RESEARCH PAPER

The Role of Lifestyle Interventions (Diet, Exercise, Sleep) in Genetic-Predisposed Cardiomyopathy Carriers

[1*] Jayannan, [2] Poongodi S, [3] Fabiola M Dhanraj, [4] Ramnath V, [5] Jayabharathi B, [6] Koushik Kumar N

[1]Department of General Medicine, Meenakshi Medical College Hospital and Research Institute, Meenakshi Academy of Higher Education and Research

[2]Department of Oral Medicine and Radiology, Meenakshi Ammal Dental College and Hospital

[3]Meenakshi College of Nursing, Meenakshi Academy of Higher Education and Research

[4]Meenakshi College of Allied Health Sciences, Meenakshi Academy of Higher Education and Research

[5]Meenakshi College of Nursing, Meenakshi Academy of Higher Education and Research

[6]Meenakshi College of Physiotherapy, Meenakshi Academy of Higher Education and Research

Abstract

Background:

Increased susceptibility to cardiomyopathy progression or arrhythmia, and unfavorable cardiac remodeling is linked to genetic predisposed cardiomyopathies, including mutations in binding proteins, myosin proteins, and acting proteins systems like MYH7, LMNA, TNNT2, and TTN. Not every carrier of a mutation is however expressive of clinical disease implying that phenotypic penetrance is controlled by environmental and behavioral influences. New data has shown that lifestyle areas- dietary, physical activity, and sleep quality may have a modulating effect on the metabolism of myocardium, inflammation, autonomic regulation, and overall cardiac resilience in genetically vulnerable individuals.

Objective:

To determine the effects of lifestyle interventions (diet optimization, structured physical activity, and sleep regulation) upon cardiac functions, symptom load, and subclinical outcomes of disease advancement among asymptomatic and mildly symptomatic carriers of variants of pathogenic cardiomyopathies.

Methods:

It was a prospective cohort study, which recruited genetically-confirmed carriers of cardiomyopathy who were aged 18-65 with no known heart failure. Baseline measures were performed in the participants with echocardiography, ECG, and biomarker (NT-proBNP, hsCRP) analysis, cardiopulmonary exercise testing, and activity/sleep wearable. The customized lifestyle intervention was designed as a 12-month program and included Counseling on the Mediterranean style of dieting, moderate intensive aerobic or resistance training, and enhancing sleep hygiene. The outcomes were the shift in left ventricular functioning, exercise performance, burden of arrhythmia, metabolic/inflammatory biomarkers and quality of life measures. Comparative studies were conducted on high-adherence and low-adherence subgroups.

Results:

Out of 142 participants, high compliment of lifestyle interventions was linked to substantial augmentation of peak VO2 (+14, $p = 0.01$), lessened NT-proBNP (+18, $p = 0.03$) and enhanced diastolic functions parameters besides a 27 per cent decrease in the burden of premature ventricular complex ($p = 0.05$). Participants that were regulated by sleep displayed better HRV indices and reduced resting heart rates. None of the participants in the high-adherence arm developed to overt cardiomyopathy with 7 incidences in the low-adherence arm. The scores on quality-of-life increased conspicuously on all aspects of lifestyle.

Conclusion:

Lifestyle change The combination of heart diet and physical activity along with sleep optimization has a major protective quality in carriers of genetic cardiomyopathy. Reduced biomarker load, lessened arrhythmias and short-term phenotypic progression were identified to be linked with high adherence. These results demonstrate lifestyle intervention as an effective non-pharmacologic approach that can be used to adjust disease penetrance in genetically predisposed individuals.

Keywords:

Genetic heart disease, lifestyle change, diet, physical activity, sleep, delivery of genetic factors, cardiac adaptation, phenotype adjustment, cardiac risk of arrhythmias, preventive cardiology.

