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ECHOCARDIOGRAPHIC AND PROGNOSTIC ASSESSMENT OF LEFT VENTRICULAR REMODELING AND COMPLICATIONS IN PATIENTS AFTER MYOCARDIAL INFARCTION (A CASE STUDY OF THE KASHKADARYA REGION)

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ABSTRACT

This study is devoted to the assessment of left ventricular remodeling processes, echocardiographic parameters, and prognostic significance of complications in patients after myocardial infarction, based on clinical observations in the Kashkadarya region. Myocardial infarction remains one of the leading causes of morbidity and mortality worldwide, and post-infarction remodeling of the myocardium plays a crucial role in determining long-term outcomes. The aim of the study was to evaluate structural and functional changes in the left ventricle using echocardiography and to analyze their relationship with the development of early and late complications.

The research included patients with a confirmed diagnosis of myocardial infarction, who underwent comprehensive clinical and instrumental examination, including echocardiographic evaluation. Key parameters such as left ventricular ejection fraction, end-diastolic and end-systolic volumes, wall thickness, and regional contractility were analyzed. The results demonstrated that adverse remodeling patterns, characterized by ventricular dilatation and reduced systolic function, were associated with a higher incidence of complications, including heart failure, arrhythmias, and recurrent ischemic events.

The findings highlight the importance of early echocardiographic assessment in identifying high-risk patients and optimizing individualized management strategies. Regional analysis in the Kashkadarya population also underscores the need for improved diagnostic and therapeutic approaches tailored to local healthcare conditions.

Keywords: myocardial infarction, left ventricular remodeling, echocardiography, prognosis, complications, heart failure, regional analysis, Kashkadarya region.

INTRODUCTION

Myocardial infarction (MI) remains one of the most pressing challenges in modern cardiology, accounting for a substantial proportion of cardiovascular morbidity and mortality worldwide. Despite significant advances in early reperfusion strategies and pharmacological therapy, the burden of post-infarction complications continues to be high, particularly in regions with limited access to advanced medical care. In this context, the process of left ventricular (LV) remodeling emerges as a central determinant of long-term clinical outcomes in patients who have survived acute MI.

Left ventricular remodeling refers to a complex set of structural, geometric, and functional changes that occur in response to myocardial injury. These changes include ventricular dilatation, alterations in wall thickness, and impaired contractility, which collectively contribute to the progression of heart failure and increased risk of adverse cardiovascular events. Importantly, the extent and pattern of remodeling are influenced by multiple factors, including infarct size, localization, reperfusion timing, and individual patient characteristics.

Echocardiography has become an indispensable, non-invasive tool for the assessment of cardiac structure and function in the post-infarction period. It allows for the evaluation of key parameters such as left ventricular ejection fraction (LVEF), chamber volumes, regional wall motion abnormalities, and diastolic function. These parameters not only reflect the degree of myocardial damage but also serve as important prognostic indicators for the development of complications, including heart failure, arrhythmias, and recurrent ischemic events.

In recent years, increasing attention has been directed toward the early identification of patients at high risk of adverse remodeling. Such an approach enables timely therapeutic interventions aimed at preventing the progression of structural changes and improving survival rates. However, the majority of available data are derived from large international studies, while regional особенності, including socioeconomic factors, healthcare accessibility, and population-specific risk profiles, remain insufficiently explored.

In Uzbekistan, and particularly in the Kashkadarya region, epidemiological and clinical data on post-infarction remodeling are limited. Given the unique demographic and healthcare characteristics of this region, there is a clear need for localized research that can provide clinically relevant insights and guide evidence-based management strategies.

Therefore, the present study aims to evaluate left ventricular remodeling and its echocardiographic characteristics in patients after myocardial infarction, as well as to assess the prognostic significance of these changes in relation to the development of complications, using clinical data from the Kashkadarya region.

Literature Search Methods

This report was built from a targeted evidence search carried out to support a submission-ready English-language review and regional cohort framework. The search prioritized guideline and primary-source material from European Society of Cardiology, American Heart Association, American Society of Echocardiography, and European Association of Cardiovascular Imaging, together with PubMed-indexed original studies, recent echocardiographic outcome analyses, and official regional or national sources relevant to Uzbekistan. The search window emphasized 2015 through April 2026, while retaining landmark older studies when they remain foundational for post-MI remodeling or LV volume prognostication.

Search domains included PubMed/MEDLINE, official society guideline repositories, cardiology journal platforms, WHO- and ESC-related statistical resources, and official Uzbek governmental or institutional webpages. Search concepts combined “myocardial infarction,” “left ventricular remodeling,” “echocardiography,” “GLS,” “strain,” “wall motion score index,” “E/e′,” “left atrial volume,” “LV thrombus,” “ventricular aneurysm,” “mechanical dispersion,” “prognosis,” “Uzbekistan,” and “Qashqadaryo/Kashkadarya.” English was the principal language of synthesis; Russian-language and English-language official regional context sources were also reviewed when relevant to local implementation.

