

# Takotsubo Cardiomyopathy (TCM)

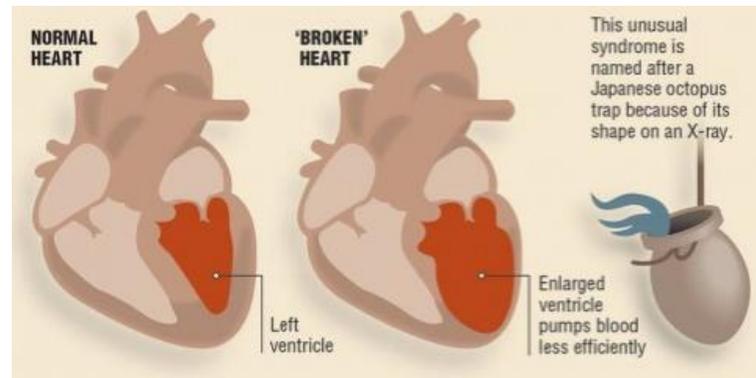
Takotsubo cardiomyopathy is generally a short-term or temporary type of heart condition and is also known as stress-induced cardiomyopathy, broken heart syndrome, or apical ballooning syndrome. This can be triggered by an intense emotional or physical stress. Symptoms of TCM include sudden chest pain or shortness of breath and often mimic a heart attack. With TCM, a part of the heart enlarges and does not pump as well as the rest of the heart. Often it is the lower or bottom part of the heart, also known as, the apex. This part of the heart's left ventricle gets bigger and cannot pump blood normally.

Experts are still trying to understand what causes TCM. Intense feelings such as grief, fear, or sadness may trigger TCM, which is why the condition is sometimes called broken heart syndrome. In some cases, there is no clear cause for TCM.

TCM is somewhat uncommon and most often occurs in older women but can also occur in younger women and in men. Most often, the heart regains strength within 3 weeks.

## Risk Factors:

- ♥ Accidental overdose of adrenaline
- ♥ Adrenaline-producing tumor
- ♥ Asthma flare
- ♥ Chemotherapy
- ♥ Death of a loved one
- ♥ Domestic abuse
- ♥ Major financial loss
- ♥ Stress and depression



## Symptoms:

- ♥ Sudden, sharp chest pain
- ♥ Shortness of breath

**Diagnosis:** You may have/had one or more of the following to diagnosis TCM:

- ♥ ECG/EKG
- ♥ Coronary angiogram or cardiac catheterization
- ♥ Blood tests
- ♥ Echocardiogram
- ♥ Cardiac MRI

**Treatment:** Your treatment may include at one or more of the following:

- ♥ ACE inhibitor medications or angiotensin receptor blocker medications to help promote heart recovery by relaxing your veins and arteries to lower blood pressure which allows your heart to not work as hard
- ♥ Beta-blocker medications to help promote heart recovery by causing your heart to beat slower and with less force. These medications help to open your veins and arteries to improve blood flow and allow your heart to squeeze (pump) more effectively
- ♥ Diuretics or water pills help with lung congestion.
- ♥ Echocardiogram 4-6 weeks after symptoms started to monitor your heart's recovery