

EACVI recommendations on cardiovascular imaging for the detection of embolic sources: endorsed by the Canadian Society of Echocardiography

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Cardioaortic embolism to the brain accounts for approximately 15–30% of ischaemic strokes and is often referred to as 'cardioembolic stroke'. One-quarter of patients have more than one cardiac source of embolism and 15% have significant cerebrovascular atherosclerosis. After a careful work-up, up to 30% of ischaemic strokes remain 'cryptogenic', recently redefined as 'embolic strokes of undetermined source'. The diagnosis of cardioembolic stroke remains difficult because a potential cardiac source of embolism does not establish the stroke mechanism. The role of cardiac imaging—transthoracic echocardiography (TTE), transoesophageal echocardiography (TOE), cardiac computed tomography (CT), and magnetic resonance imaging (MRI)—in the diagnosis of potential cardiac sources of embolism, and for therapeutic guidance, is reviewed in these recommendations. Contrast TTE/TOE is highly accurate for detecting left atrial appendage thrombosis in patients with atrial fibrillation, valvular and prosthesis vegetations and thrombosis, aortic arch atheroma, patent foramen ovale, atrial septal defect, and intracardiac tumours. Both CT and MRI are highly accurate for detecting cavity thrombosis, intracardiac tumours, and valvular prosthesis thrombosis. Thus, CT and cardiac magnetic resonance should be considered in addition to TTE and TOE in the detection of a cardiac source of embolism. We propose a diagnostic algorithm where vascular imaging and contrast TTE/TOE are

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considered the first-line tool in the search for a cardiac source of embolism. CT and MRI are considered as alternative and complementary tools, and their indications are described on a case-by-case approach.

Keywords stroke • ischaemic stroke • embolic stroke • cryptogenic stroke • cardiovascular imaging • echocardiography • magnetic resonance imaging • computed tomography • guidelines

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Abbreviations and acronyms

2D, two-dimensional
 3D, three-dimensional
 AF, atrial fibrillation
 ASA, atrial septal aneurysm
 CEA, carotid endarterectomy
 CHA₂DS₂-VASc, Congestive heart failure, Hypertension, Age ≥75 years, Diabetes mellitus, prior Stroke, TIA, or thromboembolism, Vascular disease, Age 65–74 years, Sex category (female)
 CHADS₂, Congestive heart failure, Hypertension, Age ≥75 years, Diabetes mellitus, prior Stroke, TIA, or thromboembolism
 CI, confidence interval
 CMR, cardiac magnetic resonance
 CT, computed tomography
 CTA, computed tomography angiography
 DCM, dilated cardiomyopathy
 EACVI, European Association of Cardiovascular Imaging
 EAE, European Association of Echocardiography
 ECST, European Carotid Surgery Trialists
 EDV, end-diastolic velocity
 ESUS, embolic strokes of undetermined source
 HCM, hypertrophic cardiomyopathy

HR, hazard ratio
 ICA, internal carotid artery
 LA, left atrial or left atrium
 LAA, left atrial appendage; LAAT
 left atrial appendage thrombus/thrombi
 LASP, left atrial septal pouch
 LAT, left atrial thrombus
 LV, left ventricular or left ventricle
 LVEF, left ventricular ejection fraction
 LVSD, left ventricular systolic dysfunction
 LVT, left ventricular thrombus
 MESA, Multi-Ethnic Study of Atherosclerosis
 MI, myocardial infarction
 MR, magnetic resonance
 MRI, magnetic resonance imaging
 NASCET, North American Symptomatic Carotid Endarterectomy Trial
 NBTE, non-bacterial thrombotic endocarditis
 PET, positron-emission tomography
 PFO, patent foramen ovale
 PSV, peak systolic velocity
 RA, right atrial or right atrium
 RR, risk ratio
 SEC, spontaneous echocardiographic contrast
 SSFP, steady-state free precession
 TIA, transient ischaemic attack
 TOAST, Trial of ORG 10172 in Acute Stroke Treatment
 TOE, transoesophageal echocardiography
 TTE, transthoracic echocardiography

Introduction

Ischaemic stroke is a major cause of disability and mortality worldwide.^{1–4} Cardioaortic embolism to the brain accounts for approximately 15–30% of ischaemic strokes and is often referred to as ‘cardioembolic stroke’.^{5,6} Cardioembolic stroke is generally severe and prone to early and long-term recurrences.⁷ Identifying potential cardiac sources of embolism is a key objective, because treatment may vary according to the cardiac condition diagnosed.⁸ Unfortunately, and often despite comprehensive evaluation of the underlying cause, up to 30% of ischaemic strokes remain ‘cryptogenic’ (i.e. without an established cause).^{5,9} Consequently, a new entity has recently been defined: embolic strokes of undetermined source (ESUS).¹⁰

The diagnosis of cardioembolic stroke is often difficult because the presence of a potential cardiac source of embolism alone does not establish the stroke mechanism. The clinical significance of minor or uncertain sources of cardiac risk remains controversial,¹¹ as reported in the Canadian guidelines.¹² Furthermore, approximately 25% of patients have more than one cardiac source of embolism and 15% have significant cerebrovascular atherosclerosis.¹³ Combined, these clinical factors emphasize the role of cardiac imaging—transthoracic echocardiography (TTE) and transoesophageal echocardiography (TOE) as the first-line, and cardiac computed tomography (CT) and magnetic resonance imaging (MRI) in addition—in the evaluation of patients with stroke, in the diagnosis of potential cardiac sources of embolism, and for therapeutic guidance.^{14,15}

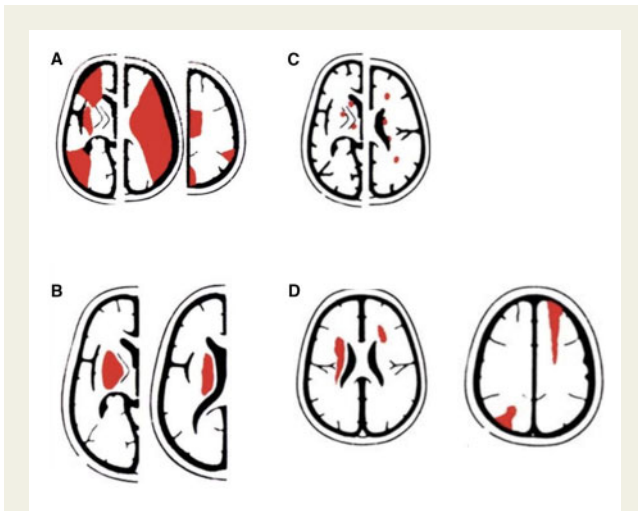


Figure 1 Schematic drawings of patterns of brain infarctions signalling different stroke mechanisms.¹⁶ (A) Cardioembolic stroke is probable in cortical infarcts with territorial distribution; (B) the same holds true for large striatocapsular infarcts; (C) but not for lacunar infarctions, by definition located subcortically; and (D) low-flow infarct can be located subcortical (left panel) or cortical (right panel), but their distribution is interterritorial not territorial.

studies have evaluated the yield of TTE or TOE, or both, in detecting cardiac sources of embolus in patients with stroke. In consecutive patients, the yield of echocardiography for the detection of intracardiac masses ranged from 0% to 21%.¹² Pooled data from these studies suggest an overall yield of 4% for TTE and 11% for TOE.

A systematic review and meta-analysis of 27 studies that aimed to assess TOE for cryptogenic stroke revealed that TOE-detected findings prompted the introduction of anticoagulant therapy in up to one-third of patients.²² In a retrospective study that included 1458 patients hospitalized for stroke with a suspected cardioembolic cause, TOE changed the management in approximately 16% of patients, leading to the introduction of anticoagulation and antibiotics, closure and surgical closure of patent foramen ovale (PFO), and coil embolization.¹⁴ In a meta-analysis of 12 studies, the pooled rate of reported anticoagulation therapy attributed to abnormal TOE findings among 3562 patients with acute ischaemic stroke was 8.7% [95% confidence interval (CI) 7.3–10.4]. The rates of initiation of anticoagulation therapy on the basis of TOE investigation did not differ ($P = 0.315$) among patients with cryptogenic stroke (6.9%, 95% CI 4.9–9.6), ESUS (8.1%, 95% CI 3.4–18.1), or ischaemic stroke (9.4%, 95% CI 7.5–11.8).¹¹

Computed tomography and magnetic resonance imaging for work-up of cryptogenic stroke and stroke with a suspected cardioembolic cause

Both CT and MRI show potential for the detection of causes of cardioembolic stroke.²³ Indeed, both tests are highly accurate for detecting left atrial appendage (LAA) thrombosis (LAAT) in patients with atrial fibrillation (AF), with almost 100% sensitivity and specificity relative to TOE.^{24–27} CT also allows the identification of valvular prosthesis thrombosis, aortic atheroma, PFO,^{28,29} atrial septal defect,³⁰

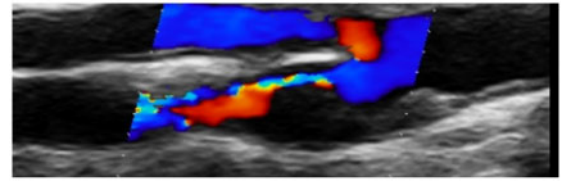


Figure 2 Carotid bifurcation with an echolucent ICA stenosis. The aliasing shown by colour Doppler is a direct sign of severe ICA stenosis. ICA, internal carotid artery.

