



February 16, 2017 – Grand Rapids, MI

Broken Hearts and Octopus Traps

Broken heart syndrome (BHS) has several names, such as stress-induced cardiomyopathy. One you've probably never heard is takotsubo cardiomyopathy.

BHS is similar to other forms of cardiomyopathy in that the heart gets significantly weaker. If you view the appearance of the heart during echocardiography, the bottom of the heart, specifically the left ventricle, is weaker and balloons out more than normal when the heart contracts. Healthcare professionals in Japan thought it looked like the takotsubo, a pot used by Japanese fishermen for trapping octopus, thus the name.



The symptoms of BHS are severe pain deep in the chest along with shortness of breath. For some, there may be a build-up of fluid in the lungs that causes coughing and an inability to sleep lying down. It feels like a heart attack. Some of the changes in the EKG may look like a heart attack, but an angiogram will show no blockages causing a heart attack. Enzymes that rise during a heart attack will not follow the same pattern. The diagnosis can be confirmed by an echocardiogram which will show the ballooning effect.

On Saturday, I'll finish up the treatment of BHS and what may help to prevent it.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **NPR** ***Straight Talk on Health***

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