# Causes, risk factors and prevention of cardiomyopathy.

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*Accepted on December 15th, 2021*

## Description

The rare type of cardiomyopathy is a disorder of the coronary heart muscle that makes it harder for our coronary heart to pump blood to the rest of our body. Cardiomyopathy can result in coronary heart failure. The primary types of cardiomyopathy include dilated hypertrophic and restrictive cardiomyopathy. Treatment may consist of medications, surgically implanted devices, coronary heart surgery, or, in severe cases, a coronary heart transplant -depending on which kind of cardiomyopathy we've got and how critical it is.

There are probably no signs or symptoms in the early levels of cardiomyopathy. But as the condition advances, signs and symptoms normally appear, such as breathlessness with an activity or even at rest, swelling of the legs, ankles, and feet, bloating of the stomach due to fluid buildup, cough while lying down, difficulty lying flat to sleep, fatigue, heartbeats that sense rapid, pounding or fluttering, chest discomfort or pressure, and dizziness, lightheadedness, and fainting. Signs and symptoms generally tend to get worse unless treated. In some people, the situation worsens quickly; in others, it won't get worse for a long time. See physician when we have one or more signs or signs and symptoms related to cardiomyopathy. Call nearby emergency range when we have severe issues like breathing, fainting, or chest pain that lasts for more than a few minutes. Some types of cardiomyopathy may be passed down through families (inherited). If we have the condition, the doctor may suggest that family members be checked.

Certain health conditions or behaviors that may lead to acquired cardiomyopathy include, long-term high blood pressure, coronary heart tissue damage from a coronary heart attack, long-term rapid heart rate, coronary heart valve problems, COVID-19 infection, certain infections, particularly people who reason inflammation of the heart, metabolic disorders, along with obesity, thyroid disease or diabetes, loss of essential vitamins or minerals for your diet, along with thiamin (vitamin B-1), pregnancy complications, the Iron buildup for our coronary heart muscle, the growth of tiny lumps of inflammatory cells in any part of your body, which include your coronary heart and lungs, the buildup of abnormal proteins in the organs, connective tissue disorders, consuming too much alcohol over many years, use of cocaine, amphetamines or anabolic steroids, and use of a few chemotherapy drugs and radiation to treat cancer.

In Dilated Cardiomyopathy, the pumping cap potential of our coronary heart's primary pumping chamber-the left ventricle-turns into enlarged (dilated) and cannot efficiently pump blood out of the coronary heart. Although this kind can have an effect on people of all ages, it occurs most often in middle-aged people and is more likely to affect men. The most, common reason is coronary artery disease or coronary heart attack. However, it may additionally be caused by genetic defects.

Hypertrophic cardiomyopathy type involves abnormal thickening of our coronary heart muscle, which makes it more difficult for the coronary heart to work. It mostly impacts the muscle of our coronary heart's primary pumping chamber (left ventricle). Hypertrophic cardiomyopathy can develop at any age, but the condition tends to be more severe if it occurs during childhood. Most people with this kind of cardiomyopathy have a family history of the disease. Some genetic mutations have been connected to hypertrophic cardiomyopathy.

In Restrictive Cardiomyopathy, the coronary heart muscle turns stiff and less flexible, so it cannot expand and fill with blood between heartbeats. This least common type of cardiomyopathy can occur at any age; however, it most often affects older people. Restrictive Cardiomyopathy can occur for no known reason (idiopathic), or it may be caused by a disease elsewhere in the body that impacts the coronary heart, such as amyloidosis.

The rare type of cardiomyopathy is Arrhythmogenic right ventricular dysplasia. In this rare type of cardiomyopathy, the muscle in the lower right coronary heart chamber (proper ventricle) is replaced by scar tissue, which can result in coronary heart rhythm problems. It's often caused by genetic mutations.

The other types of cardiomyopathy fall into the Unclassified Cardiomyopathy category. In many cases, you cannot prevent cardiomyopathy. We can help to reduce our risk of cardiomyopathy and other types of heart disease by living a coronary heart-healthy lifestyle.

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***Citation:*** *Wu Y. Causes, risk factors and prevention of cardiomyopathy. J Hyperten Heart Care 2021;4(3):3.*