

Heart Hypertrophy

Heart hypertrophy refers to the thickening of the heart muscle. This condition can affect different chambers of the heart.

What is heart hypertrophy?

Heart hypertrophy is a condition where the heart muscle (myocardium) becomes thicker than normal. This thickening

Types of heart hypertrophy:

1. Physiological hypertrophy: Occurs as a normal response to regular physical exercise or pregnancy.
2. Pathological hypertrophy: Happens due to disease conditions such as high blood pressure or heart valve problems.

Causes:

- High blood pressure (hypertension)
- Heart valve diseases
- Genetic conditions such as hypertrophic cardiomyopathy

Symptoms:

- Shortness of breath
- Fatigue
- Chest pain
- Rapid or irregular heartbeat

Diagnosis:

Doctors may use:

- Echocardiogram (ultrasound of the heart)
- Electrocardiogram (ECG)
- MRI scans of the heart

Treatment:

- Medications to lower blood pressure and reduce heart workload
- Lifestyle changes: healthy diet, regular exercise, quitting smoking
- In some cases, surgical procedures to relieve pressure in the heart

Prevention:

- Maintain healthy blood pressure
- Regular check-ups
- Balanced diet and regular physical activity

When to see a doctor:

If you experience persistent chest pain, unexplained shortness of breath, or fainting episodes.

Additional Resources:

- Mayo Clinic: <https://www.mayoclinic.org>
- American Heart Association: <https://www.heart.org>
- MedlinePlus: <https://medlineplus.gov>