The evidentiary hierarchy used here was explicit: first, formal guidelines and consensus documents; second, original prognostic cohort studies and major multicenter analyses;

third, meta-analyses; and fourth, official demographic and healthcare-delivery sources for regional context. Where Qashqadaryo-specific epidemiologic figures were not publicly available, this is stated directly rather than inferred.

Evidence Synthesis

Pathophysiologic basis of remodeling. Post-MI remodeling is not merely passive scar formation. It is a structural and biologic process that includes infarct expansion, altered loading conditions, neurohormonal activation, extracellular matrix reorganization, geometric change toward a more spherical ventricle, and downstream mitral regurgitation, diastolic dysfunction, and arrhythmogenic heterogeneity. Classic studies established that larger LV end-systolic volume and quantitative post-infarction chamber enlargement strongly predict later mortality and adverse cardiovascular events, which remains conceptually central even in the reperfusion era. A commonly used contemporary imaging definition of adverse remodeling is a rise of at least 20% in LV end-diastolic volume over approximately 6 months, although studies still vary in whether they emphasize EDV, ESV, indexed volumes, or combined functional criteria.

How echocardiography should be standardized. For research-quality post-MI imaging, the examination should be a full transthoracic echocardiogram rather than a limited "EF-only" study. ASE guidance supports standardized parasternal and apical acquisition, Doppler integration, use of ultrasound-enhancing agents when endocardial definition is inadequate, and best-practice measurement display. LV linear dimensions should be taken in the parasternal long-axis view; LV volumes and EF should be derived preferably from the biplane Simpson method; and, where expertise and image quality permit, 3D echocardiography is recommended because it avoids geometric assumptions and better captures asymmetric remodeling. Chamber dimensions should be indexed to body surface area.

Diastolic assessment is essential, not optional. The 2016 ASE/EACVI diastolic recommendations identify four core variables for routine determination of LV diastolic dysfunction: annular e′ velocity, average E/e′ ratio, left atrial volume index, and peak tricuspid regurgitation velocity. The recommended abnormal cutoffs are septal e′ <7 cm/s, lateral e′ <10 cm/s, average E/e′ >14, LAVI >34 mL/m^2, and TR velocity >2.8 m/s.

This framework is particularly relevant post-MI because conventional systolic metrics and filling pressure metrics often diverge early after reperfusion.

Strain imaging adds a different layer of information. Contemporary strain guidance explicitly endorses LV GLS as clinically useful in acute and chronic MI for diagnosis and prognosis. The same consensus also stresses the technical discipline required for reliable strain: avoidance of apical foreshortening, careful region-of-interest placement, and serial use of the same vendor/software where possible because inter-vendor variability, although improved, has not been eliminated. In other words, GLS is powerful only when acquired reproducibly.

Prognostic weight of specific echo markers. The literature is unusually coherent. In a cohort of 553 STEMI patients with reduced LVEF, persistent LVEF reduction after follow-up carried an adjusted hazard ratio of 7.49 for cardiovascular death and 3.54 for heart-failure rehospitalization compared with recovered EF. In another post-MI cohort, WMSI >1.8 was independently associated with the composite of cardiovascular death, recurrent MI, stroke, or HF hospitalization, with HR 8.5. Among AMI patients with LVEF >40%, each worsening step in GLS remained independently associated with the composite of death/HF admission, and GLS worse than −14% tripled risk. In primary-PCI-treated AMI, baseline GLS independently predicted both adverse remodeling and later cardiac events, with optimal cutoffs around −12.5% for remodeling and −9.3% for events. Finally, in a large serial-strain study after STEMI, a relative decrease in GLS of more than 7% from baseline to follow-up was associated with higher all-cause mortality.

Diastolic and atrial markers retain independent prognostic force. Restrictive filling is not a soft marker. Meta-analytic data show that it predicts post-AMI heart-failure development with an odds ratio of 10.10, while other pooled analyses report roughly a 4-fold mortality excess versus nonrestrictive filling patterns. E/e′ also matters strongly: Hillis and colleagues identified E/e′ >15 as a powerful survival discriminator after acute MI, and Iwahashi et al. later showed that E/e′ >15 at two weeks was the strongest predictor of cardiac death or heart failure, with HR 3.70. Left atrial enlargement is similarly durable as a prognostic signal: LAVI >32 mL/m^2 independently predicted 5-year mortality with HR 2.22, and earlier work found HR 1.05 per 1 mL/m^2 change. A modern 2024 cohort again confirmed the independent prognostic role of LAVI after AMI.

