

# Cardiomyopathy and Aging: Managing Heart Health as You Grow Older

Stępnik Dominic\*

Department of Cardiology, Kindai University, Osakasayama, Osaka 589-8511, Japan

## Introduction

As we age, our bodies undergo numerous changes and one of the most significant areas affected is our cardiovascular system. Cardiomyopathy, a condition where the heart muscle becomes enlarged, thickened, or stiff, can pose serious risks, especially in older adults. Understanding the relationship between cardiomyopathy and aging is crucial for managing heart health as individuals advance in years. Cardiomyopathy is a term that encompasses a group of diseases that affect the heart muscle, making it harder for the heart to pump blood to the rest of the body. There are various types of cardiomyopathy, including dilated, hypertrophic, restrictive and Arrhythmogenic Right Ventricular Dysplasia (ARVD). Each type has its own causes, symptoms and treatments [1].

As individuals age, their heart muscles may undergo structural and functional changes. These changes can include a decrease in the elasticity of the heart muscle, stiffening of the heart chambers and a decline in the efficiency of the heart's pumping action. Additionally, age-related conditions such as high blood pressure, diabetes and coronary artery disease can further strain the heart, increasing the risk of developing cardiomyopathy. Engaging in regular physical activity is essential for maintaining heart health as you age. Exercise helps strengthen the heart muscle, improves circulation and can help manage conditions like high blood pressure and diabetes, which are risk factors for cardiomyopathy [2].

A balanced diet rich in fruits, vegetables, whole grains, lean proteins and healthy fats can support heart health and reduce the risk of developing cardiomyopathy. Limiting the intake of saturated fats, cholesterol, sodium and processed foods is also important. Older adults should undergo regular health check-ups to monitor their heart health and identify any potential issues early on. Routine screenings for conditions like high blood pressure, diabetes and high cholesterol can help detect risk factors for cardiomyopathy. For individuals with underlying health conditions such as high blood pressure or diabetes, adherence to prescribed medications is crucial for managing these conditions and reducing the risk of developing cardiomyopathy [3].

## Description

Chronic stress can have detrimental effects on heart health. Finding healthy ways to manage stress, such as meditation, yoga, or engaging in hobbies, can help protect the heart as individuals age. Smoking and excessive alcohol consumption are known risk factors for heart disease, including cardiomyopathy. Quitting smoking and moderating alcohol intake can significantly reduce the risk of developing heart-related conditions. It's important for older adults to pay attention to any symptoms that may indicate heart problems, such as chest pain, shortness of breath, fatigue, swelling

**\*Address for Correspondence:** Stępnik Dominic, Department of Cardiology, Kindai University, Osakasayama, Osaka 589-8511, Japan; E-mail: doministep@gmail.com

**Copyright:** © 2024 Dominic S. 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.

**Received:** 27 March, 2024, Manuscript No. jcd-24-135892; **Editor assigned:** 29 March, 2024, PreQC No. P-135892; **Reviewed:** 12 April, 2024, QC No. Q-135892; **Revised:** 17 April, 2024, Manuscript No. R-135892; **Published:** 24 April, 2024, DOI: 10.37421/2329-9517.2024.12.602

in the legs, or irregular heartbeat. Seeking prompt medical attention if any concerning symptoms arise is essential for early diagnosis and treatment [4,5].

## Conclusion

As individuals age, taking proactive steps to manage heart health becomes increasingly important. By adopting a healthy lifestyle, staying active and monitoring for any signs of heart problems, older adults can reduce their risk of developing cardiomyopathy and other cardiovascular conditions, allowing them to enjoy a higher quality of life as they grow older. Maintaining a healthy weight is crucial for heart health, as excess weight can put strain on the heart and increase the risk of developing cardiomyopathy and other cardiovascular diseases. Older adults should aim to achieve and maintain a healthy body weight through a combination of balanced diet and regular exercise.

## Acknowledgement

None.

## Conflict of Interest

None.

## References

1. Janus, Scott E., Jamal Hajjari, Tarek Chami and Mohamad Karnib, et al. "Myeloperoxidase is independently associated with incident heart failure in patients with coronary artery disease and kidney disease." *Curr Probl Cardiol* 47 (2022): 101080.
2. Akashi, Yoshihiro J., Holger M. Nef and Alexander R. Lyon. "Epidemiology and pathophysiology of takotsubo syndrome." *Nat Rev Cardiol* 12 (2015): 387-397.
3. Minhas, Anum S. andrew B. Hughey and Theodore J. Kolia. "Nationwide trends in reported incidence of takotsubo cardiomyopathy from 2006 to 2012." *Am J Cardiol* 116 (2015): 1128-1131.
4. Murugiah, Karthik, Yun Wang, Nihar R. Desai and Erica S. Spatz, et al. "Trends in short-and long-term outcomes for takotsubo cardiomyopathy among medicare fee-for-service beneficiaries, 2007 to 2012." *JACC Heart Fail* 4 (2016): 197-205.
5. Pilgrim, Thomas M. and Thomas R. Wyss. "Takotsubo cardiomyopathy or transient left ventricular apical ballooning syndrome: a systematic review." *Int J Cardiol* 124 (2008): 283-292.

**How to cite this article:** Dominic, Stępnik. "Cardiomyopathy and Aging: Managing Heart Health as You Grow Older." *J Cardiovasc Dis Diagn* 12 (2024): 602.