

COENZYME Q10 IN CARDIOMYOPATHY

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Coenzyme Q10 or (CoQ10) is a natural, vitamin- like substance found in all types of muscle where it plays an important role in the production of energy. Heart muscle is the hardest working muscle in the body and has the highest level of CoQ10. As the heart muscle ages the amount of CoQ10 in it decreases. A similar situation is found in most types of heart disease. If the heart muscle is deficient in CoQ10 it cannot work as well and pumps less blood than a healthy heart.

In dilated cardiomyopathy and in other types of cardiomyopathy the heart tries to compensate for its weakness by working harder and this can cause the heart to enlarge but it never becomes as efficient as a normal heart. We still do not know why some hearts start to fail earlier than they should. In most cases where the heart starts to lose its strength it has been found that the energy available to it is less than is required for the heart to function at its best.

Medical researchers have shown that in patients with cardiomyopathy the levels of CoQ10 in the blood and heart muscle are below normal. It seems that in patients with cardiac diseases the heart muscle demands more CoQ10 than the body can produce itself or that it normally gets from its diet. This increased demand can be met by increasing the dietary intake of CoQ10.

The conventional medical treatment for cardiomyopathy is by the use of pharmaceutical drugs such as digoxin or anti-arrhythmic drugs. These drugs can improve the working of the heart but the side effects can often be troublesome. Currently the only cure for cardiomyopathy is a heart transplant but most patients can be helped to lead an active life by the appropriate choice of drug treatment based on the physician's judgment.

CoQ10 is a natural product that be found in all types of meat. Dietary supplements of CoQ10 are classified as foods and not drugs and can be taken safely without the risk of any bothersome side effects.

Studies in patients taking supplements of CoQ10 have shown that their blood levels of CoQ10 can be restored to normal with improvement in the energy levels of muscle and a general improvement in well being. At most, all patients diagnosed with cardiomyopathy are given conventional drugs as a first line treatment CoQ10 is usually given in addition to drugs like digoxin.

In studies with these patients the addition of CoQ10 at an average dose of 250mg per day (range 75-600mg) to their usual medication has led to significant improvement in heart function. In any patients where CoQ10 has been given the doctors have been able to reduce the amounts of conventional drugs that have been prescribed. As a result the patients have reported feeling much better and with a much improved quality of life. CoQ10 therapy is not a cure and improvement can only be maintained by taking daily supplements for life.

The information presented is not intended to diagnose illness or prescribe treatment. Always consult a medically qualified practitioner with knowledge of natural supplements before starting a course of supplements and before making any change to prescribed medication. <http://www.nonispania.co.uk>