

European Association of Cardiovascular Imaging expert consensus paper: a comprehensive review of cardiovascular magnetic resonance normal values of cardiac chamber size and aortic root in adults and recommendations for grading severity

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This consensus paper provides a framework for grading of severity of cardiovascular magnetic resonance (CMR) imaging-based assessment of chamber size, function, and aortic measurements. This does not currently exist for CMR measures. Differences exist in the normal reference values between echocardiography and CMR along with differences in methods used to derive these. We feel that this document will significantly complement the current literature and provide a practical guide for clinicians in daily reporting and interpretation of CMR scans. This manuscript aims to complement a recent comprehensive review of CMR normal value publications to recommend cut-off values required for severity grading. Standardization of severity grading for clinically useful CMR parameters is encouraged to lead to clearer and easier communication with referring clinicians and may contribute to better patient care. To this end, the European Association of Cardiovascular Imaging (EACVI) has formed this expert panel that has critically reviewed the literature and has come to a consensus on approaches to severity grading for commonly quantified CMR parameters.

Keywords

grading • severity • cardiovascular magnetic resonance • position statement • cardiac chambers

Introduction

Cardiovascular magnetic resonance (CMR) imaging is now firmly established in clinical practice as a cardiac imaging modality, which complements other non-invasive techniques, such as

echocardiography, nuclear cardiac imaging, and cardiac computed tomography (CT). CMR has an important role in a wide range of clinical indications and scenarios.^{1–3}

Patient impact is dependent on the quality of the clinical CMR service provision. Efforts to standardize CMR image acquisition,^{4,5}

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|-------------------------------|-------------|-------|--|---------|-----|---------------------------------|--|
| Hudsmith et al. ¹⁹ | 108 (63:45) | 21–68 | Healthy volunteers. No history of cardiac disease, hypertension, or cardiac risk factors and had a normal baseline electrocardiogram | UK | 1.5 | Left ventricle | SSFP cine imaging. Papillary muscles were included in the mass and excluded from the volumes. Slice thickness of 7 mm was used for scanning (Figure 1). RV volumes below the pulmonary valve. RV volumes were excluded if the surrounding muscle was thin and not trabeculated, suggestive of right atrium. Papillary muscles were included in the mass and excluded from the volume calculation. Left atrial volumes, ejection fraction and stroke volumes using the biplane area–length method in the horizontal and vertical long axis. Left atrial appendage included in the atrial volume, but the pulmonary veins were excluded |
| Alfakih et al. ²⁴ | 60 (30:30) | 20–65 | Healthy volunteers with no history of cardiovascular disease or hypertension, with a normal blood pressure, normal cardiovascular examination, and normal resting electrocardiogram. Subjects with arrhythmia, who were pregnant or elite athletes, were excluded. | UK | 1.5 | Left ventricle | SSFP cine imaging. Papillary muscles included in the mass and excluded from the volumes (Figure 1). Slice thickness of 7 mm. |
| Sievers et al. ²⁷ | 70 (38:32) | 25–73 | Healthy volunteers. No cardiac or pulmonary disease and no cardiovascular risk factors. | Germany | 1.5 | Right ventricle Right atrium | Included papillary muscles in the RV volume and excluded them from the mass (Figure 1). SSFP cine images. Atrial parameters from both short axis (atrial appendage was included in the volume, vena cava excluded, not included in this paper) and area–length method [right atrial volumes and EF were then calculated using the area–length method for ellipsoid bodies using formula: $8 \times (\text{Area1})/2/3\pi$ length, included in this paper) from the four–chamber view (Figure 3). SSFP cines images. |
| Burman et al. ²⁵ | 120 (60:60) | 20–80 | Healthy volunteers. Asymptomatic, had no known cardiovascular risk factors or history of cardiac disease. Physical examination was normal and the ECG was unremarkable. All BNP levels were in the normal range. | UK | 1.5 | Aorta | Maximum systolic and end-diastolic measurements at three levels in sagittal and coronal left ventricular outflow tract planes: at level of the aortic annulus, at level of the maximum diameter across the sinuses, and at sinotubular junction (Figure 4). Slice thickness of 7 mm. |

BNP, brain natriuretic peptide; ECG, electrocardiogram; EF, ejection fraction; LV, left ventricle; RV, right ventricle; SSFP, steady-state free precession; UK, United Kingdom.