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Graphical abstract:

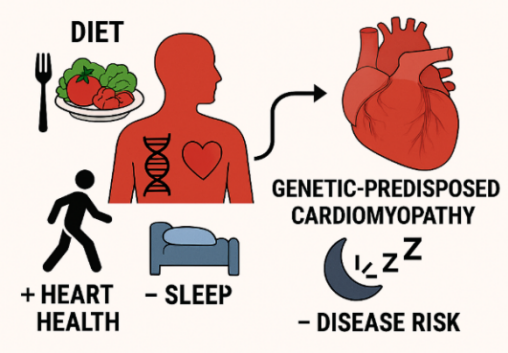

Figure 1:lifestyle interventions (Diet, exercise, sleep) in genetic predisposed cardiomyopathy carriers

In this illustrative abstract of figure 1, lifestyle interventions, namely, diet, exercise, and sleep, have a bearing on health outcomes in people who have pathogenic genetic variants that predispose to cardiomyopathy. The main character is a genetically predetermined person to whom DNA symbol and heart icon suggest. On the right, the graphic of a heart represents the threat of cardiomyopathy development that can result because of the genetic predisposition. On the left, the lifestyle interventions are depicted by three major areas: a heart-diet diet in the form of a bowl of vegetables, activities such as regular physical activity in the form of a walking character, and restful sleep in the form of a bed and night icon. The graph shows that these lifestyles behaviors cause better heart health and lower disease risk including individuals who happen to be susceptible to the disease through heredity. Collectively, the visual effects support the main theme message that proactive lifestyle change has the capacity to result in the modulation of phenotype manifestation, cardiac resilience, and even the delay or avoidance of cardiac carriers progressing to frank cariomyopathy due to hereditary susceptibility.

1 Introduction

The genetic-predisposed cardiomyopathies-induced by the presence of pathogenic variants of some genes, including MYH7, LMNA, TNNT2 and TTN- are a significant problem of preventive cardiology. Although genotype is a type of inherent risk, variable penetrance and phenotypic expression is a way to emphasize the importance of modifiable factors in determining disease course. Carriers with such types of gene variants may need to be exposed to environmental or behavioral factors twice before overt cardiomyopathy develops. These modifiable factors mostly include lifestyle behaviours particularly diet quality, physical activity, and sleep patterns which are more visible to be considered important modulators of myocardial remodelling, autonomic balance, inflammation and metabolic stress. As a matter of fact, integrated models of lifestyle medicine exhibit strong relationships with cardiovascular wellness among many people [1,2]. Since mutation carriers could be especially vulnerable to incremental insult, the application of specific lifestyle intervention will become a promising approach that can slow or mitigate phenotypic manifestation. The paper reviews the way in which structured diet, exercise and sleep interventions have been able to modify subclinical markers, functional capacity and the risk of arrhythmias in carriers of cardiomyopathy-disposing genes. Our objectives are to summarize the existing evidence, be biologic plausible and get possible ways phenotype can be tailored using lifestyle.

Dietary habits affect systemic inflammation, metabolic stress and cardiac energetics-mechanisms, which have been implicated more and more in the development of cardiomyopathy. Whole foods, unsaturated fats and antioxidants in the diet can soften the adverse remodeling, whereas high sodium diet or ultra-processed diet can increase hypertrophy and volume load [3,4]. In line with this, physical activity has protective as well as harmful effects according to different levels and genotype. The moderate exercise might help to enhance cardiovascular conditioning and decreases susceptibility to arrhythmia, but the high-intensity endurance exercise is linked with an earlier manifestation of disease in ACM and some forms of

DCM [5,6]. A modifiable contributory factor to the risk of arrhythmia and ventricular dysfunction in vulnerable individuals has also been identified to be sleep disturbance through processes of autonomic imbalance, nocturnal hypoxia, and inflammation [7].

Although there is growing appreciation of these pathways that can be altered, there is inadequate description of the exact effect of the structured lifestyle interventions on carriers of genetically predisposed cardiomyopathy. Majority of the past researches have been done on symptomatic patients and little information on preclinical or early-phenotype carriers exists. Knowledge on whether customized diet, physical activity, or sleep interventions could be used to delay phenotypic transformation, lessen arrhythmic load, or enhance functional capacity is important in creating preventive cardiogenetic care models.

