

Postpartum Cardiomyopathy with Congestive Heart Failure: A Case Report

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Abstract

Background: Postpartum cardiomyopathy (PPCM) is a form of heart failure that manifests in late pregnancy or early postpartum without identifiable causes, presenting substantial health risks. Effective recognition and management are essential to enhance patient outcomes.

Case presentation: A 23-year-old woman from Uganda presented with symptoms indicative of heart failure one month post-delivery. Clinical examination revealed signs of congestive heart failure. Subsequent chest X-ray imaging demonstrated cardiomegaly, leading to a PPCM diagnosis based on established clinical criteria. The therapeutic regimen included diuretics, beta-blockers, angiotensin receptor blockers, SGLT2 inhibitors, and bromocriptine.

Discussion: This case emphasizes the necessity of considering PPCM as a differential diagnosis during the postpartum period. It underscores the importance of prompt diagnosis and the implementation of a multidisciplinary treatment strategy to improve patient outcomes.

Conclusion: PPCM remains a critical condition requiring awareness and swift intervention. Continued research is imperative to enhance our understanding and management of this disorder, thereby improving prognoses for affected individuals.

Key words: Postpartum cardiomyopathy, Congestive heart failure, High index of suspicion