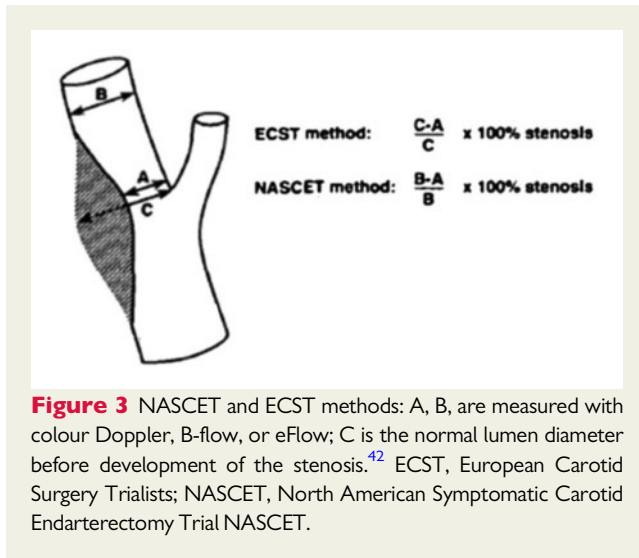
and intracardiac tumours.³¹ Cardiac magnetic resonance (CMR) is more sensitive and accurate than TTE for the detection of intraventricular thrombi after acute or chronic myocardial infarction (MI),³² and allows the detection of left ventricular (LV) thrombi in patients with ESUS and a history of MI that may have been missed on TTE.³³

Few studies have evaluated the sensitivity and accuracy of these techniques in stroke, and the published literature is conflicting (Supplementary data online, Table S2). In one study that included patients with cryptogenic stroke undergoing TTE or TOE, CMR reduced the percentage of patients classified as having cryptogenic stroke after echocardiography, from 27% to 20%.³⁴ However, in other research, CMR had limited additional value over TOE³⁵ and failed to identify all potential cardioembolic sources identified by TOE.³⁶ CT has 89% sensitivity and 100% specificity for identifying causes of cardioembolic strokes identified by TOE,³⁷ and has a similar predictive value as TOE for recurrence of ischaemic stroke.³⁸ Combined use of CT and TTE/TOE was more sensitive than TTE/TOE alone for detecting patients with at least one cardiac or aortic high-risk finding after acute stroke,³⁹ and in particular was able to identify more cerebral infarcts. In contrast, CT alone was less suitable for diagnosing small left atrial thrombi (LAT) or PFO than was TOE.

The main advantage of CT and MRI is that these tests are less invasive than TOE. The main limitation of cardiac CT is radiation exposure. However, when CT is already being performed in patients with acute stroke for evaluation of the aortic arch and carotid arteries, extension of the CT scan to the heart may be possible, allowing detection of high-risk cardiac and aortic sources of embolism with no increased incidence of contrast-induced nephropathy and only a minimal increase in radiation exposure.⁴⁰ Thus, CT and CMR should also be considered in addition of TTE and TOE in the detection of a cardiac source of embolism.

Vascular imaging for work-up of cryptogenic stroke and stroke with a suspected cardioembolic cause

Approximately 25% of ischaemic carotid territory strokes are caused by embolization from a ruptured plaque, or by an acute occlusion of the internal carotid artery (ICA) or middle cerebral artery. The main cause is atherosclerosis. Atherosclerotic stenoses are mostly located at carotid bifurcations. There are other less frequent locations: brachiocephalic trunk, common carotid arteries, intracranial arteries, vertebral arteries, and middle cerebral artery. Approximately 10–15% of all ischaemic strokes are related to a previously



asymptomatic ICA stenosis >50%,⁴¹ but ischaemic strokes can also be preceded by TIA or fugax amaurosis.

Duplex ultrasound is considered as the first-line imaging modality for carotid atherosclerosis. Unless they are too calcified, stenoses can be evaluated by direct two-dimensional (2D) echo measurements, colour Doppler (Figure 2), and optionally by Power Doppler, eFlow, or B-flow.

Several methods can be used for 2D measurements of ICA stenoses.⁴² The standard method is the North American Symptomatic Carotid Endarterectomy Trial (NASCET) method, which is better related to haemodynamics and CT or magnetic resonance (MR) angiography. The European Carotid Surgery Trialists (ECST) method gives a better assessment of plaque burden (Figure 3).

The NASCET and ECST methods measure diameter reduction. Alone they are not sufficient to evaluate the degree of stenosis, especially for irregular or eccentric stenoses, and must be correlated with Doppler velocities (see below). The area-reduction method can also be used to measure ICA stenoses (Figure 4).

Of note, the ECST and area-reduction methods overestimate the severity of the stenosis compared with the standard method (NASCET) (Table 1). Their use must therefore be recorded in the patient's files.⁴²

CT and MR angiography may also be required. Their advantage is the ability to give simultaneous imaging of the aortic arch, supra-aortic vessels, carotid bifurcation, distal ICA, intracranial arteries, and brain. Conversely, the main asset of duplex ultrasound is the haemodynamic data provided by Doppler. Stenosis assessment is based primarily on direct signs: ICA peak systolic velocity, ICA end-diastolic velocity, and carotid ratio (Table 2).

In the case of severe stenosis (>80%) or ICA occlusion, indirect signs can give additional information: altered intracranial blood flow (transcranial Doppler) and/or reduced or reverse flow in the ophthalmic artery.⁴²

Catheter angiography is no longer needed apart from during endovascular procedures.

Carotid stenoses require the best medical treatment whether they are symptomatic or asymptomatic. In symptomatic patients, studies show the maximum benefit of carotid endarterectomy (CEA) is in patients with NASCET 70–99% stenoses (number needed to treat =

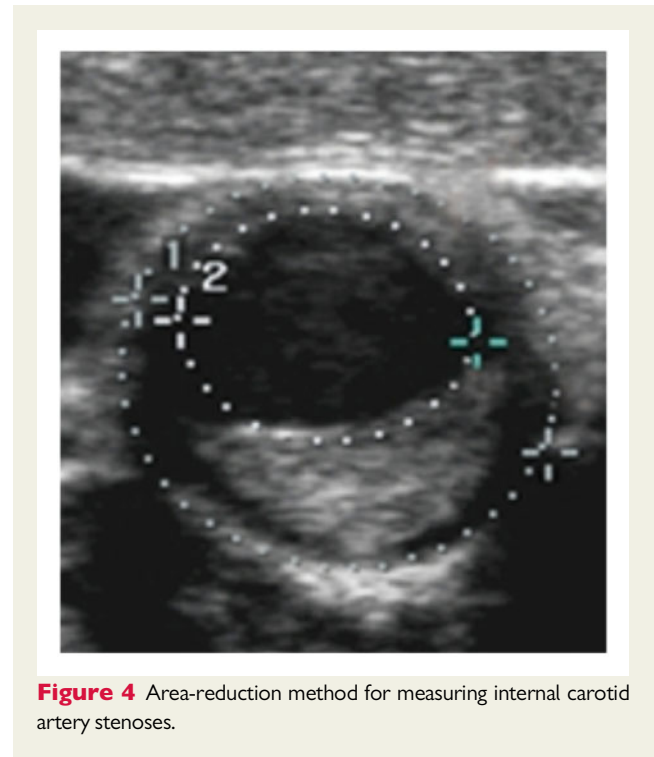


Table 1 Grading of internal carotid artery stenoses with NASCET and ECST⁴²

NASCET	ECST
50%	75%
70%	85%
80%	90%

ECST, European Carotid Surgery Trialists; NASCET, North American Symptomatic Carotid Endarterectomy Trial.

6). The benefit was lower in patients with 50–69% NASCET stenoses (number needed to treat = 13), and no benefit was found in patients with NASCET 0–49% stenoses. Revascularization should preferably be done within 14 days of symptom onset.⁴⁴

Optimal medical treatment has considerably reduced the risk of ischaemic stroke in patients with asymptomatic ICA stenoses, and currently, there is sufficient evidence for a more conservative approach in these individuals.⁴ Nevertheless, predicting how dangerous an asymptomatic ICA stenosis is remains difficult. Some clinical and imaging features are associated with an increased risk of ischaemic stroke (Table 3). According to the European Society of Cardiology guidelines,⁴ CEA should be considered in patients with asymptomatic 60–99% ICA stenoses, life expectancy >5 years, favourable anatomy, and ≥1 feature suggesting higher stroke risk on best medical treatment.

Ischaemic strokes can be caused, less frequently, by non-atherosclerotic lesions: arteritis (giant cell or Takayasu arteritis), dissection (e.g. trauma, idiopathic, Marfan syndrome, fibromuscular dysplasia, Ehlers-Danlos syndrome, carotid bulb diaphragm).

Table 2 Combined criteria for grading ICA stenosis (according to von Reutern et al.⁴³)

% stenosis	50%	60%	70%	80%	90%
PSV threshold	125 cm/s		230 cm/s		
PSV average	210 cm/s	240 cm/s	330 cm/s	370 cm/s	Variable
PSV post-stenotic			≥50 cm/s	<50 cm/s	<30 cm/s
EDV in the stenosis		<100 cm/s	>100 cm/s		
Carotid ratio ^a	≥2	≥2	>4	>4	

EDV, end-diastolic velocity; ICA, internal carotid artery; PSV, peak systolic velocity.

^aICA PSV divided by common carotid artery PSV.

Table 3 Clinical and imaging features associated with increased risk of ischaemic stroke in patients with asymptomatic ICA stenosis⁴

Clinical features	Contralateral TIA/stroke
Cerebral imaging	Ipsilateral silent infarction
Ultrasound	Stenosis progression (>20%) Stenosis characteristics: large plaque, echolucent plaque, juxta-luminal hypoechogenic area Vascularization of the plaque (contrast-enhanced echo) Impaired cerebral vascular reserve (transcranial Doppler) Spontaneous embolization in the ipsilateral middle cerebral artery on transcranial Doppler monitoring (high-intensity transient signals)
MRI	Intra-plaque haemorrhage Lipid-rich necrotizing core

ICA, internal carotid artery; MRI, magnetic resonance imaging; TIA, transient ischaemic attack.

Recommendations for cardiovascular imaging tools⁴⁵

TTE, TOE, CMR

TTE should be performed systematically before TOE for evaluation of the cardiovascular source of embolus.

Contrast TTE, using intravenous injection of agitated saline, should be performed systematically at baseline and after provocative manoeuvres (Valsalva manoeuvre, coughing, both).

General indications in search of cardiac or aortic sources of embolism

Contrast TTE is the initial imaging modality of choice for evaluation of the cardiac and aortic sources of embolus.