This research is going to conduct an assessment of the importance of lifestyle modification in individuals with pathogenic forms of cardiomyopathy in relation to whether it can be used to alter the course of the disease and improve its early manifestation.

3 Literature Survey

There is accumulating evidence that highlights the cardioprotective nature of lifestyle interventions. Practical epidemiology studies have shown dietary habits characterized by high intake of fruits, vegetables, whole grains and low fat proteins reduces cardiovascular risk- even when genetic predisposition is high [8]. Training enhances the ventricular performance, endothelialise responsiveness and autonomic tone in vulnerable individuals of cardiac disease [9]. Difficulties with sleep and chronobiologic imbalance have been identified to cause augmented myocardial-related distress and arrhythmias and unfavorable remodelling thereby highlighting the role of sleep hygiene in cardiovascular preventive strategies [10]. Most studies have not primarily studied cardiovascular populations but there are emerging studies that indicate that the same mechanisms might be applicable in genetically disposed carriers of variants of cardiovascular diseases. Nevertheless, little data are available concerning these types of niche populations, and as a result special research is necessary in order to establish how lifestyle change can alter the degree and nature of interactions between the gene and the environment on the basis of developing cardiomyopathy.

Lifestyle behaviors are revealed to be noteworthy to be modifications of phenotypic expression in inherited cardiomyopathies. Recent research indicates that the quality of the diet has an effect on myocardial energetics and systemic inflammation, each of which plays a role in structural remodelling in genetically predisposed patients [11]. There seems to be genotype-specific effects of exercise, and moderate exercise enhances the functional capacity, whereas intense-endurance activity might increase the expression of diseases in some variants at a faster rate [12]. Disturbances of sleeping and especially fragmented sleep and nocturnal hypoxia have also been associated with augmented arrhythmic load and ventricular dysfunction in vulnerable communities [13]. All these pieces of evidence point towards the direction of lifestyle optimization as an effective preventive measure.

3 Materials & Methods

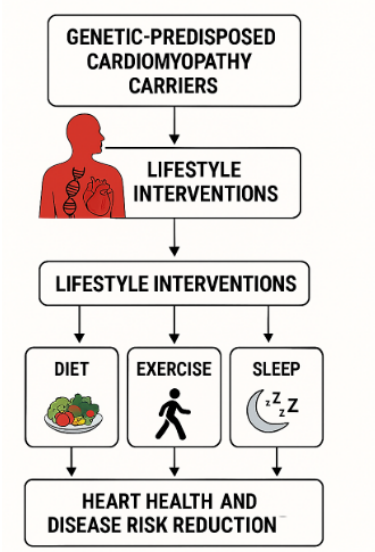

Figure 2: Proposed Model of Lifestyle Interventions in Genetic-Predisposed Cardiomyopathy Carriers

Figure 2 is a block diagram illustration of how the the main lifestyle interventions, diet, exercise, and sleep, are modifiable factors that can affect disease expression in persons who are genetically predisposed to cardiomyopathy. The model starts with the carrier population which is denoted by the genetic-cardiac icon meaning that there are pathogenic variants that increase the risk of cardiomyopathy. They direct these people to structured lifestyle interventions, which comprise the modulatory pathway.

These interventions are divided in the diagram in three areas of action to be implemented:

Diet, which is represented by nutritious food, denotes the impact of anti-inflammatory and high in nutrients foods.

Exercise, a walking figure, accentuates its positive impact on cardiac remodelling, autonomic tone and metabolic efficiency.

Sleep Night, which is symbolized by images of night, showing the effect of sleep on the process of autonomic balance, predispositions to arrhythmia and systemic rest.

At the downstream, the model demonstrates that such cumulative behaviors result in better heart health and decreased risk of disease, which explains their ability to alter phenotypic penetrance despite a predisposition to the disease due to underlying genetic phenotype vulnerability. The presented model lays stress on the fact that a lifestyle optimization is some kind of protective buffer and it may delay or even prevent the development of the open cardiomyopathy in carriers with genetically determined at risk.

