

CardioCare 2026: Innovations in Cardiovascular Health and Treatment

Conference Proceedings

May 26, 2026 - (Virtual)

Reversal of Hypertensive Cardiomyopathy

Dr. Purva Shoor

Professor, Community Medicine, PGDEOH, India

Abstract

Hypertrophic or dilatational cardiomyopathies are common manifestations of long-standing hypertension. The condition is dreaded due to its complications like valvular disorders like mitral prolapse or mitral regurgitation. It can also lead to untimely heart failure with poor prognosis.

It would be outstanding accomplishment by cardiologists to bring about reversal of this condition through early diagnosis and holistic preventive care. ACEI/ARBs are known to cause this reversal with positive remodeling of the enlarged heart when prescribed to hypertensive patients. Still, it seldom works unless the hypertensive patients are additionally cured by hormonal changes, nutrition, salt sensitivity, physical activity and environmental changes like stress management.

Each of these factors will be explored and discussed comprehensively during the presentation.