of secondary MR is challenging and its severity can be under- or overestimated when using the PISA method for quantification” (this thesis)
5. “Patients with severe secondary MR had more impaired LV GLS than patients without significant MR despite having comparable LVEF” (Kamperidis et al, Eur Heart J. 2016).
6. “A worse preoperative GLS predicts no LV reverse remodelling and is associated with adverse long-term outcome after successful MitraClip implantation for patients with secondary MR” (Citro R., Journal of Cardiovascular Medicine 2017)
7. “Since the assessment of strain has much to offer to clinicians as a marker of subclinical disease, strain must move away from the laboratories of expert researchers into general use in clinical work” (Marwick, J AM Soc Echocardiography 2012).
8. “Patients with chronic heart failure respond favorably to transcatheter mitral valve repair if they have a degree of secondary MR that is disproportionately greater than might be expected from the degree of LV chamber enlargement” (Grayburn P, JACC: Cardiovascular Imaging, 2019).
9. “The important thing is to not stop questioning. Curiosity has its own reason for existing” (Albert Einstein, 1879-1955) – *with questioning we can learn and grow.*
10. “Don’t grieve. Anything you lose comes round in another form” (Rumi, 1207-1273) – *it is never a loss, even by making other choices yourself; it will always bring you to other places.*
11. “The width of life is more important than the length of life” (Avicenna, 980-1037) – *life can be short, so make sure you make the best of it.*
12. “You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone” (Roy. T. Bennett, 1939-2014) – *always be brave to leave your comfort zone in order to grow yourself.*