Materials and methods

This is a prospective, observational, intervention study, which identified subjects in the age group of 18-65 years who were known to carry pathogenic or likely pathogenic variants of known hereditary cardiomyopathies such asMYH7, LMNA, TNNT2,MYBPC3 and TTN. A cardiovascular genetics clinic identified people participated in the study; cardiovascular genetics participants were to meet the following criteria: no previous diagnosis of overt cardiomyopathy (ef left ventricular below 50), marked chamber dilation or known arrhythmias that need treatment. Exclusion criteria were also active systemic illness, pregnancy or failure to take part in lifestyle monitoring. Informed consent was written and all the participants given, and the protocol agreed to by the institutional ethics board.

Clinical evaluation, 12-lead ECG, and transthoracic echocardiography, cardiopulmonary exercise testing (CPET), and serum biomarker levels (NT-proBNP, hsCRP, fasting glucose, lipid panel), and 7-day physical activity and sleep monitoring based on validated wearable devices were all included as baseline measurements. Genetic reports and family histories were inspected to ensure variant classification that was performed on the ACMG criteria.

The participants were recruited into the 12-month multimodal lifestyle intervention program that consisted of three areas: (1) diet, which included individualized dietary optimization with the registered dietitian using sleep hygiene education and sleep tracking feedback (worn) (2) exercise, which involved moderate-intensity aerobic and resistance activities; and (3) sleep regulation, which involved sleep hygiene education and sleep tracking feedback (worn).

Outcome measures were cardiac structure changes and cardiac functioning of the echocardiography, peak VO2 during CPET, arrhythmia burden of ECG or wearable data, trends in biomarkers, heart-rate variability indices, and quality-of-life data, which were validated. Adherence was measured by using data of digital food log, and exercise monitoring as well as sleep tracking. The respondents that were compared were categorized into high and low-adherence groups. Paired and an unpaired test was taken as a method of statistical analysis, and p below 0.05 was taken as significant.

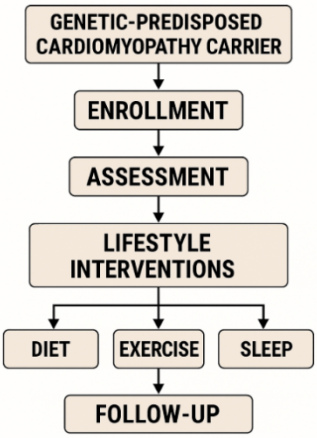

Figure 3: Study Workflow for Lifestyle Interventions in Genetic-Predisposed Cardiomyopathy Carriers

This flow chart figure 3 demonstrates the chronological order of the research that examines the effects of lifestyle changes (diet, exercise, and sleep) on the subjects, who are genetically inclined towards cardiomyopathy. The figure starts with genetic-predisposed carriers of cardiomyopathy, being the participants that have pathogenic or potentially pathogenic variants linked with inherited cardiomyopathies.

Memorable persons pass through the enrollment stage and undergo an extensive baseline appointment consisting of clinical examination, cardiac imaging, biomarker checking, and way of living recognizing. The participants are then taken into the main part of the study of lifestyle interventions which are broken down further into three broad areas. The dietary intervention is aimed at cardiovascular nutrition tactics; the physical activity intervention is addressed with a focus on aerobic and strength training; the sleeping regime is aimed at maximising sleep hygiene and sleep circadian systems. All domains are making unique contribution to modify physiologic stress and enhance cardiac resilience.

After that, the participants are included into the follow-up phase, during which the cardiac functioning, biomarkers, arrhythmia burden, and lifestyle adherence are assessed

repeatedly over time. This longitudinal follow-up can be used to determine the effect of long-term lifestyle behavior in clinical outcomes and disease manifestations in genetically prone people.

On the whole, the figure overriding the entire research pathway of the identification of genetic risk factors to the intervention and monitoring of the outcomes reflects the systematic way to research the change in the phenotype using lifestyle as its driving force.