Table 5 Left atrial maximal volume in the adult based on 3D modelling method and left atrial maximal area in the adult for the SSFP technique^a

| | Women | | | | | Men | | | | | Methods and reference |
|---|------------|-----------------|-----------------|---------------------|-------------------|------------|-----------------|-----------------|---------------------|-------------------|-----------------------|
| | 'Opposite' | Reference range | Mildly abnormal | Moderately abnormal | Severely abnormal | 'Opposite' | Reference range | Mildly abnormal | Moderately abnormal | Severely abnormal | |
| 20–80 years | | | | | | | | | | | |
| Max. LA volume (mL) | <38 | 38–98 | 99–113 | 114–128 | >128 | <47 | 47–107 | 108–122 | 123–137 | >137 | SM |
| Max. LA volume/BSA (mL/m ²) | <27 | 27–53 | 54–60 | 61–67 | >67 | <26 | 26–52 | 53–59 | 60–66 | >66 | SM |
| Adults | | | | | | | | | | | |
| Area (cm ²) 4Ch | <13 | 13–27 | 28–31 | 32–35 | >35 | <15 | 15–29 | 30–33 | 34–37 | >37 | SM |
| Area/BSA (cm ² /m ²) 4Ch | <8.4 | 8.4–15.6 | 15.7–17.4 | 17.5–19.2 | >19.2 | <7.4 | 7.4–14.6 | 14.7–16.4 | 16.5–18.2 | >18.2 | SM |
| Area (cm ²) 2Ch | <10 | 10–28 | 29–33 | 34–38 | >38 | <12 | 12–30 | 31–35 | 36–40 | >40 | SM |
| Area/BSA (cm ² /m ²) 2Ch | <6.2 | 6.2–15.8 | 15.9–18.2 | 18.3–20.6 | >20.6 | <6.2 | 6.2–15.8 | 15.9–18.2 | 18.3–20.6 | >20.6 | SM |
| Area (cm ²) 3Ch | <10 | 10–24 | 25–28 | 29–31 | >31 | <12 | 12–26 | 27–30 | 31–33 | >33 | SM |
| Area/BSA (cm ² /m ²) 3Ch | <6.4 | 6.4–13.6 | 13.7–15.4 | 15.5–17.2 | >17.2 | <6.4 | 6.4–13.6 | 13.7–15.4 | 15.5–17.2 | >17.2 | SM |

^a'Opposite' refers to values that outside the normal range but in the opposite direction of typical pathology.

2Ch, two-chamber view; 3Ch, three-chamber view; 4Ch, four-chamber view; BSA, body surface area; LA, left atrium; Max, maximum; SM, statistical method; SSFP, steady-state free precession.

^bFrom reference according to reference Maceira 2010 (60 males:60 females) only.²¹

Table 6 Right atrial maximal volume and right atrial maximal area in the adult for the SSFP technique based on Sievers et al.²⁷ and Maceira et al.²² publications^a

| | Adults | | | | | Methods and reference |
|--|------------|-----------------|-----------------|---------------------|-------------------|-----------------------|
| | 'Opposite' | Reference range | Mildly abnormal | Moderately abnormal | Severely abnormal | |
| 25–73 years | | | | | | |
| Max. RA volume (mL) ^a | <37 | 37–169 | 170–202 | 203–235 | >235 | SM |
| Max. RA volume/BSA (mL/m ²) ^a | <18 | 18–90 | 91–108 | 109–126 | >126 | SM |
| 20–80 years | | | | | | |
| Area (cm ²) 4Ch ^b | <14 | 14–30 | 31–34 | 35–38 | >38 | SM |
| Area/BSA (cm ² /m ²) 4Ch ^b | <8 | 8–16 | 17–18 | 19–20 | >20 | SM |
| Area (cm ²) 2Ch ^b | <14 | 14–30 | 31–34 | 35–38 | >38 | SM |
| Area/BSA (cm ² /m ²) 2Ch ^b | <8 | 8–16 | 17–18 | 19–20 | >20 | SM |

^a'Opposite' refers to values that outside the normal range but in the opposite direction of typical pathology.

