

# Valvular Cardiomyopathy



## **Valvular cardiomyopathy**

**Cardiomyopathy is a condition of the heart muscle that makes it difficult to pump blood from the heart to the rest of the body. Cardiomyopathy can lead to heart failure**

# Symptoms

**There may be no signs or symptoms in the early stages of cardiomyopathy. But as the condition progresses, the following signs and symptoms usually appear:**

**Shortness of breath when doing activities or even while resting**

**Swelling of the legs, ankles and feet**

**Flatulence due to fluid buildup**

**Coughing while lying down**

**Difficulty lying in a horizontal position to sleep**

**Exhaustion**

**Feeling of a fast heartbeat, heart palpitations, or heart palpitations**

**Feeling of discomfort or pressure in the chest**

**Feeling dizzy and fainting**

## **The reasons**

**The cause of cardiomyopathy is often unknown. However, some people may develop it as a result of another condition (acquired) or because it was passed on from a parent (hereditary).**

**Some of the health conditions or behaviors that can lead to AIDS include:**

**Long-term high blood pressure**

- **Heart tissue damage from a heart attack**

**Long-term rapid heartbeat**

**Heart valve problems**

- **Novel Coronavirus Disease (Covid-19)**
- **Some infections, especially those that lead to inflammation of the heart**
- **Metabolic disorders, such as obesity, thyroid disease or diabetes**
- **Lack of essential vitamins or minerals in your diet, such as thiamine (vitamin B1)**

**Pregnancy complications**

**Iron buildup in the heart muscle (hemochromatosis)**

- **Growth of small masses of inflammatory cells (granulomas) in any part of the body, including the heart and lungs (sarcoidosis)**

**Accumulation of abnormal proteins in organs (amyloidosis)**

**Connective tissue disorders**

**Excessive consumption of alcohol over many years**

**Use of cocaine, amphetamines, or anabolic steroids**

- **Use of certain chemotherapy or radiotherapy drugs to treat cancer**

## **Complications**

**In some cases, you cannot prevent cardiomyopathy. You should tell your doctor if you have a family history of this condition.**

**You can reduce your risk of developing cardiomyopathy and other types of heart disease by following a heart-healthy lifestyle and choosing healthy lifestyles, such as:**

- **Avoid alcohol or cocaine**
- **Control of high blood pressure, high cholesterol and diabetes**

- **Eat a healthy diet**
- **Regular exercise**
- **Get enough sleep**
- **Reduce exposure to stress**

## **Limited surgical treatment**

**Cardioversion devices that monitor and regulate the heart, defibrillators and tremors, giving electrical impulses to control the rhythm and return it to its normal efficiency. Resection of an enlarged muscle wall in the presence of hypertrophic cardiomyopathy. Installation of ventricular assist devices that support the ventricle and help in the process of pumping blood.**