Mark Lee - Diseased Heart Muscle (Cardiomyopathy)

Overview: Mark Lee, a 45-year-old accountant, has been diagnosed with cardiomyopathy, a condition that results in the weakening of the heart muscle, leading to impaired heart function.

Mark Lee - Symptoms: Shortness of breath, particularly during physical activities, Persistent fatigue and weakness, and Swelling in the ankles and abdomen.

Mark Lee - Diagnosis: Mark's cardiomyopathy was identified through comprehensive medical assessments, including imaging tests and cardiac evaluations.

Mark Lee - Treatment: Medications: Prescribed medications to enhance heart function and alleviate symptoms. Lifestyle Changes: Adopted a heart-healthy diet, emphasizing low-sodium foods. Engaged in regular, supervised exercise routines. Medical Procedures: Regular monitoring and adjustments to the medication plan.