

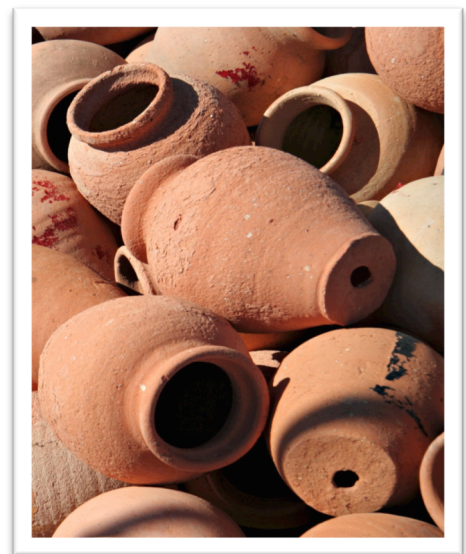


# Cardiac MRI Essentials

## Takotsubo cardiomyopathy

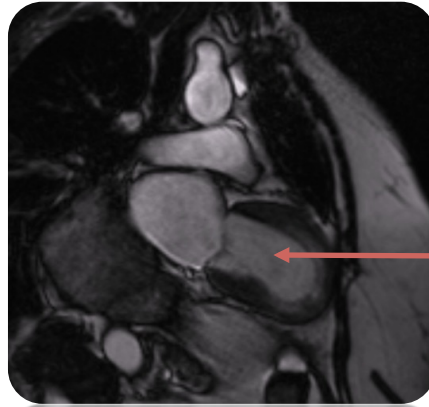
Takotsubo cardiomyopathy is named after the Japanese words tako-tsubo, which translate as 'octopus pot' (used to catch an octopus). It is also known as apical ballooning cardiomyopathy, and on cardiac imaging the shape of the ballooned left ventricle resembles an octopus pot.

Because it is usually triggered by an acute stressful event, such as a bereavement, it has also been known as 'broken heart syndrome'.



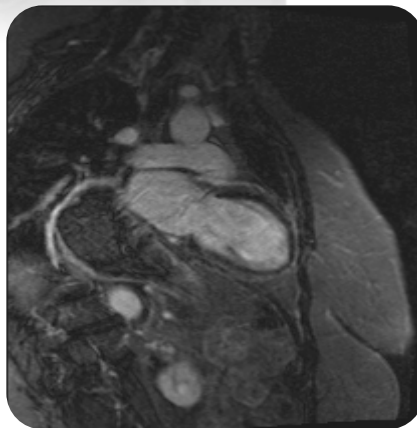
## Characteristics of takotsubo cardiomyopathy

- Acute left ventricular dysfunction
- Characterized by apical ballooning
- Triggered by acute stress
- Primarily seen in post-menopausal women
- Presentation similar to acute coronary syndrome... but in the absence of significant coronary disease on angiography



Ballooned apex with  
impaired systolic function

Absence of myocardial  
infarction/fibrosis on  
delayed imaging



### Key CMR findings in takotsubo cardiomyopathy

- Severe left ventricular dysfunction in a non-coronary distribution (typically apical)
- Myocardial oedema in affected regions
- Absence of late gadolinium enhancement
- Complete (or near complete) resolution on follow-up

### Further reading

Clinical Characteristics and Cardiovascular Magnetic Resonance Findings in Stress (Takotsubo) Cardiomyopathy. *JAMA* 2011; **306**: 277-286 [[click here to access online](#)]