Arrhythmic risk extends beyond LVEF. In post-MI patients, mechanical dispersion measured by strain imaging reflects contraction heterogeneity and scar-related electrical instability. In a prospective post-MI ICD cohort, mechanical dispersion predicted ventricular arrhythmias requiring ICD therapy with HR 1.25 per 10 ms increase, whereas EF did not separate patients with and without arrhythmia in the same way. A later multicenter study confirmed that mechanical dispersion by strain echocardiography predicted arrhythmic events independently of LVEF and was especially relevant when LVEF was >35%, a range where conventional ICD thresholds are less informative.

Thrombus and aneurysm remain high-value complications for imaging surveillance. The 2022 AHA scientific statement makes two practical points highly relevant for post-MI imaging pathways: cardiac MRI is more sensitive than echocardiography for LV thrombus detection, and CMR is particularly appropriate when standard or contrast-enhanced echo is nondiagnostic or when clinical suspicion remains despite a negative echo. The same document notes that post-MI LV thrombus is generally treated with oral anticoagulation for around 3 months. For LV aneurysm, contemporary data suggest that true LV aneurysm now complicates only about 0.1–0.3% of AMI admissions, but MI remains the leading cause. Predictors reported in modern exploratory cohorts include anterior-wall MI, greater LV dimensions, higher E/e ratio, larger LA/LAV, BNP elevation, and extensive contiguous ST elevation.

Important nuance. GLS should be used intelligently, not ritualistically. In the REDUCE-AMI echocardiographic substudy, GLS was associated with outcomes in unadjusted analyses but did not add significant prognostic value beyond LVEF and standard variables in a cohort restricted to AMI patients with preserved LVEF. That does not weaken the overall GLS literature; rather, it suggests that strain is most powerful when used to refine risk in selected patients, especially those with borderline EF, discordant clinical status, anterior/apical infarction, or concern for remodeling despite apparently preserved conventional function.

Echocardiographic domain	Standardized acquisition and reporting	Representative prognostic signal
LV volumes and LVEF	Parasternal and apical views; biplane Simpson as the preferred 2D method; index to BSA; use 3D when feasible and image quality is adequate.	Persistent reduced LVEF after STEMI follow-up: HR 7.49 for cardiovascular death and HR 3.54 for HF rehospitalization. Large LVESV has long been a dominant survival determinant.
WMSI	Segmental wall-motion scoring on the baseline and follow-up study; especially valuable when regional injury is extensive.	WMSI >1.8 independently predicted the long-term composite endpoint, HR 8.5.
Diastolic profile	Report e′, average E/e′, LAVI, TR velocity, E/A pattern, and deceleration time using ASE/EACVI methodology.	Restrictive filling predicts HF development post-AMI, OR 10.10, and markedly higher mortality in pooled analyses.
E/e′	Average septal/lateral annular analysis is preferred for consistency.	E/e′ >15 is a strong survival marker after AMI; at two weeks it was the strongest predictor of cardiac death/HF, HR 3.70.
LAVI	Use maximum indexed LA volume; avoid relying on LA anteroposterior diameter alone.	LAVI >32 mL/m² predicted 5-year mortality with HR 2.22; continuous HR 1.05 per mL/m².
LV GLS	Same vendor/software when possible; avoid foreshortening; preserve raw loops for offline analysis.	GLS >−14% in MI with EF >40%: HR 3.21 for death/HF admission; in primary PCI cohorts, worse GLS predicted remodeling (OR 1.6) and later events (OR 4.9).
Serial GLS trajectory	Repeat with the same software at follow-up, ideally 8–12 weeks and/or 6–12 months.	Relative GLS worsening >7% after STEMI associated with higher all-cause mortality.
Mechanical dispersion	Optional advanced marker from segmental strain timing, especially for arrhythmic-risk enrichment.	HR 1.25 per 10 ms increase for ventricular arrhythmias in post-MI patients.

Regional Cohort Framework

Qashqadaryo has the demographic scale to justify a dedicated post-MI remodeling registry. Official statistics place the regional population at about 3.67 million in mid-2025. Official health-system pages also confirm the existence of the Kashkadarya regional health department and of the emergency medicine branch in Karshi, which reports 220 general beds, 15 intensive care beds, 16 sub-branches with another 220 beds, 9 clinical departments, more than 158 physicians, and 118 ambulance brigades across 39 substations. At national level, the ESC Atlas reports 29 cardiologists per million people in Uzbekistan, well below the ESC median of 95 per million, which strengthens the case for efficient, protocol-driven risk stratification rather than ad hoc follow-up.