Contrast TOE should be done in selected patients for evaluation of the cardiovascular sources of embolus if no identified source is found on TTE.

Contrast TOE should be performed according to the clinical context, but emergent indications are limited (e.g. fever, prosthesis).

Contrast TOE should be performed rapidly (ideally within 48 h) in case of ischaemic stroke, peripheral embolism, or previous heart valve replacement (percutaneous or surgical).

Contrast TOE is not indicated in ischaemic stroke patients with a previously identified source.

A comprehensive stroke CT protocol, including the intracranial and cervical arteries, aortic arch, cardiac chambers and walls, and coronary arteries, can be proposed in trained centres as an alternative initial imaging modality for evaluation of the cardiac and aortic sources of embolus.

CMR could be proposed in unselected patients with cryptogenic stroke who have a non-diagnostic cardiac evaluation including contrast TOE.

Vascular imaging

Doppler ultrasound (first-line), CTA, and/or MR angiography are recommended for evaluating carotid stenoses.

When carotid stenting is being considered, it is recommended that any Doppler ultrasound study be followed by either MR or CTA to evaluate the aortic arch, as well as the extra- and intracranial circulation.

When CEA is considered, it is recommended that Doppler ultrasound be corroborated by MR or CTA or repeat Doppler ultrasound performed by an expert.

CEA, carotid endarterectomy; CMR, cardiac magnetic resonance; CT, computed tomography; CTA, computed tomography angiography; MR, magnetic resonance; TOE, transoesophageal echocardiography; TTE, transthoracic echocardiography.

during AF causes a reduction of LAA emptying and an increase in blood stasis, which is favoured by the chicken-wing (cul-de-sac) shape and multilobate anatomical structure of the LAA.^{60,63} The risk of thrombus formation can be conveniently estimated using the CHA₂DS₂-VASc score,⁴⁸ which accurately predicts the risk of ischaemic stroke but only takes clinical variables into consideration.^{64,65} LA and LAA anatomical and functional factors can, however, significantly influence the risk of thrombosis. Recent studies that investigated LA reservoir function have demonstrated the value of this echocardiographic parameter for predicting the risk of ischaemic stroke.^{66–70} Accordingly, echocardiography has been proposed as a tool in the management of patients with AF.⁶⁰ TOE can accurately identify LAT and LAAT, and provides fundamental information for the timing of cardioversion in patients who have been in AF for >48 h, allowing immediate cardioversion without the need for 3 weeks of anticoagulation once the presence of LAT/LAAT has been excluded.^{60,71} In addition, TOE can detect dense SEC, LAA contractility, and LAA anatomy.^{51,72} CT angiography (CTA) is a reasonable alternative to TOE when the primary aim is to exclude LAT and LAAT, and in patients in whom the risks associated with TOE outweigh the benefits (consider the delayed scan post-contrast).^{51,60}

The recent literature strongly encourages the use of strain measurement of LA reservoir function.^{66,73} Deformation of LA walls during LV systole is associated with thromboembolic risk.^{70,74} The value is independent of LA volume and may be a target for further treatment strategies. The results from an ongoing large EACVI registry will probably provide input for future guidelines.⁷⁵

Imaging techniques are not currently used to estimate the risk of AF, which can be silent and could be detected in patients who are assessed by devices.^{76–78} Van Gelder *et al.*⁷⁹ demonstrated that sub-clinical AF lasting for >24 h is associated with an increased risk of ischaemic stroke or systemic embolism. In a study involving 1251 patients, 217 had SEC, 127 had LAT/LAAT, 241 had complex aortic plaque, and 746 had none of these.⁸⁰ The rates of ischaemic stroke/systemic embolism were not significantly different among patients with and without these echocardiographic findings when they are properly treated with a non-vitamin K antagonist oral anticoagulant.⁸⁰

Atrial flutter

Atrial flutter is often associated with, or preceded by, AF; the annual thromboembolic risk for patients with atrial flutter ranges from 1% to 5%.⁸¹ The primary and secondary prevention methods are the same as for AF.^{82–85}

In a meta-analysis of 52 studies that assessed the relationship between atrial flutter and ischaemic stroke, Vadmann *et al.*⁸⁶ showed that observational studies reported an overall elevated stroke risk (risk ratio 1.40, 95% CI 1.35–1.46) and mortality risk [hazard ratio (HR) 1.9, 95% CI 1.2–3.1] over long-time follow-up compared with a control group. Moreover, this study confirmed that clinical thromboembolic events, LAT, and SEC are highly prevalent in patients with atrial flutter.⁸⁶

Left atrial/left atrial appendage spontaneous echocardiographic contrast SEC refers to smoke-like echoes that can be visualized on echocardiography when ultrasound is backscattered by red blood cell

aggregates.⁸⁷ The severity of SEC is graded from 0 to 4 according to the Fatkin classification,⁸⁸ with the following criteria:

- (1) Mild (minimal echogenicity located in the LAA or sparsely distributed in the main cavity of the LA; may be detectable only transiently during the cardiac cycle; imperceptible at operating gain settings for 2D echocardiography analysis);
- (2) Mild to moderate (more dense swirling pattern than grade 1, but with similar distribution; detectable without increased gain settings);
- (3) Moderate (dense swirling pattern in the LAA, generally associated with somewhat lesser intensity in the main cavity, may fluctuate in intensity but detectable constantly throughout the cardiac cycle); and
- (4) Severe (intense echodensity and very slow swirling patterns in the LAA, usually with similar density in the main cavity).⁸⁹

More recently, sludge (an early thrombotic stage) has been defined in echocardiography as a dynamic, viscid, layered echodensity without a discrete mass, visualized throughout the cardiac cycle.⁹⁰

SEC has been associated with a higher rate of ischaemic stroke in patients with AF (Supplementary data online, Table S3). Furthermore, clinical outcomes in patients with ischaemic stroke and AF are poor in the presence of coexisting SEC.^{91,92} TOE plays an important role in detecting and defining the degree of SEC in the LA cavity.^{89,93,94} Sludge has been reported to be abolished with appropriate anticoagulation, in contrast to SEC. Sludge is an independent predictor of embolic events and all-cause death.^{63,90,93}

Among patients with AF of different causes, greater than mild mitral regurgitation was much less associated with LA SEC than mild or lesser mitral regurgitation.⁹⁵

Left atrial appendage dysfunction

Multimodality imaging of left atrial appendage and association with ischaemic stroke. The development of LA ablation procedures and LAA occlusion devices for the treatment of AF has increased the interest in LAA anatomy and function.^{96–98} The LAA is an embryonic remnant of the primordial LA and is an important site of thrombus formation in AF. Anatomically, the LAA is divided into three regions: the ostium, the neck, and the lobar region. The LAA ostium is usually oval, but can be round, triangular, or water-droplet shaped.⁹⁹ A post-mortem study¹⁰⁰ reported that most people had two lobes (54%), followed by three lobes (23%), one lobe (20%), and four lobes (3%). In most cases, the tip of the LAA is directed antero-superiorly and the LAA extends between the anterior and lateral walls of the LA.⁹⁹ The LAA contains pectinate muscles, which have to be differentiated from thrombi. With its complex morphology and function, the LAA can be studied using TTE, 2D/3D TOE, CT, and MRI to improve understanding of its association with ischaemic stroke. A 3D modality is recommended to best assess the complex shape of this structure.

Two-dimensional transthoracic echocardiography. TTE imaging provides partial evaluation of the LAA. Unusually LAAT can be visualized using TTE. Some authors have reported a relationship between LAA dysfunction—measured by LAA wall velocity using TTE—and cerebrovascular events.¹⁰¹ In addition to LAA evaluation, TTE imaging is essential for the evaluation of LAA risk of thrombus formation and cardioembolic events. LV dysfunction is an echocardiographic risk

