

Destination Healthy Heart:

A ROADMAP TO MANAGING HEART FAILURE



Heart Failure

DUE TO TAKOTSUBO

Heart Failure

Heart failure is a syndrome in which the heart is not able to pump enough blood to meet the needs of the body. There are many causes and types of heart failure.

What is unique about HF due to Takotsubo?

Takotsubo cardiomyopathy, also known as “broken-heart syndrome”, is a transient weakening of the left ventricle which is the main pump of the heart. It can be caused by an intense, stressful event such as the sudden death of a spouse. It is more common in women of post-menopausal age. The surge of stress hormones such as adrenaline is thought to “stun” the left ventricle and weaken the heart. This prevents the left ventricle from strongly pumping blood out of the heart to the rest of the body.

The main symptoms are chest pain and shortness of breath; patients often think they are having a heart attack. The heart rhythm and monitor may show signs of a heart attack. However, no significant blockages in the coronary arteries are usually found with a cardiac catheterization.

Treatment is usually supportive to allow the heart to rest and recover. Medications to support the heart such as diuretics, beta blockers and ACE inhibitors may be started. This condition is often reversible without long term damage to the heart. The function of the left ventricle often returns to normal within 1-4 weeks. Unfortunately, some patients may develop chronic heart failure.



FOR ALL PERSONS WITH HF, REMEMBER THE FOLLOWING:

- Weigh yourself daily.
- Limit your salt and alcohol.
- Review all medicines with your health care provider (including over-the-counter, vitamins, or herbs). Some medicines can make your heart failure worse, so avoid:
 - › Nonsteroidal anti-inflammatory drugs (NSAIDS);
 - › Calcium channel blockers (unless prescribed by your HF physician).
- Try and exercise each day.
- Take your medicines as prescribed.
- Keep all of your visits with your health care providers.
- Report all new or worse symptoms of heart failure right away to _____

FOR HF DUE TO TAKOTSUBO, THE FOLLOWING TIPS MAY BE IMPORTANT:

- The goal is to help your heart heal. Thus, avoid stress and participate in stress-reducing activities.
- Take all your medications to support your heart. If your heart recovers, your provider will slowly wean you off your medications.
- Your provider will decide when to order a repeat echocardiogram. This will check if your heart pumping has improved.
- Walk daily or participate in regular exercise, but do not over-exert yourself.