

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.