



# Cardiomegaly is a Medical Condition in which the Heart is Enlarged

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## INTRODUCTION

The medical term for an enlarged heart is cardiomegaly. As a result, the term "having an enlarged heart" is used more frequently. Obesity, heart valve disease, high blood pressure (hypertension), and coronary artery disease are just a few of the underlying conditions that can cause it. Cardiomegaly is also linked to cardiomyopathy. Depending on the region of the heart that is enlarged, cardiomegaly can lead to congestive heart failure, which is a serious condition. Cardiomegaly is linked, according to recent research, to a higher risk of sudden cardiac death. Although cardiomegaly may improve over time, many people with dilated cardiomyopathy an enlarged heart need medication for the rest of their lives. Being related to someone who has cardiomegaly may indicate an increased risk of developing the condition. Many cases of cardiomegaly have no known cause, and the causes of cardiomegaly are poorly understood. Anticipation of cardiomegaly begins with recognition. If a person has a history of cardiomegaly in their family, they should tell their doctor about it so that treatments can help prevent the condition from getting worse. Additionally, prevention entails avoiding certain lifestyle risk factors like smoking and managing diabetes, high cholesterol, and high blood pressure. Cardiomegaly in the family, Coronary Artery Disease (CAD), congenital heart failure, atherosclerotic disease, valvular heart disease, exposure to cardiac toxins, sleep-disordered breathing (such as sleep apnea), sustained cardiac arrhythmias, abnormal electrocardiograms, and cardiomegaly on chest X-ray are all non-lifestyle risk factors. Way of life factors that can assist with forestalling cardiomegaly incorporate eating a solid eating routine, controlling pulse, exercise, prescriptions, and not mishandling liquor and cocaine. The following are potential causes of cardiomegaly, as suggested by recent research and case reports. Congenital (patients are born with the condition based on a genetic inheritance), coronary artery

disease, and high blood pressure (which can enlarge the left ventricle and cause the heart muscle to weaken over time) are the most common known causes of cardiomegaly. In the second scenario, the disease causes blockages in the blood supply to the heart, resulting in tissue death. This makes other parts of the heart work harder and makes the heart grow in size. A condition that affects the cardiovascular system, specifically the heart, is cardiomegaly. Congestive heart failure is strongly correlated with this condition. The working fibers of the myocardial tissue grow in size within the heart.

## CONCLUSION

Myocardial fibers grow in size because actin and myosin filaments lessen their overlap as the heart works harder. The muscle fibers will be unable to effectively pull on one another if there is less overlap between the protein filaments in the sarcomeres. The heart's sliding filament mechanism is affected if the tissue grows too big and stretches too far, making it impossible for the filaments to effectively pull on one another to shorten the muscle fibers. Blood cannot be effectively pumped to the lungs to be re-oxygenated or to the body to deliver oxygen to the body's working tissues if fibers cannot properly shorten and the heart cannot properly contract. This may have an effect on additional body systems and cause additional issues. The diagnosis of an enlarged heart can be made using a variety of methods and tests.

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## CONFLICT OF INTEREST

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