

## Fast Facts

### Cardiomyopathy

- When heart doesn't function as well as it should due to disease or damage
- Cause is often unknown, but many things contribute to the possibility of developing it
- Three main types of cardiomyopathy: dilated, hypertrophic, and restrictive
- If not treated, symptoms will worsen (rapidly in some, but a long time in others)
- Can lead to several dangerous complications, such as heart failure, blood clots, valve problems, and sudden cardiac arrest/death

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Breathlessness with exertion/rest</li> <li>-Swelling of legs/ankles/feet</li> <li>-Bloating of the abdomen from fluid buildup</li> <li>-Cough when lying down</li> <li>-Fatigue</li> <li>-Rapid/pounding/fluttering heartbeats</li> <li>-Chest pressure/discomfort</li> <li>-Dizziness</li> <li>-Lightheadedness</li> <li>-Fainting</li> </ul>	<ul style="list-style-type: none"> <li>-Depends on the type you have</li> <li><i>Goal:</i> To manage symptoms, reduce complication risk, and prevent condition from deteriorating</li> <li><i>Several Options:</i></li> <li><i>Medications</i></li> <li>-Improve heart's pumping ability</li> <li>-Improve blood flow</li> <li>-Lower blood pressure</li> <li>-Slow heart rate</li> <li>-Remove excess fluid from body</li> <li>-Keep blood clots from forming</li> <li><i>Implanted devices</i></li> <li>-Pacemakers</li> <li>-Implantable cardioverter-defibrillator (ICD)</li> <li>-Ventricular assist device (VAD)</li> <li><i>Non-surgical procedures</i></li> <li>-Septal ablation</li> <li>-Radiofrequency ablation</li> <li><i>Surgery</i></li> <li>-Septal myectomy</li> <li>-Heart transplant</li> </ul>	<p><i>Live a heart-healthy lifestyle:</i></p> <ul style="list-style-type: none"> <li>-Eat a nutritious diet that contains a variety of fruits, vegetables, and whole grains</li> <li>-Limit salt intake and minimize alcohol consumption</li> <li>-Get moderate exercise daily</li> <li>-Get enough sleep each night</li> <li>-Reduce overall stress</li> <li>-Avoid smoking and using illegal drugs</li> </ul>

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