2Ch, two-chamber view; 4Ch, four-chamber view; BSA, body surface area; Max, maximum; Min, minimum; RA, right atrium; SM, statistical method; SSFP, steady-state free precession.

^bFrom reference Sievers 2007 (38 males:32 females) only.²⁷

^cFrom reference Maceira 2013 (60 males:60 females) only.²²

measurements. However, further studies are needed to validate the most accurate and reproducible method of measuring the aorta using CMR and other imaging modalities. Previous guidelines recommended that maximum aneurysm diameter be ideally measured perpendicular to the centre line of the vessel with 3D reconstruction of CT scan images whenever possible. This approach appears to offer more accurate and reproducible measurements of true aortic dimensions compared with axial cross-section diameters. Using sagittal and coronal views in CMR can provide a good estimation of aortic

measurements but may be inaccurate in measuring the true maximum diameters in cases where asymmetry exists.

Limitations

The measures for grading are based on currently available normal ranges. These are based on relatively small cohorts of healthy volunteers and there may be some variations between published reference ranges. Utilizing the methodology outlined in this consensus paper

Table 7 Aortic root dimensions reference ranges for based on Burman publication^a

| | Women | | | | | Men | | | | | Methods and reference |
|----------------------|------------|-----------------|-----------------|---------------------|-------------------|------------|-----------------|-----------------|---------------------|-------------------|-----------------------|
| | 'Opposite' | Reference range | Mildly abnormal | Moderately abnormal | Severely abnormal | 'Opposite' | Reference range | Mildly abnormal | Moderately abnormal | Severely abnormal | |
| 20–80 years | | | | | | | | | | | |
| Annulus (s) (mm) | <16 | 16–23 | 24–25 | 26–28 | >28 | <17 | 17–27 | 28–29 | 30–32 | >32 | SM |
| Annulus (c) (mm) | <19 | 19–27 | 28–29 | 30–32 | >32 | <21 | 21–30 | 31–33 | 34–36 | >36 | SM |
| Aortic sinus(s) (mm) | <22 | 22–35 | 36–39 | 40–42 | >42 | <24 | 24–40 | 41–45 | 46–50 | >50 | SM |
| Aortic sinus(c) (mm) | <24 | 24–36 | 37–40 | 41–43 | >43 | <25 | 25–42 | 43–47 | 48–52 | >52 | SM |
| STJ (s) (mm) | <18 | 18–30 | 31–33 | 34–36 | >36 | <17 | 17–33 | 34–37 | 38–42 | >42 | SM |
| STJ (c) (mm) | <18 | 18–28 | 29–31 | 32–34 | >34 | <18 | 18–32 | 33–36 | 37–40 | >40 | SM |

c, coronal left ventricular outflow plane; F, female; M, male; s, sagittal left ventricular outflow plane; SM, statistical method; STJ, sinotubular junction.