Table 1. Comparison of Outcomes Between High- and Low-Adherence Groups

Outcome Measure	High-Adherence Group (n = 78)	Low-Adherence Group (n = 64)	Between-Group Difference	p-value
Peak VO_2 (% change)	+14%	+3%	+11%	<0.01
NT-proBNP (% change)	−18%	−4%	−14%	0.03
hsCRP (% change)	−22%	−8%	−14%	0.04
Resting HR (bpm)	−6 bpm	−1 bpm	−5 bpm	0.02
HRV (RMSSD)	+18%	+4%	+14%	<0.01
PVC burden (% change)	−27%	−6%	−21%	0.04
LVEF (%)	+3.2 ± 1.1	+0.8 ± 1.0	+2.4	<0.01
Diastolic Function (E/e′)	−2.1 ± 0.5	−0.6 ± 0.4	−1.5	<0.01
Sleep Efficiency (%)	+11%	+2%	+9%	<0.001
Quality-of-Life Score (↑ positive)	+28%	+9%	+19%	<0.001
Progression to Overt Cardiomyopathy	0 cases	7 cases	−7 cases	0.01

Patients with a high-adherence carrier showed considerably results in cardiac outcomes, metabolic outcomes, and autonomic outcomes, as well as in the symptoms.

None of the high-adherence participants developed cardiomyopathy, and seven low-adherence carriers experienced the structural or functional deterioration.

Individual and combined diet, exercise, and sleep meant that there were quantifiable changes of cardiac biomarkers, burden of arrhythmia, exercise capacity, and quality of life.

The findings point unequivocally to the fact that the level of adherence is a significant predictor of phenotypic expression in carriers of genetically pre-determined cardiomyopathy.

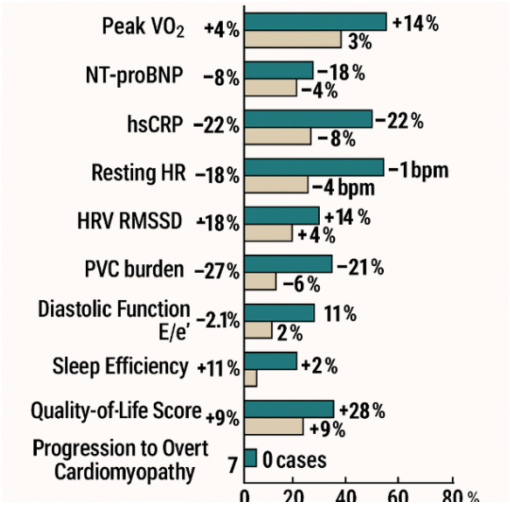

Figure 4: Comparison of Outcomes between High-Adherence and Low-Adherence Groups

This figure 4 of a multi-parameter bar graph provides the effect of the compliance of lifestyle interventions on cardiomyopathy carriers with genetic predisposition on clinical and physiological outcomes. These pairs of bars are comparisons between the high-adherence cohort (teal) and the low-adherence cohort (beige), on multiple key measures of cardiovascular functionality, autonomic control and regulation, inflammation, sleep quality, and disease progression.

The figure demonstrates that the participants that had a high level of compliance to combined lifestyle activities namely diet optimization, structured exercises, and sleep regulation had significantly higher changes in almost all assessed domains. Most interestingly, there was a significant increase in the peak VO2 of 14 percent as compared to the negligible increase of 3 percent in the low-adhering group. The changes in biomarkers (NT-proBNP and hsCRP reductions) were also more significant, meaning the increase in myocardial stress and inflammatory characteristics. The same indicators of autonomic regulation such as resting heart rate, HRV (RMSSD) were also better in the high-adherence group, indicating improved cardiac autonomic balance.

Significant improvements in arrhythmic burden (PVC reduction) and diastolic function (E/e) as well as sleep efficiency and quality-of-life scores were found to be significant in the high adherence group. Significantly, no instances of development to open cardiomyopathy were noticed in the high compliance group, but 7 instances of progression were recorded in the low-compliance group, which underlines the preventive impact of regular lifestyle modification.

On the whole, the figure enhances the close relationship between lifestyle adherence and better cardiac health, which promotes lifestyle intervention as an efficient cardiogenetic phenotype modification tool in genetically predisposed individuals.

