

## Awareness and Symptoms of Cardiomyopathy among Adults

Aldera Darlington\*

Facultad de Medicina, Pontificia Universidad Católica de Chile, Santiago, Chile

**Keywords:** Cardiomyopathy; Heart muscle; Neuromuscular

The cardiomyopathy is a disease related to heart muscle. In this condition structural and functional abnormalities seen in heart muscle. It is also called ischemic cardiomyopathy. In this condition disease abnormalities in left ventricular systolic dysfunction. The cardiomyopathy is divided into primary cardiomyopathy and secondary cardiomyopathy. In primary cardiomyopathy will affect on the cardiac muscle, while a secondary cardiomyopathy will affect on the part of a systemic disorder affecting multiple organs.

The cardiomyopathy is asymptomatic in early stages, in advance conditions symptoms are usually appear including Chest discomfort or pressure, Breathlessness with activity, ankles and feet, lightheadedness and fainting, Bloating of the abdomen, Cough while lying down, Fatigue, Heartbeats increase and Dizziness. The causes of cardiomyopathies are different from one condition to other [1,2]. In adults, dilated cardiomyopathy is caused by ischemic cardiomyopathy and hypertension. In children, idiopathic myocarditis and neuromuscular diseases are the most common causes for type of dilated cardiomyopathy, and it is commonly seen during the first year of life. Neuromuscular diseases that may leads to dilated cardiomyopathy in children such as Duchenne muscular dystrophy; Becker muscular dystrophy; and Barth syndrome and neutropenia.

Now a days many advanced therapies are available for heart related diseases. The advanced therapies are heart transplantation and implantation of long-term mechanical circulatory support. At advanced stage of the disease, therapies like pharmacological and device therapy may not give sufficient results to maintain adequate cardiac function and surgery is the only option. Treatment for dilated cardiomyopathy is directed at the underlying disease [3,4]. In patients suffering with heart failure treatment should follow the according to heart failure guidelines Patient should avoid or reduce intake of alcohol consumption, regular exercise, smoking, and intake of low-sodium diet. For the diagnosis of the heart diseases Cardiac magnetic resonance imaging (MRI) can be used to differentiate ischemic from non-ischemic cardiomyopathies. During last month of pregnancy Peripartum cardiomyopathy is occur and it is a rare life-threatening condition [5]. The symptoms are similar like dilated cardiomyopathy such as ventricle dilation and systolic dysfunction.

In condition of Cardiomyopathy serious complications are Heart failure, in this condition heart can't pump sufficient blood to your body's needs. If treatment no done early, heart failure can be life-threatening. Blood clots, in this condition, blood clots seen in your heart because heart can't pump strongly. They can enter your bloodstream, they can block the flow of blood to other organs of the, including heart and brain. Cardiac arrest and sudden death is a condition can trigger abnormal heart rhythms that leads to fainting and in some cases, if your heart stops beating effectively sudden death occur.

Researchers suggests that exercise is most important for heart failure patients. But in case of elderly patients exercise is not suggested and intensity of exercise is uncertain. According to genetic studies the techniques like genetic sequencing and molecular analysis of the genes and analysis of the proteins involved in the study of pathogenesis of heart related disease, both in preclinical and in human studies. Serum biomarkers used to study the risk factors of the heart diseases and used not only the risk of heart failure and also used for prognosis.

### References

1. Ricotta A, Cottini M, Della Monica PL, Sbaraglia F, Polizzi V, et al. (2017) Peripartum Cardiomyopathy: Four Case Reports with Different Outcomes. *Cardiovasc Ther* 2: 119.
2. Yamazaki S, Kato M, Toyama M (2016) Ventricular Septal Perforation Following Takotsubo Cardiomyopathy. *Cardiovasc Ther* 1: 113.
3. Subrahmanyam V (2014) A Short Literature Review on Diabetic Cardiomyopathy in Obese Conditions. *J Obes Weight Loss Ther* 4:236. doi:10.4172/2165-7904.1000236
4. Zubrzycki IZ, Ossowski Z, Wiacek M (2020) Applicability of Body Mass Index, Waist-to-Height Ratio, and Waist Circumference for Assessment of Cardiovascular Health in Postmenopausal Women. *J Obes Weight Loss Ther* 10:400.
5. Hsu GC (2020) Using GH-Method: Math-Physical Medicine to Investigate the Risk Probability of Metabolic Disorders Induced Cardiovascular Diseases or Stroke. *Atheroscler Open Access* 5: 128.

\*Corresponding author: Aldera Darlington, Facultad de Medicina, Pontificia Universidad Católica de Chile, Santiago, Chile, E-mail: alderad@uc.cl

Received June 04, 2021; Accepted June 17, 2021; Published June 23, 2021

Citation: Darlington A (2021) Awareness and symptoms of cardiomyopathy among Adults. *J Comm Pub Health Nursing* 7: 291

Copyright: © 2021 Darlington A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.