^aFrom reference Burman 2008 (60 males:60 females) only.²⁵

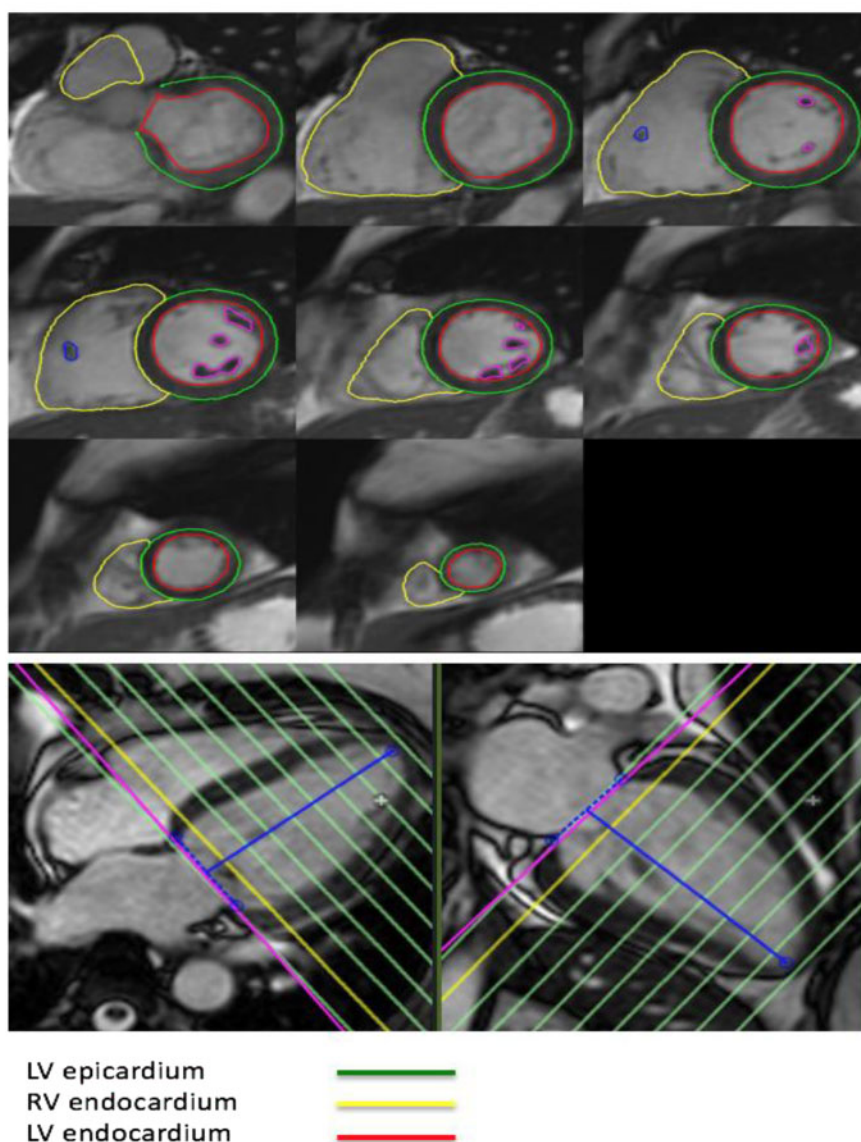


Figure 1 Short-axis slices including left ventricular endocardial and epicardial contours and right ventricular endocardial contours. The four- and two-chamber views show the full coverage of the left and right ventricles required for analysis.

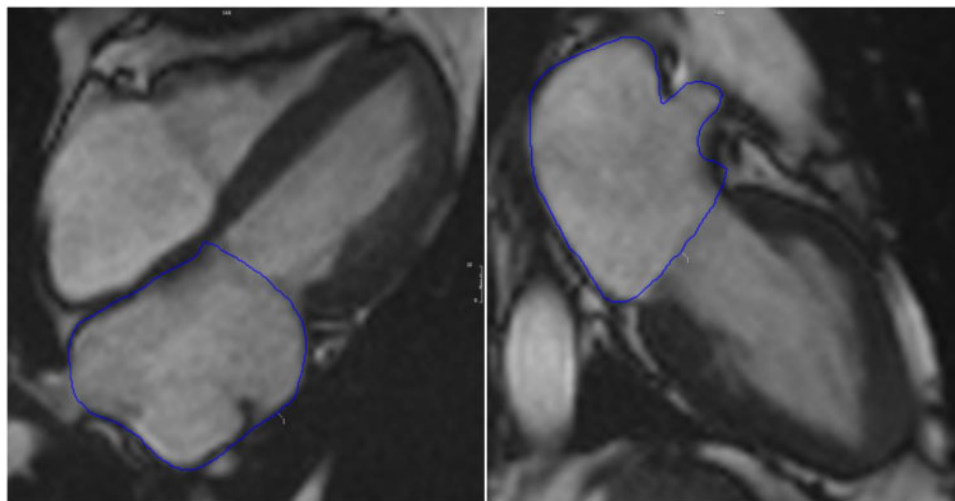


Figure 2 Left atrial contours for area assessment in four and two chambers during atrial end-diastole, measures just before the mitral valve opening for maximum LA volume.

