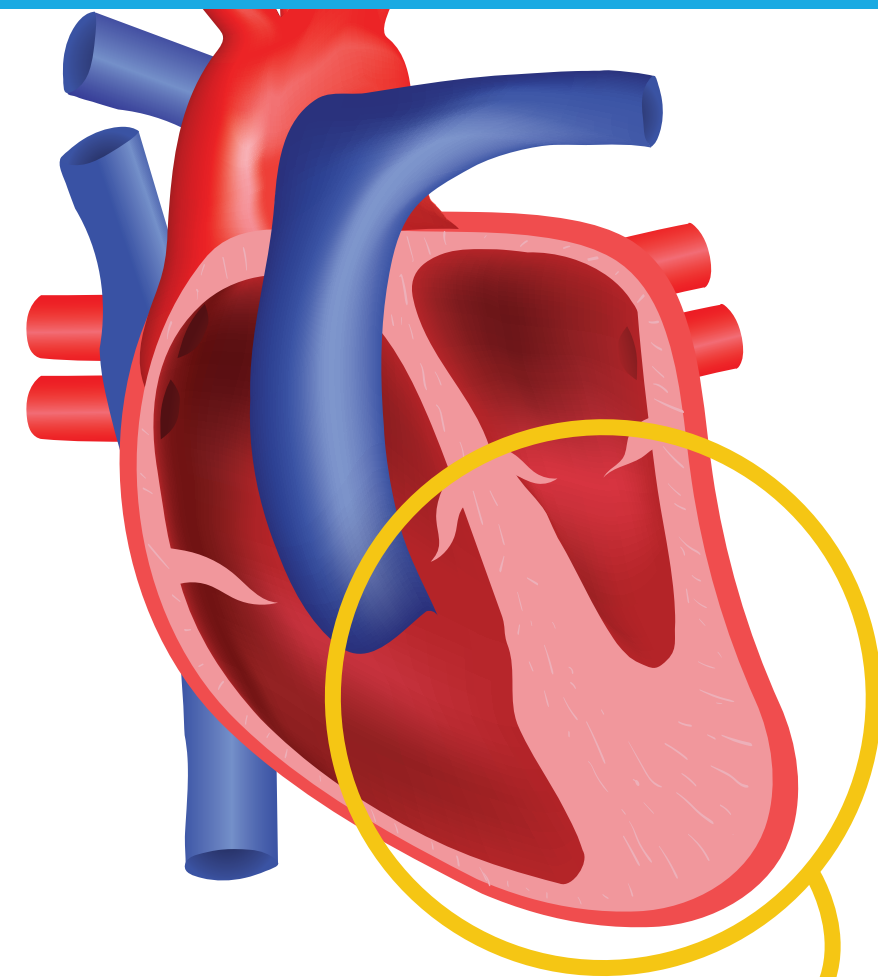
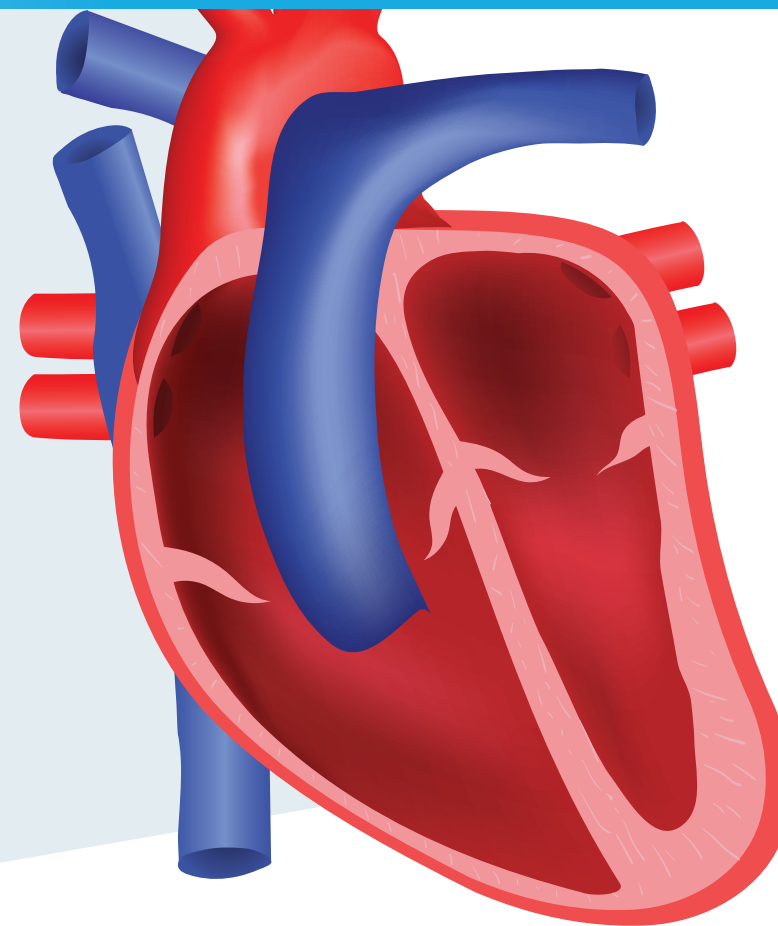


NORMAL HEART

HYPERTROPHIC HEART



Thickened heart muscle

Treatments for HCM can help:

- ▶ Ease symptoms
- ▶ Prevent sudden cardiac death

If you have HCM, work with your care team to review all the options and your goals to decide the best treatment(s) for you.

Ask about early screening for your family.

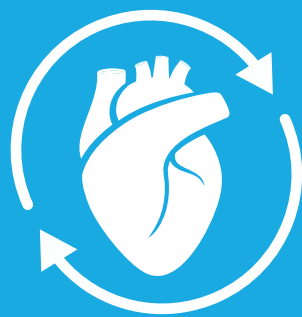


Weighing treatment options

A number of factors will shape your treatment and discussions about what's best for you. For example:

Whether or not the heart thickening is reducing blood flow out of the heart

No obstruction



Yes obstruction

Medications to

- Relax the heart muscle
- Reduce chest pain or other symptoms

If no symptoms

- Close monitoring over time

Physical activity that's right for you

• Similar medicines for HCM with no obstruction

• Plus medications to improve blood flow and activity/exercise

• Procedures to remove or shrink thickened areas

How HCM affects you every day



Your quality of life matters

Your chance of sudden cardiac death



Implantable cardioverter defibrillator (ICD) detects and corrects for dangerous heartbeats

Atrial fibrillation



Medications to help

- Steady or slow heart rate or rhythm
- Lower risk of stroke

To learn more, visit [CardioSmart.org/HCM](https://www.CardioSmart.org/HCM)
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