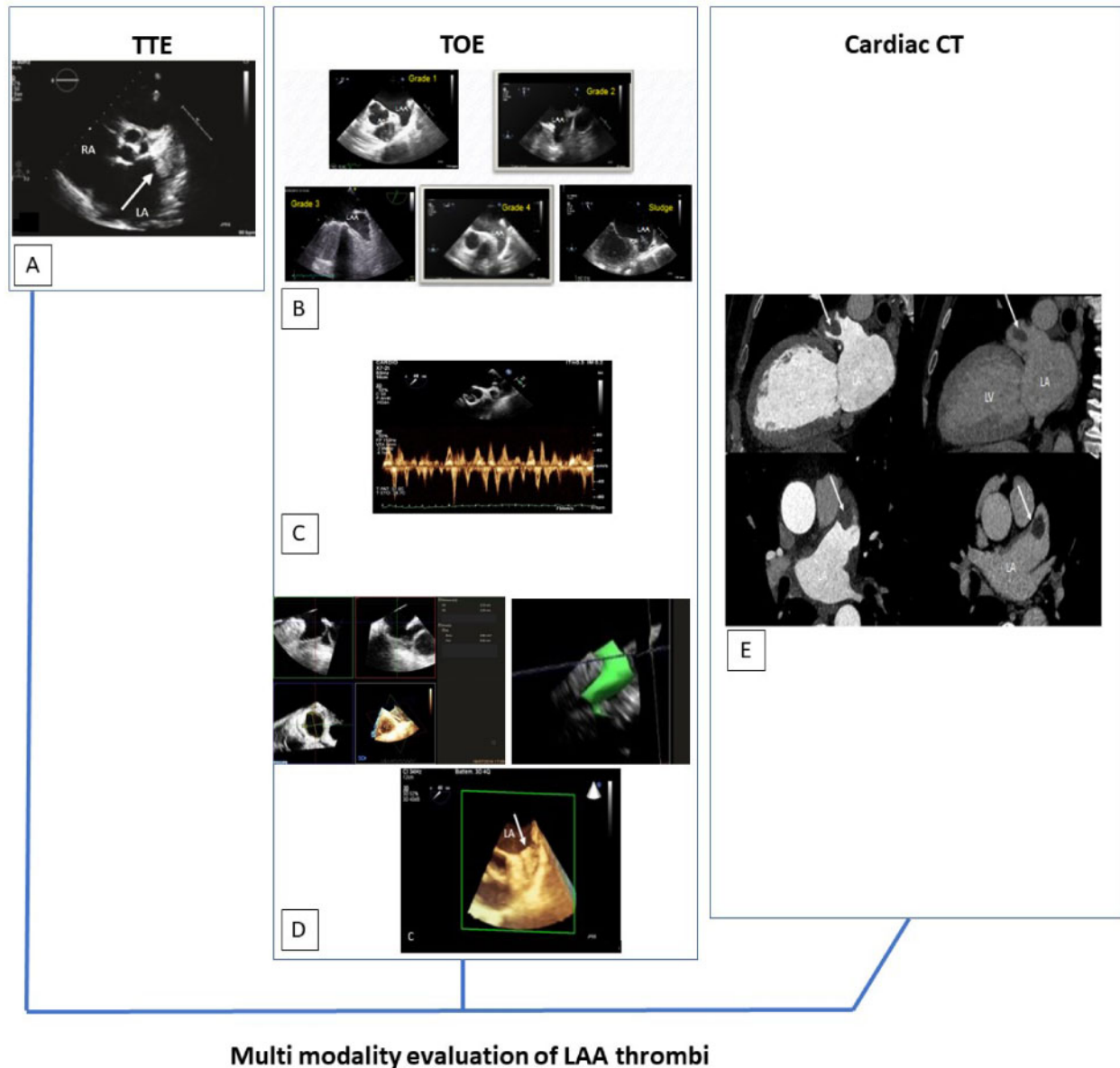


Figure 6 Multimodality imaging of LAA thrombi: (A) 2D TTE parasternal short-axis view depicting LAA thrombus in a patient with mitral stenosis; (B) TOE illustration of the different grades of LA SEC (see [Supplementary data online, Video S1A–D](#)); (C) 2D TOE: pulsed Doppler in the LAA during AF; (D) 3D TOE: analysis of the ostium of the LAA (upper left) and volume evaluation (upper right); example of LAA thrombus in a patient with mitral stenosis (bottom) (see [Supplementary data online, Video S2](#)); (E) Cardiac CT, arterial phase on the left and delayed phase on the right (90 s after iodine injection), two-chamber view on the top and axial view on the bottom, showing LAAT (courtesy of Gilles Soulat, MD, PhD). 2D, two-dimensional; 3D, three-dimensional; AF, atrial fibrillation; AO, aorta; CT, computed tomography; LA, left atrium; LAA, left atrial appendage; LAAT, left atrial appendage thrombus; LASEC, left atrial spontaneous echocardiographic contrast; RA, right atrium; SEC, spontaneous echocardiographic contrast; TOE, transoesophageal echocardiography; TTE, transthoracic echocardiography.

analysis of eight studies, patients with chicken wing morphology were less likely to have an embolic event compared with the other LAA morphologies.¹²³ LAA morphology by CT is an independent determinant of LAA flow velocity by TOE, suggesting an association between LAA morphology (and number of lobes) and embolic events.¹²⁴ Delayed contrast CT has been shown to be almost as sensitive as TOE for detection of LAAT.^{24–27}

Using MRI, extensive fibrosis of the LA is a significant predictor of TOE abnormalities (LAAT or SEC).¹²⁵

Summary

Figure 6 summarizes the multimodality imaging of LAA thrombi and Figure S1 the echocardiographic predictors of LAAT formation and ischaemic stroke. [Supplementary data online, Tables S4 and S5](#)

as a more sensitive method for detecting LVT compared with cine MRI. Indeed, in this sequence, the thrombus is characterized by the absence of contrast agent enhancement.¹³⁶ Nevertheless, TTE is most frequently used for the detection of LVT and may serve as an initial screening test. In a large study of 361 patients who had surgical or pathological validation, the sensitivity of cardiac MR was 88% and the specificity was 99%.¹³⁷

On cardiac CT, LVT has a significantly lower attenuation in comparison with a normally perfused myocardial wall.¹³⁸ Currently, there are few validated data on the role of cardiac CT in the detection of LVT in comparison with TOE or MRI. *Figure 7* illustrates examples of LVT diagnosed using TTE and MRI.

Pathological evaluation may distinguish fresh thrombi (no organization), organizing thrombi, and laminated chronic organized thrombi. CMR characteristics enable distinction between acute and older thrombi. An acute thrombus shows high signal intensity on T1- and T2-weighted images, whereas an older thrombus has low signal intensity in both T1 and T2 sequences and occasionally shows evidence of calcification.¹³⁹ Embolic risk increases with more mobile thrombi and a greater number of thrombi. In a retrospective study, the overall rate of post-treatment thromboembolism in patients on anticoagulant treatment was about 17%.¹³⁰ However, this rate can vary from 0% to 33%.^{140–147} Clinical or pathological endpoints at 6-month follow-up (TIA, cerebrovascular accident, or pathology-verified thrombus) seem to occur more frequently in patients with LVT detected by delayed-enhancement CMR than with TTE (16.7% vs. 7.7%).¹³⁴

Certain LVT characteristics are known predictors of embolism, including LVT morphological variations over time in serial examinations, protruding shape, and mobility.¹⁴⁸

Acute phase of myocardial infarction. Subsequent to the Olmsted County study,¹⁴⁹ a meta-analysis¹⁵⁰ reported a prevalence rate of 11.1 for ischaemic stroke per 1000 MIs in patients hospitalized for MI. At 1 month, the rate rose to 12.2 per 1000 and was 21.4 after 1 year.¹⁵⁰ Predictors of ischaemic stroke after MI include older age, diabetes, arterial hypertension, previous ischaemic stroke, anterior MI, previous MI, AF, heart failure, and race.

LVT is reported in 20% of cases when the coronary artery is not reperfused, and can reach 40% in anterior MI and 60% in the event of extensive MI involving the LV apex.¹⁵¹ MI location and severity of LV dysfunction determine the embolic risk.¹⁵² Thus, the rate of embolic events can reach 20% in patients with extensive anterior MI and LVT.¹⁵³

Within 4 weeks of an acute MI, 1–2.5% of patients will present with ischaemic stroke, most often (in 50% of cases) within the first week.^{154–156} The risk is particularly high (4–12%) when the Q-wave MI affects the anterior wall and apex of the LV.^{157,158} These locations promote the formation of a left intraventricular thrombus, which generally arises in the 10 days following an MI. The risk of ischaemic stroke in patients presenting with an anterior MI and a left intraventricular thrombus is 12% in the month following the MI.¹⁵⁸ This risk seems to be higher if the thrombus is pedunculated and mobile. The risk of systemic embolism decreases markedly in the subsequent months in the absence of AF and heart failure, irrespective of the natural history of the LVT.¹⁵⁸ The incidence of embolism is high when the thrombus is forming (first 3 months), but then decreases.¹⁵⁹

The presence of preclinical coronary artery disease in patients with stroke seems to be highly prevalent¹⁶⁰ and is a major cause of death during follow-up.¹⁶¹

Investigation of stroke patients for asymptomatic coronary artery disease (using coronary artery calcium score, CT coronary angiography, iodine coronary angiography), remains debatable.¹⁶²

Cardiomyopathy

Cardiac thrombi are major sources of risk for embolism.¹⁶ Blood stasis, myocardial wall damage, and hypercoagulability are the three main determinants of intracardiac thrombus formation.

Dilated cardiomyopathy. Dedicated recommendations have been published by the EACVI.¹⁶³ Irrespective of their cause, all DCM cases can be complicated by an LVT whose formation is promoted by the decrease in ventricular contractility,¹⁶⁴ dilatation of cardiac chambers,^{165,166} and, in certain cases, the presence of endocardial lesions.¹⁶⁷ The incidence of LVT in DCM ranges from 11% to 44%.¹⁶⁷ AF increases this embolic risk.¹⁶⁸ In patients with non-ischaemic DCM, the risk of embolic events and ischaemic stroke is similar to that in patients with ischaemic cardiomyopathy.¹⁶⁴ The incidence of ischaemic stroke seems to be related to the degree of LVSD.¹⁶⁹

Chagas disease is caused by the parasite *Trypanosoma cruzi*, and it is the most common cause of DCM in South America. Chagas cardiomyopathy has a particular high risk of thromboemboli. A risk score has been developed from a prospective study of 1043 patients with Chagas cardiomyopathy. The following risk factors are summed: age >48 years (1 point), ST-T changes on electrocardiogram (1 point), LV apical aneurysm (2 points), and any degree of LVSD (2 points). Patients with 4–5 points have an annual incidence of ischaemic stroke of 4.4% and no patient with a score of 0 had stroke.⁶

Hypertrophic and restrictive cardiomyopathies. Hypertrophic cardiomyopathy (HCM) is a genetically inherited condition with a large clinical spectrum and a wide variety of consequences, particularly the risk of sudden death, heart failure, and, to a lesser degree, ischaemic stroke.^{170,171} The level of evidence in regard to the risk of cardiac emboli is weak. Maron *et al.*¹⁷² compiled 900 patients in a registry, 51 of whom (prevalence rate 6%) presented with an ischaemic stroke or other vascular event during a mean follow-up of 7 ± 7 years. The registry also included 44 cases of cerebral infarction. The overall annual incidence was 0.8%, increasing to 1.9% for patients aged >60 years. Most events (72%) arose in patients aged >50 years, although 28% of the patients were <50 years. The onset of an ischaemic stroke or peripheral embolic event was independently associated with signs of congestive heart failure, increasing age, and AF (present in 88% of patients) at the time of the initial evaluation. The cumulative incidence of peripheral and cerebrovascular events in patients with AF was higher among those who were not receiving anticoagulant treatment vs. those taking vitamin K antagonists (31% vs. 18%; $P < 0.05$).¹⁷² In addition, specific disease complications were more common in association with large or medium compared with small aneurysms, such as ischaemic stroke/LV apical thrombus (4 vs. 0).¹⁷³

In a study that enrolled 593 patients with clinically diagnosed HCM (mean age at diagnosis 51.0 ± 15.6 years; mean follow-up 10.7 ± 7.5 years), 68 (11.5%) experienced ischaemic stroke and embolic events.¹⁷⁴ Among the 431 patients without previously

associated with thromboembolic events in non-anticoagulated patients. These findings emphasize the importance of CMR in HCM. Moreover, in HCM patients with cardioembolic events, a dedicated assessment for LV apical aneurysm is needed to guide management (including contrast TTE, and possibly adding CT/MRI). Multimodality imaging techniques are essential for the diagnosis, prognostic evaluation, and management of patients with restrictive cardiomyopathy.¹⁷⁶ In restrictive cardiomyopathy, patients with cardiac amyloidosis, and particularly those with AL (amyloid light-chain) type and AF, have a very high risk for thromboemboli. Amyloid infiltration of the atria and atrial mechanical dysfunction predispose to atrial thrombi. Intracardiac thrombi were present in 33% of explanted or autopsied hearts of patients with amyloid cardiomyopathy in a case series of 116 patients from the Mayo Clinic.¹⁷⁷ Of the 63 thrombi found in this autopsy study, only one was an LVT.¹⁷⁷ Embolic risk in restrictive cardiomyopathy is mediated by atrial dysfunction, and LVT is uncommon.