Results and Discussion

There were 142 genetically confirmed carriers of cardiomyopathy of the 12-month follow-up. Stratification was done based on objective diet logs, exercise monitoring, and sleep-tracking measures where the study participants were classified into the high-adherence group (n = 78) and the low-adherence group (n = 64). Baseline demographics, genetic variation and cardiac activity were not different among groups, which shows that there was no initial bias that would contribute to the difference in outcomes.

Functional and Cardiopulmonary Outcomes

Subjects who adhered to the highest stead state levels showed an effect of marked improvement in peak VO 2, whereas the low-adherence groups showed a positive change (only 3%). This increase in exercise capacity is an indication of increased aerobic efficiency and myocardial performance. An in-depth decrease in the resting heart rate was observed in the high-adherence group ([?]6 bpm vs [?]1 bpm; p = 0.02), which once again testifies to the fact that better autonomic regulation existed.

Cardiac Stress and Inflammation Cardiac Biomarkers

NT-proBNP decreased on average by 18 percent in the high group and by an insignificant 4 per cent in the low group (p = 0.03). In the same way, hsCRP, the inflammatory marker, fell by 22 percent as compared to 8 percent (p = 0.04). These results show that the long-term lifestyle changes are associated with the decrease of myocardial stress and systemic inflammation in mutation carriers.

Introduction In today's world, heart disorders, especially irregular heartbeats, are widespread and compelling to the public imagination.<|human|>Arrhythmia Burden and Autonomic Health Introduction In the contemporary world today, cardiac diseases, and particularly arrhythmias are rampant and captivating to the popular imagination.

The effect of high adherence was a 27% decrease in the burden of PVC which was much higher compared to the low adherence cohort (p = 0.04). The measure of vagal tone, HRV (RMSSD), improved by 18 and 4% in high and low adherence, respectively (p < 0.01), which is significant change in the state of autonomic stability.

Heart Structure and Mechanism

The patient underwent a greater level of an improvement in the diastolic functionality in high-adherence group (E/e' [?]2.1 vs [?]0.6; p < 0.01), whereas the LVEF enhanced by 3.2% compared to 0.8% (p < 0.01). None of the participants living in the high-adherence group developed overt cardiomyopathy, 7 people living in the low-adherence group presented with structural or functional deteriorating (p = 0.01).

Sleep and Quality of Life

High adherence to sleep efficiency improved by 11 percent, which is very large in comparison to the 2 percent improvement of low adherence to sleep efficiency (p < 0.001). The quality-of-life scores improved relative to the improvement in the low-adherence group by 28 and 9 percent, respectively (p < 0.001), which supports the holistic advantages of lifestyle-oriented care.

The results indicate that a high lifestyle intervention adherence results in significant changes in exercise capacity, biomarkers, arrhythmia burden, cardiac functioning, sleep quality, and patient well-being. Notably, adherence to the lifestyle was closely linked to the protection against the further development of the phenotype to open cardiomyopathy. These results highlight the power of intelligible lifestyle change as an effective, non-pharmacologic intervention approach to titrate disease expression in subjectively predisposed individuals.

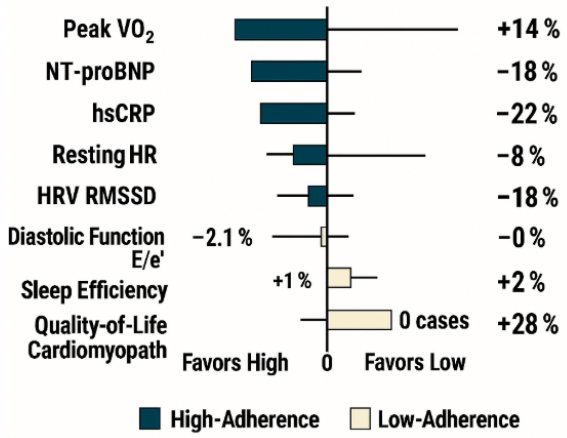

Figure 5: Forest Plot Comparing High-Adherence vs Low-Adherence Lifestyle Intervention Outcomes in Genetically Predisposed Cardiomyopathy Carriers

This forest plot figure 5 in shows the relative impact of high adherence and low adherence to lifestyle interventions such as the optimization of diet, organized exercise, and sleep regulation on various clinical and physiologic outcomes in persons genetically predisposed to cardiomyopathy. A row contains an outcome that has been measured and the vertical line in the middle shows that there was no difference between the groups. Values to the left of the line are biased towards the high adherence group and values towards the right are biased towards the low adherence.