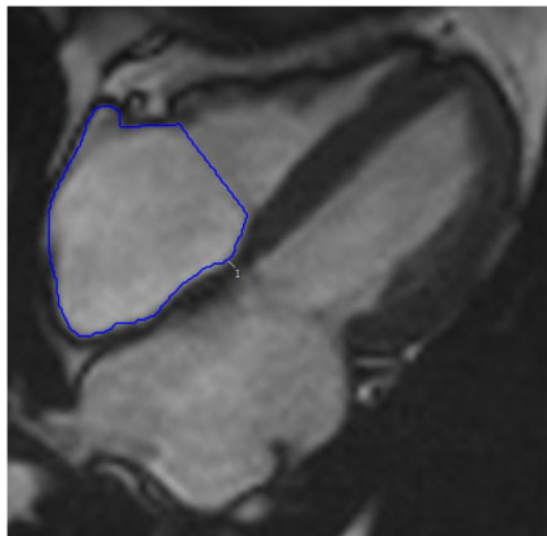


Figure 3 Right atrial contour for area-length measurement during atrial end-diastole for maximal RA volume.

we plan to update this consensus paper using normal ranges of larger cohorts, such as from the UK Biobank study, once further validation work has been completed in order to provide more robust reference ranges. Reference values for LV volumes and mass are influenced by gender and age and thus were presented separately in reference range paper, however, given the small sample sizes in the age categorized tables, we considered it would be more accurate to provide age categorized grading parameters derived from larger data sets in the future.

Indexed measurements may present limitations when considering obese patients, as the increase in chambers volumes/

dimensions is not necessarily proportional to the increase in body surface area and may thus lead to inconsistencies. Unfortunately, this is a common problem for a number of imaging modalities and is not unique to CMR. Ideally, the cut-offs for severity categorization using CMR and other imaging modalities should be linked with their impact on the outcomes. However, data regarding this are currently limited. Direct comparison in large cohorts with echocardiography should be done in the future since CMR and echo measures are not directly comparable (different techniques, different measurements' methods) and cut-offs may not be the same when considering severity categorization. This will have obvious clinical impact such as when deciding on suitability for advanced cardiac device therapy e.g. cardiac resynchronization therapy or implantable cardioverter-defibrillators.

Aortic measurements may be more accurately determined using more advanced CMR techniques (e.g. 3D high resolution non-contrast native MRA with high isotropic resolution); also, the studies quoted were published before the Society for Cardiovascular Magnetic Resonance (SCMR) 2013 Standardized image interpretation and post-processing in CMR paper,⁶ so could introduce some variability in measurements reported between the studies quoted, and contemporary practices.

The normal ranges for right ventricular end-diastolic volumes indexed to body surface area using the contemporary SSFP cine imaging approach contain the cut-off values for major or minor criteria as part of the arrhythmogenic right ventricular cardiomyopathy (ARVC) task force criteria.²⁸ The ARVC task force criteria were developed largely based on gradient echo cine CMR which is known to underestimate volumes due to lower/incomplete endocardial border definition.^{12,29} Arguably, the ARVC Task Force criteria may need updating based on contemporary SSFP cine normal ranges provided in this expert consensus document to avoid being too sensitive or lacking specificity.