Other cardiomyopathies. Isolated LV non-compaction is characterized by trabeculations with deep intertrabecular recesses in which thrombi may form. A retrospective study of 144 patients with LV non-compaction found a prevalence of cardioembolic stroke of 10%. The majority of patients had either AF or LVSD.¹⁷⁸

Takotsubo or stress cardiomyopathy is a transient form of regional LVSD, most commonly involving the mid and apical left ventricle. Ventricular thrombus was present in 1.3% patients with takotsubo cardiomyopathy in a registry of 1750 patients.¹⁷⁹

Heart failure. Olsson *et al.*¹⁸⁰ reported on a study in 7599 patients divided on the basis of their baseline LVEF ($\leq 40\%$ or $>40\%$) and monitored for a mean of 37.7 months. Patients with AF and low LVEF had the highest absolute risk of cardiovascular events. Patients with AF and low ejection fraction had the highest absolute risk of adverse cardiovascular outcomes (e.g. 45% with cardiovascular death or congestive heart failure hospitalization) relative to those with low ejection fraction and sinus rhythm (37% with an event), preserved ejection fraction, and AF (34% with an event), or preserved ejection fraction and sinus rhythm (21% with an event).¹⁸⁰ AF at baseline remained an independent predictor of all-cause death regardless of baseline ejection fraction: preserved ejection fraction HR 1.37 (95% CI 1.06–1.79) and low ejection fraction HR 1.22 (95% CI 1.04–1.43).

In a retrospective study, Doukky *et al.*¹⁸¹ showed that diastolic function indices E/e' and e' were independently associated with LAAT in non-valvular AF.

Heart failure is associated with increased risks of ischaemic stroke and intracerebral haemorrhage at short- and long-term follow-up.¹⁸² The associations persist in patients without AF or flutter, across age groups and sexes.¹⁸² Di Tullio *et al.*¹⁸³ showed that among patients with systolic heart failure and sinus rhythm, LVEF of $<15\%$ more than doubled the risk of ischaemic stroke. In randomized clinical trials, the overall rate of ischaemic stroke in patients with heart failure with preserved ejection fraction and patients without AF (1.0% per year.¹⁸⁴) was similar to the rate reported in patients with heart failure with reduced ejection fraction without AF (CORONA study, 1.2% per year).¹⁸⁵ The CORONA study did not show that LVEF was an independent predictor of stroke risk; however, only patients with an LVEF $\leq 45\%$ were included.¹⁸⁵

Recommendations for identification and evaluation of LVT

TTE is recommended for the evaluation of patients with cardiac conditions who are at risk of LVT formation (e.g. MI, cardiomyopathy, severe LV systolic dysfunction, non-compaction and takotsubo cardiomyopathies).

TOE is not indicated when looking for LVT.

Contrast echocardiography and 3D echocardiography have to be considered to better characterize LVT. According to local facilities, CMR could be preferred for its sensitivity.

CMR has higher sensitivity for identification of LV thrombi and should be used when TTE is of suboptimal quality or when the TTE is negative in the setting of suspected apical thrombus.

Repeated TTE is indicated to monitor resolution of LVT after 4–6 weeks of anticoagulation.

3D, three-dimensional; CMR, cardiac magnetic resonance; LV, left ventricular; LVT, left ventricular thrombus; MI, myocardial infarction; MR, magnetic resonance; TOE, transoesophageal echocardiography; TTE, transthoracic echocardiography.

Cardiac masses

Intracardiac tumours

Primary benign cardiac tumours, a rare condition with a post-mortem incidence of 0.1–0.3%,¹⁸⁶ may affect the endocardium, myocardium, or epicardium. Three-quarters of primary cardiac tumours are benign. Atrial myxomas are the most prevalent type among benign tumours, whereas cardiac sarcomas are the most frequent type among malignant ones.¹⁸⁷

The clinical presentation of cardiac tumours depends on the histological type, morphology, and intra-cardiac location. Four different clinical manifestations can be produced by a cardiac tumour: systemic (e.g. fever, fatigue, weight loss), embolic, cardiac, and metastatic. The evidence to build a strong recommendation is limited.

Myxoma. Cardiac myxomas are generally sporadic tumours of endocardial origin and are typically located in the LA opposite the fossa ovalis region. They can also be located atypically in other areas of the LA, in the right atrium (RA), or in the ventricles. Mean age at diagnosis is 50 years, with 90% of patients aged 30–60 years.¹⁸⁸ ‘Carney syndrome’ is present in 10% of cases and is characterized by multiple and recurrent familial myxomas affecting young patients, people with endocrine disorders or with a spotty skin pigmentation.¹⁸⁹

The macroscopic appearance of a myxoma may be polypoid, often pedunculated or papillary, with villous extensions.¹⁹⁰ Microscopically, myxomas are formed by a myxoid substance. Intratumoural haemorrhage or calcifications are often present.

The clinical manifestations of a cardiac myxoma are represented by systemic symptoms, secondary embolization, or intracardiac obstruction.¹⁹¹ Myxoma embolization occurs in up to 75% of patients¹⁹² and is associated with high morbidity and mortality. Owing to the tumour localization, systemic embolization (including cerebral arteries with ischaemic stroke and retinal arteries with secondary visual loss) is frequent. The risk factors for embolic events are irregular surface, atypical localization, and large tumour size.¹⁹³

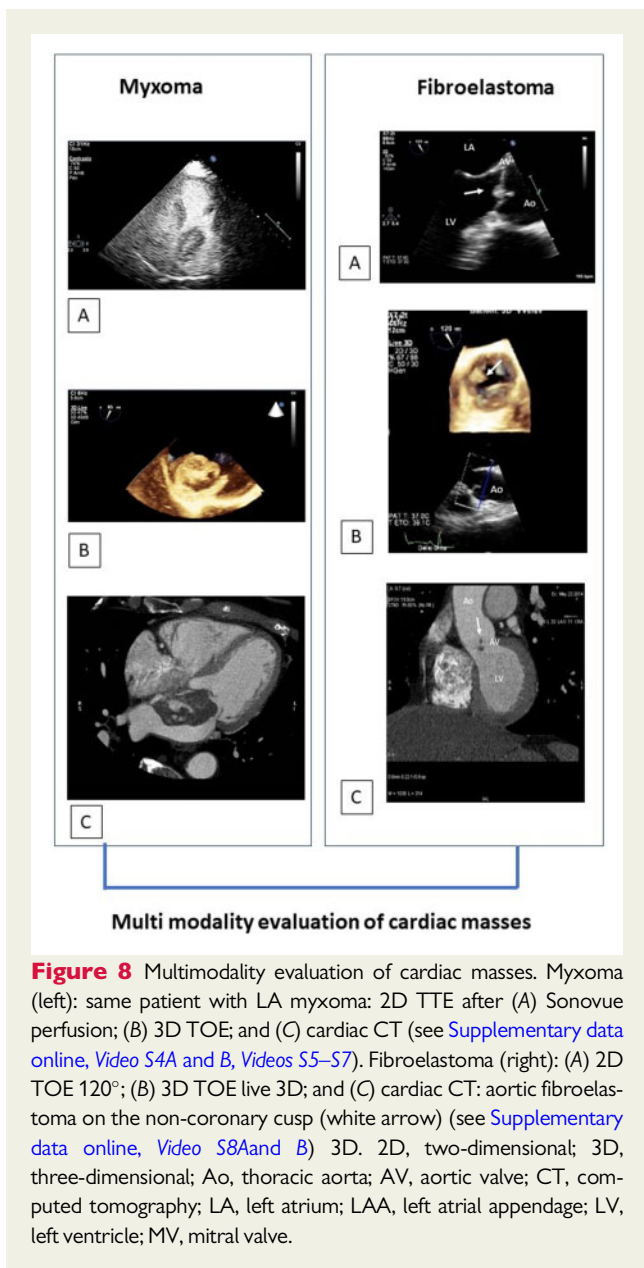


Figure 8 Multimodality evaluation of cardiac masses. Myxoma (left): same patient with LA myxoma: 2D TTE after (A) Sonovue perfusion; (B) 3D TOE; and (C) cardiac CT (see [Supplementary data online, Video S4A and B, Videos S5–S7](#)). Fibroelastoma (right): (A) 2D TOE 120°; (B) 3D TOE live 3D; and (C) cardiac CT: aortic fibroelastoma on the non-coronary cusp (white arrow) (see [Supplementary data online, Video S8A and B](#)). 2D, two-dimensional; 3D, three-dimensional; Ao, thoracic aorta; AV, aortic valve; CT, computed tomography; LA, left atrium; LAA, left atrial appendage; LV, left ventricle; MV, mitral valve.

Imaging can provide important information for diagnosis and management: localization, insertion, size, appearance, mobility, and features of embolic risk.

