

HYPERTROPHIC CARDIOMYOPATHY (HCM)

THE PROBLEM WITH A THICKENED HEART MUSCLE

If you have hypertrophic (*hy-per-tro-fik*) cardiomyopathy, or HCM, your heart muscle gets too thick. This makes it harder for your heart to do its job.

It's usually passed down in families.

KNOW THE SIGNS

Shortness of breath



Dizziness or fainting



Chest pain



Heart palpitations or fluttering

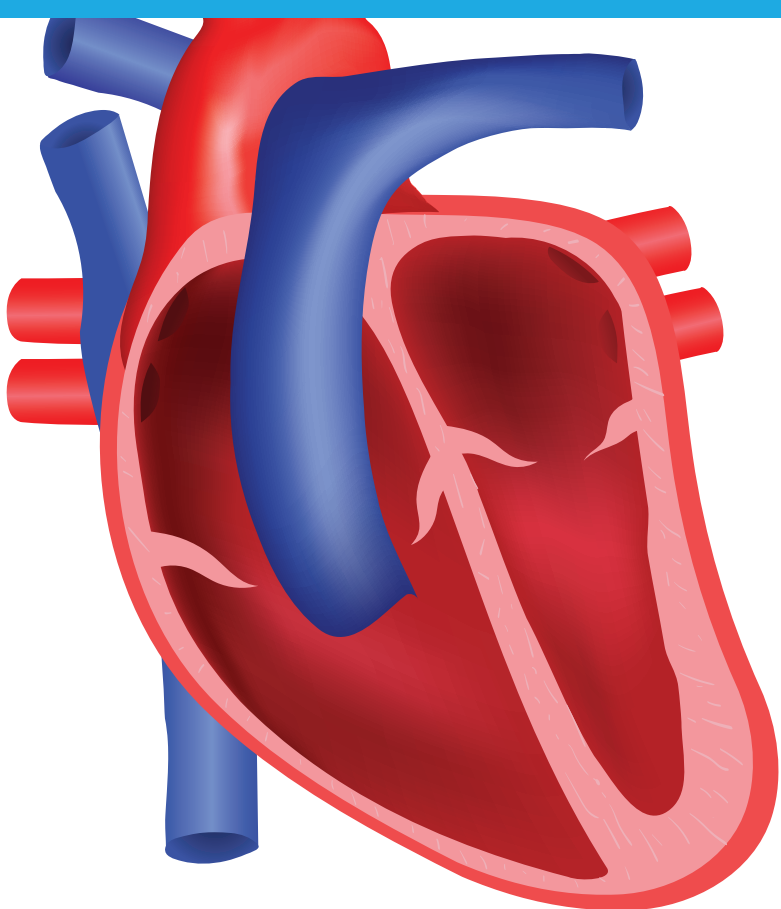


In rare cases, sudden cardiac death

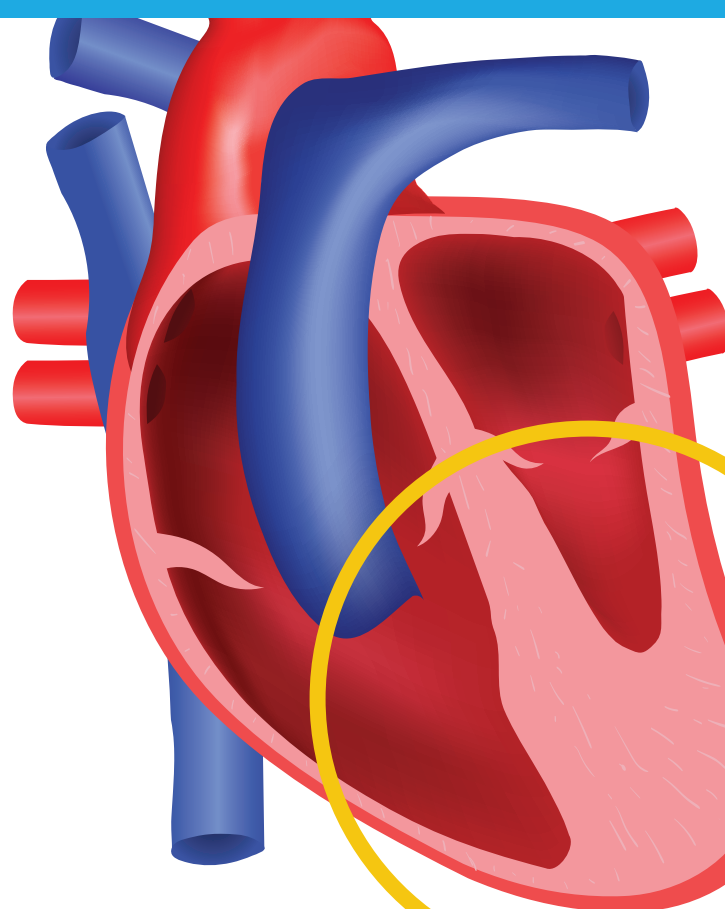


But many people don't have symptoms

NORMAL HEART



HYPERTROPHIC HEART



THICKENED HEART MUSCLE

WHAT YOU CAN DO

If you have HCM, talk with your care team about:

- ▶ Shared decision-making to decide your treatment
- ▶ Genetic testing for you, your children, siblings, or parents
- ▶ Exercise—How much? Is it OK to play sports? Which ones?
- ▶ Lifestyle changes
- ▶ Ways to find support

If a parent has HCM, in most cases there's a 50/50 chance that a child will have it.



HOW TO TREAT HCM

Medications to ease symptoms



Devices to prevent sudden cardiac death

Surgery to remove thickened areas



Visit [CardioSmart.org/HCM](https://www.cardiosmart.org/HCM) to learn more.

 @CardioSmart