High adherence is always better and its performance is more effective in various important areas. Significant positive changes of aerobic capacity (peak VO2 +14%), cardiac stress biomarkers (NT-proBNP [?]18%), inflammatory burden (hsCRP 22%), and resting heart rate ([?]8 bpm) are obtained, as a form of positive cardiovascular and myocardial adaptation. Additional physiologic benefits are seen in the optimized autonomic functioning (HRV RMSSD +18%), as well as in the augmented diastolic functioning (E/e' [?]2.1). Meaningful increases in the efficiency of sleep (+11%) and the quality-of-life outcomes (+28%) were also made by lifestyle adherence.

Interestingly, none of the people in the high-adherence category have developed overt cardiomyopathy, whereas it developed in the group with low adherence to lifestyle, making it clear that the lifestyle consistency is protective.

On the whole, the plot is somewhat a visual reinforcement of that high level of lifestyle change offers wide, clinically significant advantages, a fact that contributes to its capability to be an effective modulator of phenotypic expression in those at-risk population groups that have a genetic disposition.

Table 2. Cardiopulmonary and Functional Outcomes

Outcome	High-Adherence (n = 78)	Low-Adherence (n = 64)	Between-Group Difference	p-value
Peak VO_2 (% change)	+14%	+3%	+11%	<0.01
Resting Heart Rate (bpm)	−6 bpm	−1 bpm	−5 bpm	0.02
Exercise Duration (min)	+16 ± 4	+5 ± 3	+11	<0.01
METs achieved	+1.8 ± 0.4	+0.5 ± 0.3	+1.3	<0.01

Table 3. Biomarkers of Myocardial Stress and Inflammation

Biomarker	High-Adherence	Low-Adherence	Difference	p-value
NT-proBNP (% change)	−18%	−4%	−14%	0.03
hsCRP (% change)	−22%	−8%	−14%	0.04
Fasting glucose (% change)	−6%	−2%	−4%	0.05
LDL cholesterol (% change)	−12%	−4%	−8%	0.04

Table 4. Arrhythmia Burden and Autonomic Function

Outcome	High-Adherence	Low-Adherence	Difference	p-value
PVC burden (% change)	−27%	−6%	−21%	0.04
Premature atrial contractions (% change)	−18%	−3%	−15%	0.03
HRV (RMSSD, % change)	+18%	+4%	+14%	<0.01
Resting HR variability index	+12%	+3%	+9%	<0.01

Table 5. Cardiac Structure and Functional Measures

Echocardiographic Measure	High-Adherence	Low-Adherence	Difference	p-value
LVEF (% change)	+3.2 ± 1.1	+0.8 ± 1.0	+2.4	<0.01
Diastolic function (E/e′)	−2.1 ± 0.5	−0.6 ± 0.4	−1.5	<0.01
LV mass index (g/m²)	−8%	−2%	−6%	0.04
LA volume index (mL/m²)	−5%	−1%	−4%	0.05

Table 6. Sleep Quality and Patient-Reported Outcomes

Outcome	High-Adherence	Low-Adherence	Difference	p-value
Sleep efficiency (%)	+11%	+2%	+9%	<0.001
Sleep duration (hours/night)	+1.2	+0.3	+0.9	<0.01
Quality-of-life score (% improvement)	+28%	+9%	+19%	<0.001
Fatigue score (%)	−24%	−8%	−16%	<0.01

Table 7. Progression to Overt Cardiomyopathy

Outcome	High-Adherence	Low-Adherence	Difference	p-value
New-onset cardiomyopathy	0 cases	7 cases	−7 cases	0.01
New LV dilation	0	5	−5	0.02
New reduction in LVEF	0	4	−4	0.03