The main imaging modality for myxoma diagnosis is TTE, whereas TOE is often necessary for morphological details (e.g. localization of the attachment point). On cardiac CT, myxomas appear as isodense or slightly hypodense masses with weak enhancement after iodine contrast injection. Therefore, the differential diagnosis with a thrombus may be difficult.¹⁹⁴ On MRI, myxomas have a homogeneous hyperintense signal intensity on T2-weighted images, an isointense aspect on T1-weighted images, low signal on early gadolinium enhancement, and intense signal enhancement on late gadolinium enhancement, often with a hypointense core due to haemorrhage.¹⁹⁴

Gadolinium enhancement imaging is an important method for differentiating myxomas and thrombi.¹⁹⁵

Fibroelastomas. Papillary fibroelastomas are papillary lesions of the endocardium, generally located on the surface of cardiac valves (80–90%), making them the most common valve tumour.^{196,197} The aortic valve is most frequently affected.¹⁹⁸ Cardiac papillary fibroelastomas are benign tumours with an incidence of 0.002–0.33% in autopsy series, with incidence increasing with age.¹⁹⁹ Fibroelastomas represent almost 10% of intracardiac tumours.²⁰⁰ The typical macroscopic description for a papillary fibroelastoma is a ‘sea anemone’ due to its round shape with digitations.²⁰¹ Microscopically, the tumour consists of connective tissue lined by endothelium.

The clinical manifestation of these tumours is very variable, from asymptomatic incidental discoveries during echocardiography to ischaemic stroke or even sudden cardiac death due to tumour embolization.²⁰⁰ Tumour localization (aortic valve), mobility, and dimensions are predictors of arterial embolization.

Echocardiography is the first-line imaging modality. The echocardiographic appearance of a papillary fibroelastoma is a pedunculated free-moving mass with high-frequency oscillations during the cardiac cycle, with variable dimensions from a few millimetres to a few centimetres (rarely >3 cm), attached to the middle portion of the cardiac valves but without any valvular destruction (enclosure is exceptional and, although possible, regurgitation is minimal).^{198,202} On cardiac MRI, the tumour might be not easily visualized due to its small size and high mobility, but may be described as a hypointense mobile mass on cine images.¹⁹⁵

The differential diagnosis of the tumour includes valvular calcifications, thrombi, vegetations (generally associated with valvular destructions), strands, and Lambl’s excrescences (generally arising from the coaptation line). *Figure 8* illustrates the use of multimodality imaging in the diagnosis of cardiac masses.

Recommendations for evaluation of cardiac masses

The presence of a tumour may lead to a rapid surgical decision and this decision should not be delayed by performing a useless diagnostic examination. However, when making the decision on whether or not to operate, a multimodality approach is often requested. Cardiac CT and CMR are often considered in addition to echocardiographic exams. A PET scan may also be valuable when a metastasis or primary cardiac tumour is sought.

TOE (with 3D capabilities if possible) is recommended in addition to TTE in evaluating cardiac tumours (e.g. myxoma, papillary fibroelastoma).

Contrast echocardiography or 3D echocardiography is recommended to better characterize cardiac masses (atria > ventricles).

CT can be a helpful complementary tool to differentiate a myxoma from a thrombus in cases in which TTE/TOE is inconclusive.

CMR imaging is considered as the modality of choice for evaluating cardiac tumours.

3D, three-dimensional; CMR, cardiac magnetic resonance; CT, computed tomography; PET, positron emission tomography; TOE, transoesophageal echocardiography; TTE, transthoracic echocardiography.

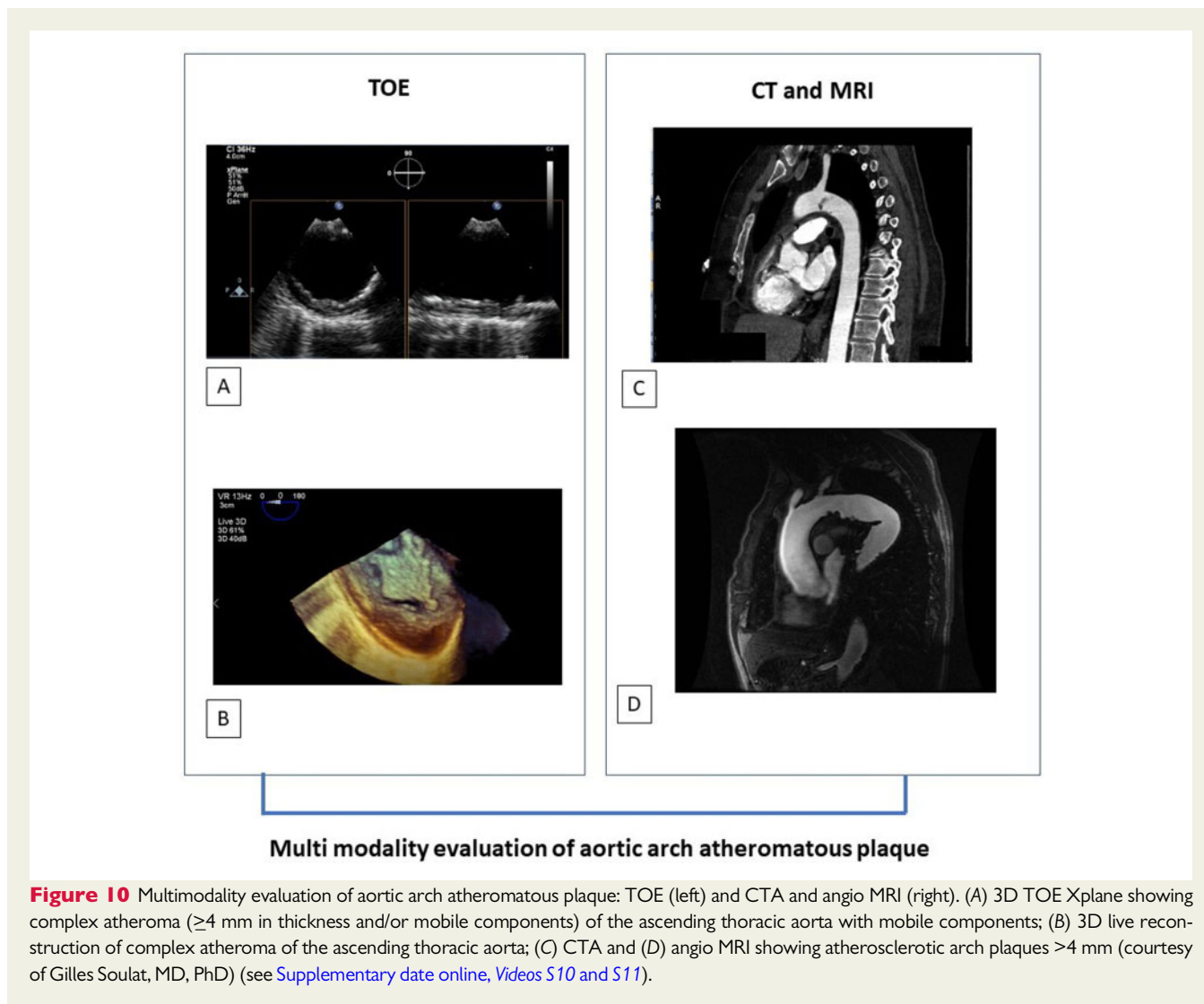


Figure 10 Multimodality evaluation of aortic arch atheromatous plaque: TOE (left) and CTA and angio MRI (right). (A) 3D TOE Xplane showing complex atheroma (≥ 4 mm in thickness and/or mobile components) of the ascending thoracic aorta with mobile components; (B) 3D live reconstruction of complex atheroma of the ascending thoracic aorta; (C) CTA and (D) angio MRI showing atherosclerotic arch plaques >4 mm (courtesy of Gilles Soulat, MD, PhD) (see [Supplementary data online, Videos S10 and S11](#)).

Recommendations for evaluation of aortic arch atheromatous plaques

TOE is the reference echocardiographic method for the evaluation of thoracic aortic atherosclerosis location (descending, arch, ascending aorta) and severity (complex thoracic aortic plaques).²³⁴

TOE is the reference echocardiographic method for the description of complex thoracic aortic plaques (plaque thickness, ulceration, mobile elements suggesting thrombus).

TOE can characterize aortic plaques as a surrogate marker of ischaemic stroke risk, irrespective of AF or carotid stenosis.

TTE (suprasternal window when available) can be used to identify aortic arch atheromas.

CT is competitive with TOE in aortic plaque (ascending and arch thoracic aorta) characterization.

MRI can be proposed in aortic wall and atherosclerotic plaque characterization.

AF, atrial fibrillation; CT, computed tomography; MRI, magnetic resonance imaging; TOE, transoesophageal echocardiography; TTE, transthoracic echocardiography.

Diagnosis of partial prosthetic thrombosis is difficult, especially when obstruction is mild or absent. TTE is of limited value in this setting and TOE is the method of choice for the diagnosis of small prosthetic thrombosis. However, the diagnosis of prosthetic thrombosis,

even with TOE, suffers from some limitations. First, small abnormal echoes around the prosthesis may also be observed in prosthetic endocarditis, and it may be difficult to differentiate thrombus formation from vegetation. Moreover, examination of aortic prostheses is

often difficult when a mitral prosthesis is also present, owing to attenuation of the ultrasound beam. Cardiac CT should be considered after clear agreement about the setting required to get valuable results from the CT acquisitions.²⁷⁰

Recommendations for prosthetic heart valves

TTE must be performed within the 48 first hours in patients with a prosthetic valve and an embolic event.

TOE must be performed in patients with a prosthetic valve and an embolic event, even if the results of TTE are negative.

TOE plays an important role in guiding the therapeutic strategy in prosthetic thrombosis, the presence of a large thrombus favouring surgery. Cinefluoroscopy should not be forgotten in case of a mechanical prosthesis, and cardiac CT should be considered.

Repeated TTE/TOE is recommended for follow-up after thrombolytic therapy or anticoagulant therapy of a prosthetic valve thrombosis.