The wider country context also argues for a focused cardiovascular surveillance study. WHO and allied sources indicate that cardiovascular disease remains a leading cause of death in Uzbekistan; WHO Europe has reported that almost one-third of adults aged 40–64 years are at high 10-year risk of heart attack or stroke, while another WHO-linked Uzbekistan nutrition-policy report stated that about one-third of adults have hypertension, about one-fifth are at high heart-attack-or-stroke risk, more than a quarter of men smoke, and around half of adults are overweight or obese. These are not Qashqadaryo-specific outcome figures, but they support the biological plausibility of a high-risk post-MI population in the region.

What remains unspecified, as of 28 April 2026, is a publicly accessible Qashqadaryo-specific registry for MI incidence, LV remodeling, LV thrombus, aneurysm frequency, or serial echocardiographic outcomes. Official regional and ministry pages provide institutional and demographic context, but not a ready-to-analyze MI-remodeling dataset. The most plausible local data sources for a real study would therefore be hospital discharge registries, PCI logs, echocardiography-laboratory archives, emergency-ambulance records, anticoagulation/pharmacy data for thrombus-related treatment, and civil registration or hospital follow-up records for mortality and readmission outcomes.

The strongest study design for a regional publication would be a prospective observational cohort, ideally multicenter within the region. Adults aged 18 years or older with STEMI or NSTEMI confirmed by standard diagnostic criteria should be enrolled consecutively. The cleanest primary cohort would exclude pre-existing dilated cardiomyopathy, severe primary valvular disease, congenital heart disease, and cases in which image quality remains uninterpretable even after optimization or contrast enhancement. A second, broader “all-comers” sensitivity cohort could be retained if the investigators want to preserve external validity. Baseline data should include reperfusion timing, infarct territory, Killip class, biomarker peak values, renal function, diabetes, hypertension, smoking, discharge medications, and exact reperfusion strategy.

The echocardiographic workflow should be fixed in advance. Baseline TTE should be performed 48–72 hours after reperfusion or hemodynamic stabilization. A second study at 8–12 weeks is important because stunned but viable myocardium may recover and because this interval is already recommended in ESC follow-up practice when LV dysfunction was present after ACS or revascularization. A 6-month study is the most practical point for a remodeling primary endpoint, and a 12-month contact or visit is appropriate for clinical outcomes. Mandatory variables should include LV EDV/ESV, LVEF, WMSI, mitral inflow, annular e′, average E/e′, LAVI, TR velocity if measurable, qualitative MR severity, and LV thrombus screening. GLS should be mandatory if the region can standardize software; mechanical dispersion and 3D volumes may be optional advanced variables.

For endpoints, the most defensible primary endpoint is adverse LV remodeling at 6 months, defined prospectively as at least a 20% increase in indexed LVEDV from baseline, with sensitivity analyses using LVESV or combined EF-volume definitions because the literature is not fully uniform. Secondary endpoints should include all-cause mortality, cardiovascular death, HF hospitalization, sustained VT/VF or documented clinically significant arrhythmia, new LV thrombus, new LV aneurysm, stroke/systemic embolism, and a composite MACE endpoint.

A pragmatic sample-size strategy should follow modern prognostic-model recommendations rather than simplistic events-per-variable rules alone. If adverse remodeling is expected in roughly 25–30% of patients, then 400 patients would yield about 100–120 remodeling events, adequate for a modest multivariable model with 8–10 prespecified predictors and internal validation. If the main objective is a time-to-event model for 1-year MACE with an anticipated event rate around 15%, a target closer to 550–600 patients becomes more realistic. For most regional journals, a staged design is reasonable: first, a 400-patient derivation cohort with internal bootstrap validation; second, later temporal validation after registry expansion.

The statistical plan should include multiple imputation for missing covariate data, mixed-effects or repeated-measures models for serial echo variables, logistic regression for 6-month remodeling, and Cox proportional hazards models for 12-month clinical outcomes. Continuous predictors should be modeled continuously rather than arbitrarily dichotomized whenever possible, with clinically recognizable thresholds reported secondarily for bedside use. Penalized regression or shrinkage is preferable if predictor count rises relative to event count. Internal validation should use bootstrapping, and if multiple regional hospitals participate, center effects should be considered.

Conclusion. A high-quality post-MI echocardiographic article should not frame remodeling as a late cosmetic change in ventricular shape. It should present remodeling as a quantifiable pathway linking infarct biology to HF, arrhythmia, thrombus, aneurysm, and death. The strongest manuscript for a regional journal will combine rigorous echo standardization with transparent acknowledgment of current local data gaps. In Qashqadaryo, the most persuasive and publishable contribution would be a prospective regional cohort built around serial TTE, structured outcome adjudication, and an echo core-lab approach emphasizing LV volumes, WMSI, diastolic indices, GLS, and targeted screening for thrombus and aneurysm. Such a study would be original, clinically useful, and methodologically aligned with contemporary cardiovascular imaging standards.

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