



## Clinical Outcome of Cardiomyopathy and its Types

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### Description

Cardiomyopathy is a heart muscle disease that makes it difficult for the heart to pump blood to the rest of the body. Cardiomyopathy may result in heart failure. Children and teenagers of any gender, race, or age can be affected by pediatric cardiomyopathy. Infants are more likely to develop it than older children.

Cardiomyopathy can be passed down to children. In rare cases, they may develop cardiomyopathy as a result of a viral infection. Approximately 75% of the time, healthcare providers have no idea what is causing the condition. Some children may not have symptoms of cardiomyopathy until they have a sudden cardiac arrest. Early detection and treatment, on the other hand, can improve a child's outcome. Cardiomyopathy is classified into three types: Dilated, hypertrophic, and restrictive. Depending on the type of cardiomyopathy and its severity, treatment may include medications, surgically implanted devices, heart surgery, or, in extreme cases, a heart transplant. Cardiomyopathy can attack people of any age or race.

Cardiomyopathy affects approximately one in every 500 adults. The following are the most common types of cardiomyopathy:

#### Dilated

Enlargement of one of the heart's pumping chambers (ventricles). This is the most common type of cardiomyopathy in children and is more common in men. It can happen at any age and is either inherited or not.

#### Hypertrophic

Thickening of the heart muscle. This usually manifests itself in childhood or early adulthood and can result in sudden death in

adolescents and young adult athletes. It is frequently an inherited condition, and a person may exhibit no symptoms. If there is a family history of this, other members of the family can be tested and their activities adjusted to reduce the risk of sudden death.

#### Arrhythmogenic

Characterized by irregular heartbeats or rhythms as a result of the disease. This is frequently inherited and is more common in men.

#### Restrictive

Occurs when the heart muscle is stiff, scarred, or both. It can occur in conjunction with amyloidosis, hemochromatosis, and other conditions. This is the most uncommon. Some types of cardiomyopathy are more common in certain people than others. Dilated cardiomyopathy, for example, is more common in black people. Males are more likely to develop dilated and arrhythmogenic cardiomyopathies.

Ischemic cardiomyopathy is a condition caused by a heart attack or Coronary Artery Disease (CAD). non-ischemic cardiomyopathy, or cardiomyopathy unrelated to coronary artery disease. Connective tissue diseases are examples of autoimmune diseases. High cholesterol diseases, hemochromatosis, and sarcoidosis are examples of heart conditions. Diabetes and thyroid disease are examples of endocrine conditions. Heart failure, cardiomyopathy, or sudden cardiac arrest run in families.

#### Prevention and Treatment

The goal of treatment is to slow the progression of the disease, control symptoms, and prevent death. If patient with having cardiomyopathy, doctor may advise to modify diet and physical activity, reduce stress, abstain from alcohol and other drugs, and take medications. If patient have cardiomyopathy, doctor may also treat for the underlying conditions that caused it or recommend surgery. Treatment is also determined by the type of cardiomyopathy.

Although genetic or inherited cardiomyopathy cannot be prevented, a healthier lifestyle can help control symptoms and complications. If having an underlying disease or condition that can lead to cardiomyopathy, treating it as soon as possible can help prevent the disease from developing.

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