CT, computed tomography; TOE, transoesophageal echocardiography; TTE, transthoracic echocardiography.

Minor or undetermined cardiac sources of cerebral embolism

Atrial septal abnormalities

Atrial septal aneurysm

Atrial septal aneurysm (ASA) is defined as excursion of septal tissue (typically the fossa ovalis) >10 mm from the plane of the atrial septum into the RA or LA, or a combined total excursion right and left of 15 mm.²⁷⁴ Excursion of the atrial septum can be documented by 2D imaging as well as by M-mode when the cursor can be aligned perpendicular to the plane of the interatrial septum. This can be done in the subcostal four-chamber views by TTE or in the bicaval views by TOE. The incidence of ASA in the general population, as estimated by TTE, is considered to be only 0.23%,²⁷⁵ rising to 4.6% in TOE studies.²² The link between ASA and PFO is well established, with approximately 60% of patients presenting with ASA plus PFO.²⁷⁵ ASA has also been associated with multiple septal fenestrations, and this should be evaluated carefully by colour Doppler.^{276–278} TOE is a more sensitive method than TTE for evaluating ASA. The presence and extent of an ASA is a factor in device selection for PFO closure. A relatively large device can be chosen to encompass and stabilize the atrial septum or a smaller and softer device for better conformation with the ASA.

The link between ASA and systemic embolism was initially described from isolated cases.²⁷⁹ In one series,²⁸⁰ the incidence of ASA was estimated to be 2.2% in the general population, significantly lower than the 7.2% incidence in patients undergoing TOE after an ischaemic stroke ($P=0.002$). The embolic mechanisms proposed included a thrombus in the ASA, a paradoxical embolism from a venous thrombus through a PFO or coexisting paroxysmal AF.²⁸¹

Patent foramen ovale

PFO is a flap-like opening between the septum primum and septum secundum at the fossa ovalis. During foetal life, the foramen ovale plays a physiological role, with the purpose of directing most oxygenated placental blood from the RA to the LA, avoiding the pulmonary bed. A PFO is the result of the failure of the septum primum and septum secundum to fuse postpartum. The reported prevalence of PFO in the general population is 25%, increasing to over 50% in patients with cryptogenic stroke.^{275,282} Paradoxical embolism occurs when there is embolic transit from the systemic venous circulation to the systemic arterial circulation through a right-to-left shunt, such as a PFO or atrial septal defect. PFO refers to when right-to-left shunting of blood has been demonstrated by saline contrast injection without a true deficiency of the interatrial septum. Typically, the PFO is closed due to the gradient between the LA and RA, and no left-to-right shunting is seen. Under certain haemodynamic conditions, such as elevated right atrial (RA) pressure due to acute or chronic pulmonary hypertension, cough, or with a Valsalva manoeuvre, a right-to-left shunt can be seen.

The presence of PFO is presumed when agitated saline contrast is observed in the LA within three cardiac cycles after complete opacification of the RA.^{283,284} Injections should be given at rest and with certain provocative manoeuvres such as cough and the Valsalva manoeuvre to increase RA pressure. Deviation of the interatrial septum to the LA side confirms elevated RA pressure. If agitated saline contrast is noted after five cardiac cycles, pulmonary arteriovenous malformations must be considered.^{285,286} Elevated LA pressure from LV failure or mitral valvular disease can prevent right-to-left shunting, because higher RA pressure is required to overcome the elevated LA pressure. In a study comparing patients with or without left heart disease, the detection of PFO was 5% in patients with left heart disease and 29% in those without left heart disease.²⁸⁷

TTE, TOE, and transcranial Doppler are useful for the diagnosis of PFO^{16,284} (Supplementary data online, Table S9). Transcranial Doppler records high-intensity transient signals, representing microbubbles passing through the middle cerebral artery. TTE is the primary method reported to characterize the presence of right-to-left shunting through a PFO and remains the most commonly used screening test due to its non-invasiveness and wide availability. The accuracy of TTE vs. TOE as the reference has been evaluated in a meta-analysis, which included 13 studies with 1436 patients.^{288,289} The weighted mean sensitivity and specificity for TTE were 46% and 99%, respectively. Using different contrast agents, different microbubble cut-offs for a positive TTE/TOE, and different cardiac cycle cut-offs for a positive TTE/TOE, did not affect the accuracy of TTE. In a population of patients with cryptogenic stroke, TOE had a sensitivity of 89% and a specificity of 91% for the diagnosis of PFO. The low negative likelihood ratio of TOE suggests that it is a proficient test of exclusion for PFO.²⁹⁰

In a systematic review of all prospective studies that assessed the accuracy of TOE for the detection of PFO using confirmation by autopsy, cardiac surgery, and/or catheterization as the reference, only four studies met the inclusion criteria.²⁹⁰ Among 164 patients, TOE had a weighted sensitivity of 89% and a specificity of 91% to detect PFO.²⁹⁰

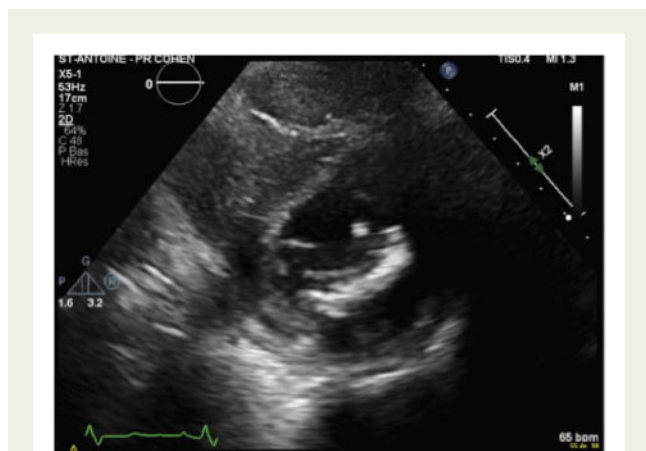


Figure 12 Mitral annular calcifications on 2D TTE (short-axis view) (see [Supplementary data online, Video S15](#)). 2D, two-dimensional; TTE, transthoracic echocardiography.

Mitral annulus calcification

Mitral annulus calcification is a very common (incidental finding) degenerative process (detected at echocardiography in approximately 14% of cases).³³⁷ It mainly affects older people (>60 years), women, and patients with hypertension, diabetes, chronic renal dysfunction, or dysregulated mineral metabolism.^{338–340} Patients presenting with mitral annulus calcification often have comorbidities such as endocarditis, arrhythmia, systemic emboli, and aortic valve calcification.³⁴⁰ In advanced cases, it may cause significant obstruction of LV inflow and symptomatic mitral stenosis.

Mitral annulus calcification refers to a chronic inflammatory fibrous calcification of the mitral annulus (endothelial dysfunction, lipids, and calcium deposit in the fibrous ring of the mitral valve). No clear causal relationship between ischaemic stroke and mitral annulus calcification has been established because it is more a marker for generalized atherosclerosis.^{338,339} However, occasionally, mobile plaques may be clearly identified at the level of the calcified annulus by echocardiography and, in those cases, the probability of a migration of calcified emboli or thrombotic debris is much higher. Certain ischaemic strokes may be related to an increased incidence of AF.³³⁷ Multimodality imaging with 2D, 3D, and Doppler echocardiography ([Figure 12](#)) and CTA can delineate the extent and location of mitral annulus calcification to help guide therapeutic strategies. Three semi-quantitative grades of severity can be identified: mild (focal, limited increase in echodensity of the mitral annulus), moderate (marked echodensity involving one-third to one-half of the ring circumference), or severe (marked echodensity involving more than half of the ring, or with intrusion into the LV inflow tract). Multislice CT can better quantify the severity of calcification. It is usually visualized on echocardiography as an echodense shelf-like structure with an irregular, lumpy appearance involving the mitral valve annulus, with associated acoustic shadowing. Using ¹⁸F-sodium fluoride (calcification activity) and ¹⁸F-fluorodeoxyglucose (inflammation activity) PET, mitral annulus calcification has recently been shown to be characterized by both calcification and inflammatory activity that increases proportionally to the baseline calcification burden (highest baseline CT calcium scores).³⁴¹

Cardiac CT has been proposed in the evaluation of the extent and location of mitral annular calcification.³⁴²

Aortic valve calcification and stenosis

Calcific aortic valve disease with or without stenosis is a very common feature, especially among older adults. The clinical precursors of atherosclerosis are also risk factors for calcific aortic valve disease.³⁴³ Spontaneous embolic complications observed in calcific aortic valve disease are rare and most often clinically silent, particularly owing to the small size of the thrombi, which preferentially migrate to the retinal artery.³⁴⁴ Rarely, larger emboli have been associated with calcific aortic valve disease, mainly in procedural settings such as cardiac catheterization and percutaneous intervention or heart surgery.³⁴⁵ TTE or TOE may rarely visualize small debris or mobile plaques at the level of the valve leaflets or annulus, further reinforcing the potential for an embolic event. Cardiac imaging techniques play a key role in the study of calcific aortic valve disease by confirming the diagnosis and estimating its severity. Calcium scoring CT offers the advantage of quantifying the calcium load at the valve level, which is associated with the severity of aortic valve stenosis (≥ 2000 Agatston units for men and ≥ 1200 Agatston units for women to distinguish severe from moderate aortic stenosis), and predicts poor prognosis and disease progression.^{346,347}

Giant Lambl's excrescences and strands

Lambl's excrescences (or fibrous filaments or strands) are thin, elongated, mobile structures that arise opposite the contact surfaces of cardiac valve leaflets. They are more commonly described on the mitral valve (atrial surface), but are also described on the ventricular side of the aortic valve, and can also be found on prosthetic valves and, rarely, on native tricuspid and pulmonary valves.³⁴⁸ Two case-controlled studies^{348,349} had discordant findings with respect to the association between valvular strands and ischaemic stroke, although both detected a relatively high prevalence in patients referred for exploration of cryptogenic stroke. Another case-control study³⁵⁰ involving 284 patients referred for evaluation after an ischaemic stroke and 276 controls aged >60 years found a significantly increased stroke risk in patients presenting with mitral valve strands identified by TOE. These patients were monitored for a mean of 2.3 years and the risk of recurrent ischaemic stroke was not different in those with or without strands (6% vs. 4.2% per patient-year, respectively). The presence of mitral valve strands was not an independent predictor of risk for this outcome. A recent case-control study including 77 systemic lupus erythematosus cases and 26 age- and sex-matched controls found a similar frequency of Lambl's excrescences between the two groups and no association with incident ischaemic stroke.³⁵¹

See [Supplementary data online, Videos S16](#).

