

BROKEN HEART SYNDROME

Leticia Castillo Kontak, MD, Cardiologist, Baylor Scott & White Health

{**ON CAM**}

ARE YOU NEWLY SINGLE THIS VALENTINES DAY?
WELL ... MAKE SURE TO TAKE CARE OF YOUR HEART.

{**TAKE VO**}

TRT:

THAT'S BECAUSE THE STRESS OF FEELING 'BROKENHEARTED' CAN ACTUALLY
HURT YOUR HEART AND OVERALL HEALTH.

BUT IT'S NOT JUST A FAILED ROMANCE THAT CAN PROMPT WHAT'S
REFERRED TO AS 'BROKEN HEART SYNDROME.'

CARDIOLOGIST LETICIA CASTILLO KONTAK SAYS ANY SUDDEN EXTREME
EMOTION CAN TRIGGER IT.

{**TAKE SOT**}

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TRT: 16

A sudden sort of emotional stressor can actually lead to something called the broken
heart syndrome or 'Takotsubo cardiomyopathy.'

Like a death in the family or, you know, an emotional stressor or something where it
was very sudden can lead to high levels of stress hormones that lead to a heart attack.

{**ON CAM**}

DOCTOR CASTILLO KONTAK SAYS SYMPTOMS INCLUDE SHORTNESS OF
BREATH AND CHEST PAIN ... WHICH ARE TYPICALLY TREATED WITH
MEDICATION.