

Cardiac Amyloidosis

Cardiac amyloidosis (A-muh-loi-DOH-sis) occurs when an abnormal protein called **amyloid** builds up in the heart. As a result, the heart:

- ▶ Becomes thick
- ▶ Doesn't fill or pump well

What it looks and feels like

Heart signs and symptoms

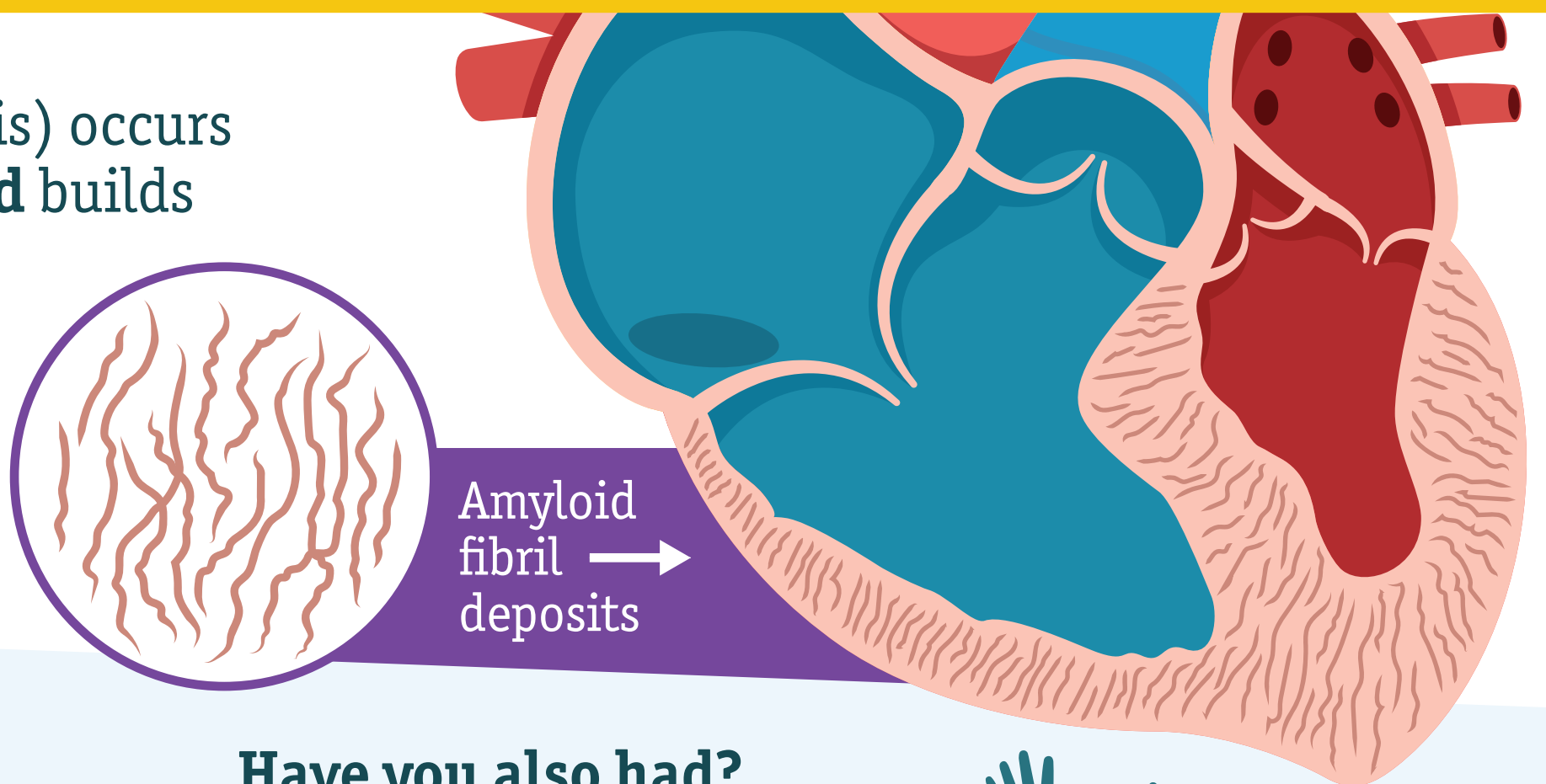
- Fatigue
- Swelling in legs/feet
- Shortness of breath
- Atrial fibrillation



+ other clues

Have you also had?

- Carpal tunnel – in both hands
- Weakness, numbness, pain mostly in feet
- Lower back pain from spinal stenosis
- Family history of amyloidosis, neuropathy

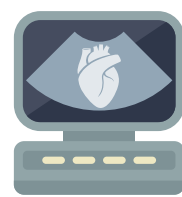


Get the right tests

To determine which type you have and what treatment you need. Two main types of amyloidosis affect the heart.



Blood and urine tests to look for monoclonal proteins



A PYP scan to see if there is amyloid (PYP = pyrophosphate)



Other needed tests

If found, it may be light chain (**AL**) **amyloidosis** – a medical emergency

- A blood specialist (hematologist) treats this



If yes, it's likely transthyretin (**ATTR**) **amyloidosis**

- A cardiologist treats this
- Genetic testing is needed



How to treat ATTR amyloidosis

Starting treatment early helps keep the disease from getting worse. It won't reverse the damage or improve symptoms but can preserve quality of life.



Medications can help:

- Prevent more abnormal proteins from building up in the heart
- Stop the liver from making amyloid



Healthy lifestyle, including **limiting salt** (sodium) and **being active**.

Other treatments to remove amyloid in the heart are being studied.

For more information, visit [CardioSmart.org/CardiacAmyloidosis](https://www.cardiosmart.org/CardiacAmyloidosis)
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