Recommendations for evaluation and treatment of minor and putative sources of ischaemic stroke

Isolated and uncomplicated mitral valve prolapse should not be considered as a potential cardiac source of embolism.

Continued

Continued**Recommendations for evaluation and treatment of minor and putative sources of ischaemic stroke**

Mitral annulus and aortic valve calcifications should not be considered as potential cardiac sources of embolism because both are incidental and associated with other causes (e.g. aortic atheroma).

The significance of LASP for patients presenting with cryptogenic ischaemic stroke remains uncertain, and no recommendation can be made regarding the management of ischaemic stroke patients with LASP.

Larger studies are needed to evaluate whether LASP is a risk factor for ischaemic stroke.

Lambli's excrescences are only weakly correlated with stroke risk. Their discovery during work-up for a cryptogenic stroke should not discourage the search for another possible cause. It has no effect on patient management.

LASP, left atrial septal pouch.

Flow chart

Vascular imaging and contrast TTE/TOE are considered the first-line tool in the search for a cardiac source of embolism (Figure 13). CT and MRI are considered as alternative tools, and their indications are described on a case-by-case approach:

- In the case of normal contrast TTE, cardiac rhythm (atrial tachyarrhythmia vs. sinus rhythm) should be taken into account.
 - In patients with AF, contrast TTE can detect the presence of thromboembolic risk markers (LA size, LA strain alteration, and LVEF <40%). The indication for contrast TOE cannot be part of a routine indication, except to answer a specific question or for inclusion in a research protocol. Without TTE-derived thromboembolic risk markers, contrast TOE indication is mandatory.
 - In the case of sinus rhythm (i.e. cryptogenic stroke), contrast TOE and a Holter electrocardiogram are mandatory.
- In the case of abnormal contrast TTE, a minor cardiac source of embolism has to be distinguished from a major cardiac source of embolism.
 - If a minor cardiac source of embolism is detected, contrast TOE might be indicated: (i) if another potential cardiac source of embolism (>20% of cases) is suspected; (ii) before percutaneous interatrial septum closure; and (iii) in the event of unequivocal results on contrast TTE.
 - In the case of negative contrast TOE, a transcranial Doppler is indicated. In case of a negative transcranial Doppler, a Holter monitoring should be considered.
- If a major cardiac source of embolism is detected and is an unequivocal potential source of embolism, the indication of contrast TOE may be debatable. However, its input is indisputable for the detection of potential cardiac sources of small size (below the resolution of contrast TTE), such as atrial or LV thrombosis, atrial or LV tumour, or valvular vegetation.

- When contrast TTE is equivocal, contrast TOE indication is mandatory.

Conclusions

Cardiac embolism accounts for an increasing proportion of ischaemic strokes, and the role of cardiac imaging (TTE with contrast, TOE with contrast, MRI, and CT) is increasing (Supplementary data online, Tables S11 and S12). Echocardiography constitutes the primary choice for cardiac imaging after acute ischaemic stroke, with TTE and TOE providing complementary information. Cardiac CT and MRI are valuable alternatives in specific situations. AF remains the main cardiac source of embolism, although the role and imaging characteristics of LA/LAA dysfunction remain debatable (e.g. LAA geometry, LAA dysfunction, LA strain, LA/LAA SEC). Improved imaging of aortic atheromas (TOE > CT), ventricular thrombus (MRI > TTE), atrial thrombus (TOE or CT > MRI), valvular masses (3D TOE > MRI or CT) may lead to better aetiological work-up in patients with ischaemic stroke. Despite such a work-up, one-third of ischaemic strokes have an unclear cause, leading to the concept of ESUS, secondary to the so-called atrial cardiomyopathy. A thrombogenic atrial substrate (LA/LAA anomalies in cellular components, geometry, and/or function) can lead to atrial thromboembolism. LA strain, MRI (LA fibrosis), biomarkers and echo-markers, and rhythm anomalies can be further characterized. Atrial septal anomalies deserve careful examination to describe at-risk PFO and to discuss the indications of PFO closure in patients with cryptogenic stroke, after in-depth discussion and the ruling out of other possible causes, including occult AF (Holter or prolonged rhythm monitoring, insertable cardiac monitors). Patients with cryptogenic stroke constitute a heterogeneous group, leading to therapeutic implications based on the potential mechanism. The concept of ESUS deserves further refinement, because the results of the two studies on non-vitamin K antagonist oral anticoagulants are negative.^{352,353}

Supplementary data

Supplementary data are available at *European Heart Journal - Cardiovascular Imaging* online.

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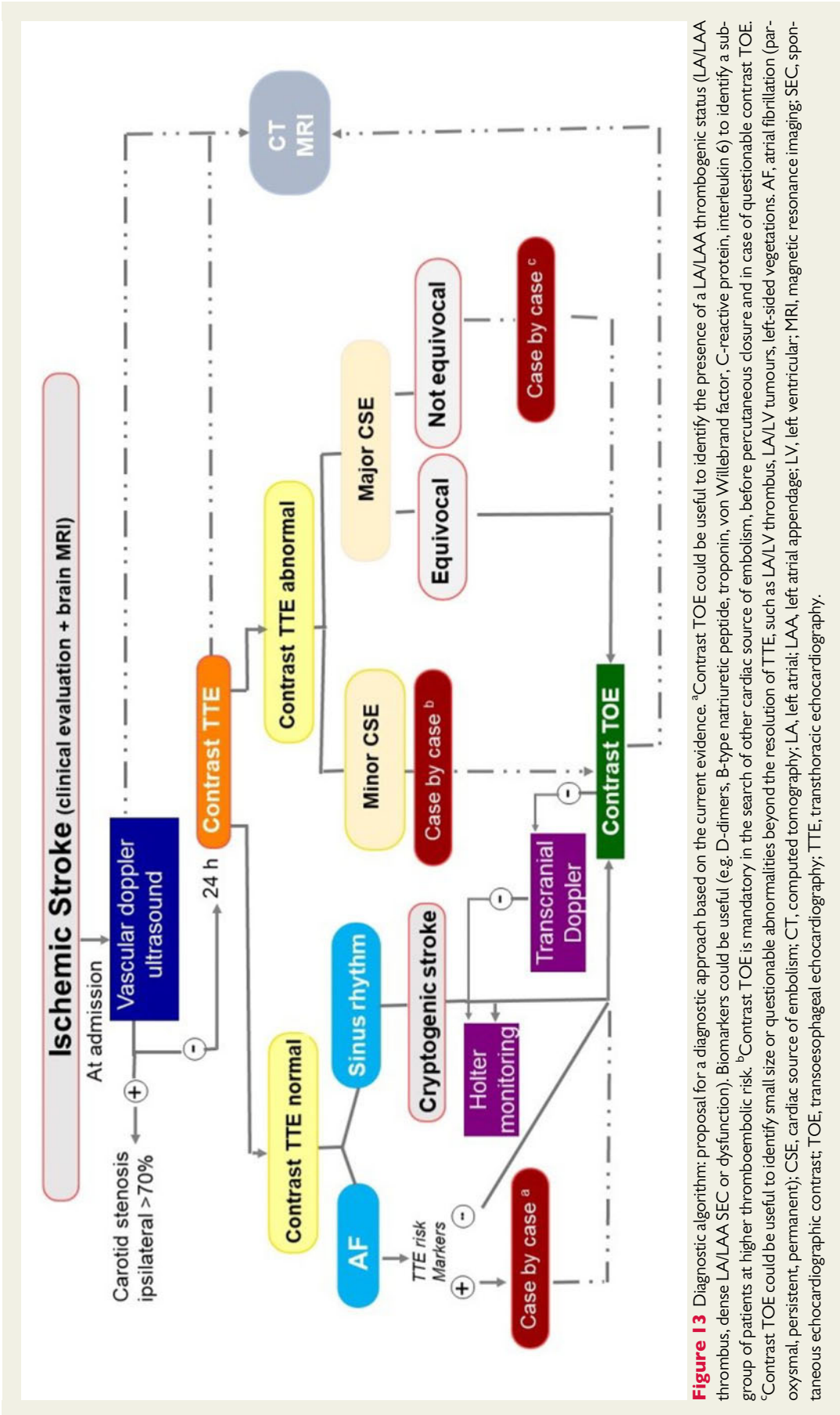


Figure 13 Diagnostic algorithm: proposal for a diagnostic approach based on the current evidence. ^aContrast TOE could be useful to identify the presence of a LA/LAA thrombotic status (LA/LAA thrombus, dense LA/LAA SEC or dysfunction). Biomarkers could be useful (e.g. D-dimers, B-type natriuretic peptide, troponin, von Willebrand factor, C-reactive protein, interleukin 6) to identify a subgroup of patients at higher thromboembolic risk. ^bContrast TOE is mandatory in the search of other cardiac source of embolism, before percutaneous closure and in case of questionable contrast TOE. ^cContrast TOE could be useful to identify small size or questionable abnormalities beyond the resolution of TTE, such as LA/LV thrombus, LA/LV tumours, left-sided vegetations. AF, atrial fibrillation (paroxysmal, persistent, permanent); CSE, cardiac source of embolism; CT, computed tomography; LA, left atrial; LAA, left atrial appendage; LV, left ventricular; MRI, magnetic resonance imaging; SEC, spontaneous echocardiographic contrast; TOE, transoesophageal echocardiography; TTE, transthoracic echocardiography.

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