

SPECIAL POINTS OF INTEREST:

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- Tips
- Cucumber and Onion
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## What is Takotsubo Cardiomyopathy?

### What is Takotsubo Cardiomyopathy?

Takotsubo is a syndrome in which the heart gets weak and takes on a different shape due to a stressful event. This is sometimes referred to as broken heart syndrome because a very emotional event, such as the loss of a loved one, can cause this to occur. However, a stressful physical event could also cause this syndrome.



### What does Takotsubo mean?

It is derived from a Japanese word that means octopus trap because of the shape the heart takes when it squeezes when this happens.

### What makes Takotsubo Cardiomyopathy occur?

The exact mechanisms are not

fully understood. However it is thought that this occurs in response to a release of catecholamines.

Catecholamines are hormones such as dopamine, epinephrine, and norepinephrine that are released when the body is emotionally or physically stressed. There are some medical conditions in which catecholamines could be released at high levels that could cause Takotsubo but

most commonly it is stress of some kind.

### What are the signs or symptoms of Takotsubo's?

Symptoms are similar to that of a heart attack. They usually include chest pain or pressure, shortness of breath, and or passing out.

### How is Takotsubo's diagnosed?

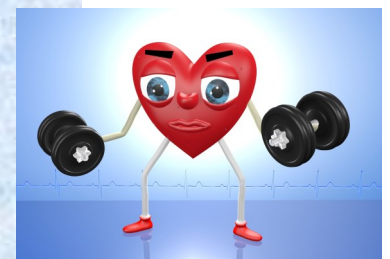
The diagnosis can be challenging with non invasive test such as EKG's and laboratory studies because the findings may mimic the findings of a heart attack. Therefore a cardiac catheterization with images of the left ventricle is the gold standard. This allows all the arteries to be seen to make sure it is not in fact a heart attack and it shows the odd shape of the left ventricle that occurs in this situation. (3,4).

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## Tip of the Month

### Tips to Decrease Stress:

1. Figure out where the stress is coming from and take a break from that particular thing, even if it is for a short period of time.
2. Exercise can help deal with stress even hours after the activity is over. There are many benefits of exercising and this is one of many.
3. Smile and laugh. At least do one but you can do both if you would like. It helps relieve the tension.
4. Get support from friends or family. Sometimes you just need to talk, other times you may need advice or a different perspective.
5. Meditate and Pray. Focus on what is most important during this time. (5).



# Cucumber and Onion



Recipe from the book  
**Breaking the Salt Habit** by  
Erik Williams. (1).

## Ingredients:

1. 1 large Cucumber
2. 1 small Vidalia Onion
3. 1/2 cup White Vinegar
4. 1/3 cup of Sugar
5. 2 Tbsp. Water
6. 1/2 tsp. Celery Seed

(For a lower sugar recipe, a sugar substitute could be used instead of sugar).

## Directions:

1. Slice cucumber and onion to 1/8" to 1/4".
2. In a medium bowl, mix vinegar, sugar, water, and celery seed.
3. Add cucumber and onion and let that set in refrigerator overnight.

Enjoy!

## Health Information

Serving size: 1/2 cup  
Servings 6  
Calories 54  
Total fat <1g  
Saturated fat 0g  
Cholesterol 0mg  
Sodium 2mg  
Total fiber <1g  
Protein <1g  
Carbohydrates 14g  
Potassium 93mg  
Sugar 11g

**Quote of the Month:** “If you don’t like how things are, change it! You are not a tree.” Jim Rohn

## Did you Know?



Did you know that not all vitamins and supplements are helpful for the heart? A document was released recently and published in the Journal of American College of Cardiology that looked at 179 controlled randomized trials that had been done between 2012 and 2017. It found that the most common supplements such as a multivitamin, vitamin D, vitamin C, and calcium had no significant effect on heart outcomes and they were not shown to reduce death. Now there may benefit for another part of the body so discuss the use with all of your healthcare providers but it may not be worth the cost to take them just for a cardiac reason. Some antioxidant combinations such as > 2 of vitamins A, C, E,

Beta-carotene, selenium, and zinc were actually associated with an increase in all cause mortality. Extended release niacin at doses of 1-3 grams/day was not found to be beneficial when used with a statin and was actually advised against. No significant effect on cardiovascular outcomes was seen when vitamins A, B6 or E, beta-carotene, zinc, iron, magnesium, or selenium were given. Again, if a deficiency is found in one of these areas the recommendation may be different but the data is not there to support just regular use of them for heart health. At this time it seems the best way to get vitamins is to get plenty of plant based foods in the diet as it is a natural source. (2).

**Can Takotsubo's happen to anybody?** Yes, however in the published literature about 90 percent of the cases are in women ages 67-70. Takotsubo's has been reported in children with the youngest being a premature baby being born at 28 weeks. In the United States, the majority of individuals are Caucasian that have been reported to have Takotsubo's. While it has been reported around the world and with many different ethnicities, it seems to be fairly uncommon in African Americans and Hispanics.



**How is Takotsubo's Treated?** Treatment initially is really dependent on some key findings with diagnostic test that are done and the vital signs of the individual. Some individuals may be very ill develop complete failure of the heart. This is called cardiogenic shock and may require an artificial pump to be placed to help the heart pump. In individuals who have stable vital signs or once someone stabilizes, traditional heart failure medications are started. These medications usually include an ACE-Inhibitor ( Lisinopril, Ramipril etc.) or an ARB (Valsartan, Olmesartan, Losartan etc.) and a Beta Blocker (Metoprolol, Carvedilol). In some cases if there is fluid in the lungs a diuretic (water pill) may be needed. On the opposite end of the spectrum, if the blood pressure is low, IV fluid may be given. Sometimes a blood thinner may be given if there is a blood clot or if the person is thought to be very high risk for developing a blood clot. A Life Vest (wearable defibrillator) may be advised in people who are at risk for or who have developed a ventricular arrhythmia. This type of arrhythmia (abnormal rhythm of the heart) is many times life threatening and can result in a cardiac arrest. A Life Vest, if worn properly, can shock the person back into a normal rhythm if a life threatening rhythm should occur. Long term the use of ACE-I or ARB was associated with improved survival at the one year mark. Some people may require counseling or treatment for anxiety or depression if that led to this situation. In most cases, the heart improves in 4-8 weeks. Takotsubo can reoccur in about 5 percent of the cases. This usually happens in a time period of 3 months to less than 4 years.

There are many things still unknown on this disease and what the long term treatment should be. However, since it was first reported in 1990, the awareness of the disease has certainly grown.

(3,4).