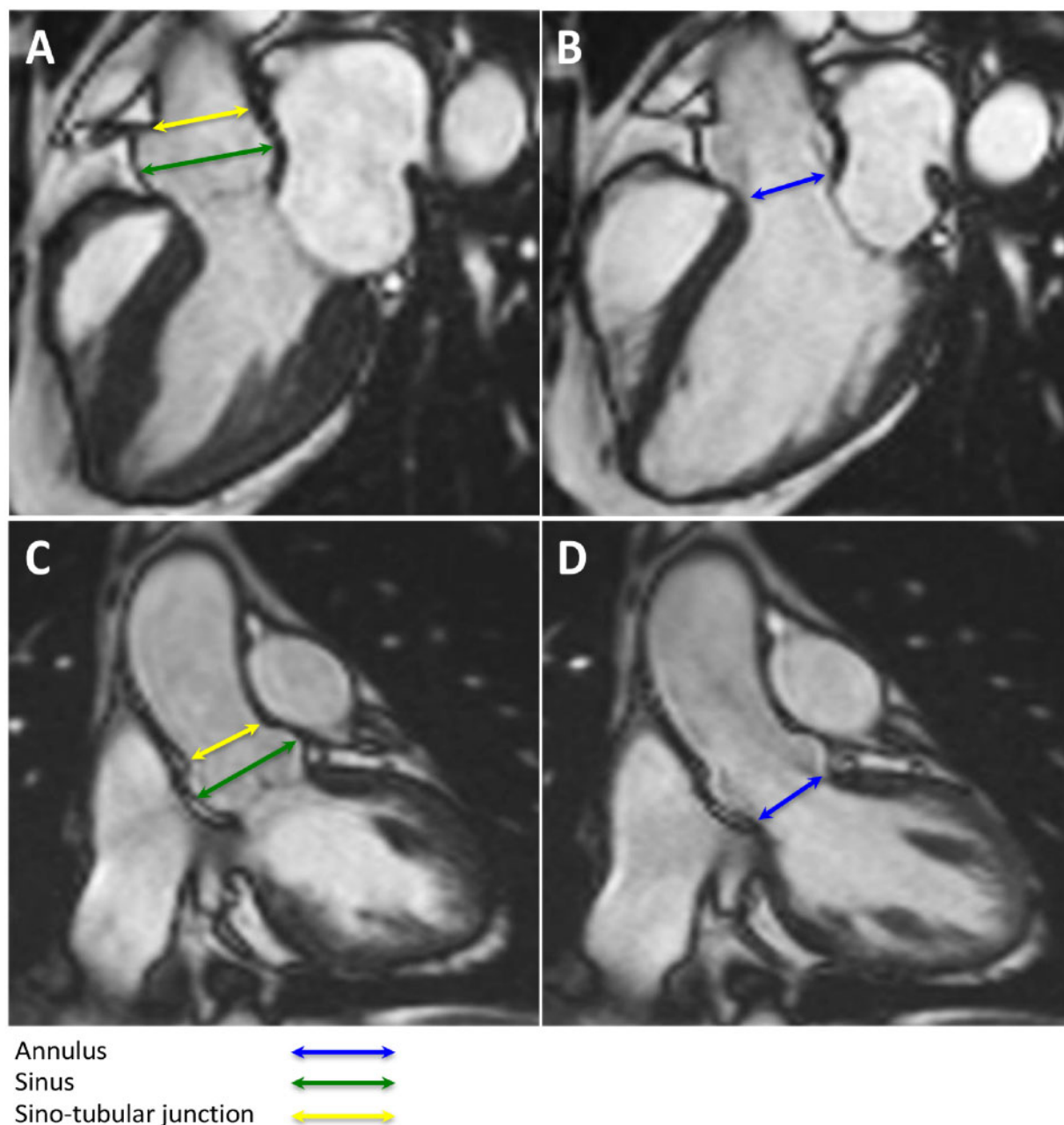


Figure 4 Oblique sagittal^a (A and B) and oblique coronal^b (C and D) left ventricular outflow views showing the common aortic root measurements. Typically, annulus measured during systole and sinuses of Valsalva and sinotubular junction measured in diastole.^{11,26}

^aOblique coronal acquisitions were then located orthogonal to the oblique sagittal cine, aligned with the axis of the left ventricular outflow tract.²⁵

^bOblique sagittal images were obtained by aligning orthogonal to the coronal scouts in the axis of the left ventricular outflow tract and proximal ascending aorta.

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