

Editorial note on Diabetes Mellitus and Cardiomyopathy

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Editorial

Journal of Cardiovascular Diseases & Diagnosis aims to publish most complete and reliable source of information on the discoveries and current developments in cardiovascular medicine and making them freely available through online Open Access without any restrictions or any other subscriptions to researchers worldwide. The journal ensures barrier-free distribution of its content through online open access. The journal aims to publish the most exciting research with respect to the subjects of Cardiovascular Diseases and Diagnosis and to provide a rapid turn-around time regarding reviewing and publishing, and to disseminate the articles freely for research, teaching and reference purposes. This editorial provides the brief information on the recently published review articles on Diabetes Mellitus and Cardiomyopathy.

It seems there are changes in the structure and function of the myocardium in diabetic cardiomyopathy associated with diabetes mellitus. A bibliographic search was conducted through "Medline" database and "Google Scholar" search engine using the keywords: diabetes, heart disease, cardiomyopathy, for the time period 2010-2020. The language except for English and Greek was the exclusion criterion for the study. They are not directly attributable to other related factors such as coronary heart disease or hypertension. Diabetic cardiomyopathy is characterized by diastolic dysfunction and myocardial ischemia, which is due to hyperglycaemia and insulin resistance causing left ventricular hypertrophy. Risk factors also include long-term alcohol abuse, smoking, hypertension, heart diseases such as sarcoidosis, and family history. The treatment aims for properly regulating diabetes, treating its symptoms, controlling risk factors for the disease and preventing it from getting worse. Regular exercise could reduce several risk factors for heart disease and improve glycemic control along with medication. Smoking must also be stopped. Finally, a healthy diet, low in fatty acids sugar and salt, and weight control within the desired range, is vital. Lifestyle changes and eating habits play an important role in as regards the treatment of both diabetes and diabetic cardiomyopathy

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