

## Re: Chest pain – dilated left atrium, young otherwise healthy adult male

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- *From:* "Chest Pain Patient" <[instantp2000–google@xxxxxxxxx](mailto:instantp2000–google@xxxxxxxxx)>
  - *Date:* 11 May 2006 14:04:26 –0700
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Jon,

I am in my mid–20's, been fairly athletic over my lifetime and I am still in acceptable shape. About two years ago, I began experiencing severe chest pain. It never comes on with exertion. If anything, exertion makes it feel better. But approx. 30min afterwards I have noticed that I am prone to the pain. These pains may last 5 minutes, but may also last for 6–8 hours in a reduced grade. The pain is not typical angina pain. It is not crushing nor does it cause shortness of breath. It is "sharp", "aching" and "gnawing". It is mostly localized to the left side of chest. Also, it seems that lack of sleep and stress aggravates the condition. It has had a devastating effect on my life.

I too, was told that it was anxiety. Despite treating the "anxiety", the chest pain did not subside. (Who in their right mind wouldn't have anxiety due to unexplained chest pain!??)

I saw 5 cardiologists and I had 6 echos and 2 stress echos, a CT scan of the heart, event monitors, holter monitors and numerous ekgs. Everything was "normal". No one could provide any diagnosis other than "hyperadrenergia". I was put on beta blockers, but this did little.

Frustrated, I finally went to the Mayo Clinic in Rochester, MN (I live in the United States). They ordered an echocardiogram that showed normal function except for enlarged left atrial volume (though my left atrial diameter is normal). Despite a bunch of previous echos, increased atrial volume was not detected since this is not a standard measurement outside of the top hospitals like the Mayo Clinic. The cardiologist indicated that this was due to increased pressure at some point. She also suggested that I have endothelial dysfunction (which, admittedly is the diagnosis du jour). I was prescribed quinapril 5mg, imdur 15–30mg and Lipitor 10mg, all taken once daily. She told me that quinapril would reduce left atrial size and also improve endothelial function. The imdur and lipitor would affect the endothelium only. This combination of medication has provided me with the most relief

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that I have had to date. Perhaps a similar treatment program would benefit you as well.

The onset of the pain also caused me to stop working out and to eat poorly. I gained 7kg, but I am now in the process of regaining fitness and losing weight. I believe this is helpful, both p