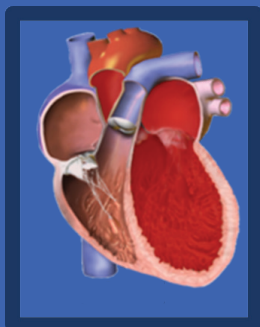


What is it?

Cardiomyopathy is a condition in which the part of the heart known as the ventricles, has become enlarged, thickened and/or stiffened. As a result, the hearts ability to pump is reduced.

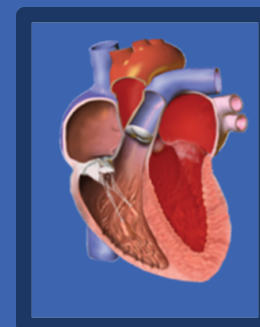
THERE ARE THREE TYPES OF CARDIOMYOPATHY



DILATED



HYPERTROPHIC



RESTRICTIVE

Causes

- Familial or genetic factors
- Viral infections
- Metabolic disease - Diabetes, Haemachromatosis (iron overload)
- Endocrine disorders - Overactive thyroid
- Toxins e.g. alcohol or drugs
- Infiltrative and familial storage diseases - Sarcoidosis, Glycogen storage diseases
- Nutritional deficiencies - Lack of Thiamine and Selenium
- Connective tissue disorders - Systemic Lupus Erythematosus



Signs and symptoms

Some people don't show signs or symptoms in both the early or later stages of the disease. As Cardiomyopathy worsens and the heart weakens, signs and symptoms of heart failure usually occurs.



Shortness of breath or trouble breathing, especially with physical exertion



Swelling in the ankles, feet, legs, abdomen, and veins in the neck



Fatigue (tiredness)

Seek medical attention when you have:

- Unexplained shortness of breath
- Unexplained fainting
- Chest pain

Management

The main goals of managing cardiomyopathy include:

- Managing any conditions that cause or contribute to the disease
- Controlling signs and symptoms so that you can live as normal a life as possible
- Reducing complications and the risk of a heart attack

LIFESTYLE CHANGES



TREATMENT

There is no specific cure for Cardiomyopathy.

Treatment depends on the specific type of cardiomyopathy and managing symptoms and the underlying cause of the condition.

Treatment is dependent on the degree of heart involvement and complications present, e.g. heart failure. Heart transplantation, if available, can be a lifesaving procedure in progressive and severe cases.