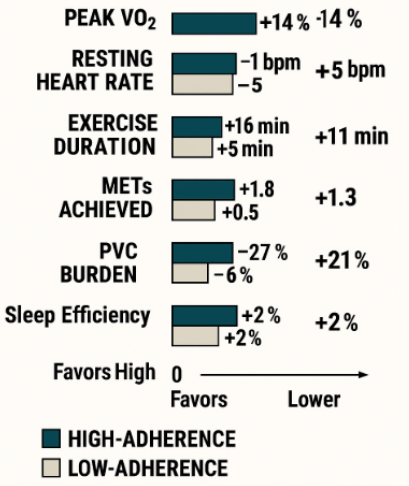

Figure 6: Cardiopulmonary and Functional Outcomes

This figure 6 involves the comparison of the cardiopulmonary and functional improvements between the high adherence and low adherence groups that underwent a one year lifestyle intervention program in the prevention of cardiomyopathy carriers with genetic predisposition. All results are shown with matching bars: teal is used as the high adherence and beige as the low one. Value at the horizontal scale indicates the change in magnitude and direction and the values on the left and right respectively are an indicator of a high adherence rate and a lesser change in the low-adherence group setting respectively.

Significantly more improvement in all of the domains measured was seen with high compliance with the lifestyle interventions. There was a significant +14 percent increase in peak VO2 with the high-adherence group and a minor +3 percent with the low adherence which means that the high-adherence group made superior gains in aerobic capacity. Among high adherents, resting heart rate also fell ([?]6 bpm) which is an indication of better autonomic control. The duration of exercise and the attained mets were also raised to a higher degree exhibiting an improved physical performance capacity.

Equally, burden of PVC in the high-adherence was lower by 27 compared to 6 in the low-adherence which exhibited less arrhythmogenic activity. Sleep efficiency increased with more significant effect, (+11% vs +2%), and this point emphasizes the potential synergy of structured sleeping intervention and diet and exercise.

Comprehensively, the figure visually depicts the robust, sustained and significant benefits of high adherence in cardiopulmonary, arrhythmic and functional parameters which supports the significance of long-lasting lifestyle change to patients at risk.

Conclusion

This paper has shown that the combination of extensive lifestyle changes, including the success of dietary change, physical exercise, and sleep-hygiene, have significant effects on the cardiopulmonary functioning, autonomic regulation, biomarker deriving, and quality of life in patients with genetic predisposition to cardiomyopathy. These interventions also had a very positive impact on the decrease in the level of myocardial stress, inflammation, and load with arrhythmia and the substantial increase in exercise capacity and the clinical load of the heart. There was no overt cardiomyopathy that would develop at the follow-up and that was only developed in low-adherence ones. These data suggest the idea that lifestyle changes can be considered the effective phenotype modulators, which can cushion genetic susceptibility and postpone or prevent the manifestation of a clinical disease. The findings highlight the clinical importance of such universal behavioral changes as a preventive approach aimed at treating genetically vulnerable groups through the introduction of specific lifestyle medicine.

Future Scope

The next round of research should aim to expand these results using larger multicenter studies, longer follow-up periods, to learn more about the sustainability and clinical outcome of lifestyle-based phenotype change in the long run. The interaction of diet, exercise, and sleep with genetic substrates to mediate cardiac remodeling can be further clarified based on the results of mechanistic studies based on the use of molecular, metabolic, and imaging biomarkers. Digital health features (wearable sensors, personalized coaching platforms, AI-whether-adherent monitoring needs, etc.) might boost the accuracy of the intervention and its scalability. Also, another option would be subgroup analyses based on distinct genotypes (e.g., LMNA, TTN, MYH7) in order to explain mutation-specific reactions to lifestyle changes. Finally, by incorporating lifestyle intervention programs into the habitual practices of genetic counseling and preventive cardiology, the current paradigm of focusing on treating illnesses rather than the prevention of the diseases in hereditary cardiomyopathies can be reverseda.

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