

## HCM family screening and testing worksheet

Ask your health care team who in your family should be evaluated. A genetic counselor can help walk you through the process and provide tips to help you talk with your family about hypertrophic cardiomyopathy (HCM), the benefits of screening and/or genetic testing.

**Fill out this worksheet and share it with your care team.**

### Questions to help define your family history:

Does (or did) anyone in your family have HCM?

- Yes
- No
- I'm not sure

If yes, write down who or their relation to you and their age when they learned they had HCM if you know:

---

---

Has anyone in your family died suddenly without a clear cause and at a young age (under age 50)?

- Yes
- No
- I don't know

If yes, what was their relation to you and how old were they when they died?

---

---

**What about any family members who learned they had heart failure - when the heart isn't pumping well enough to meet the body's needs - at a young age?**

- Yes
- No
- I don't know

If yes, what is their relation to you and about how old were they when they learned they had heart failure?

---

---

**Have you already had genetic testing yourself?**

- Yes
- No

If yes, and positive, write down the name of the specific gene affected (If you don't know what it is called, ask your care team to write it down for you):

---

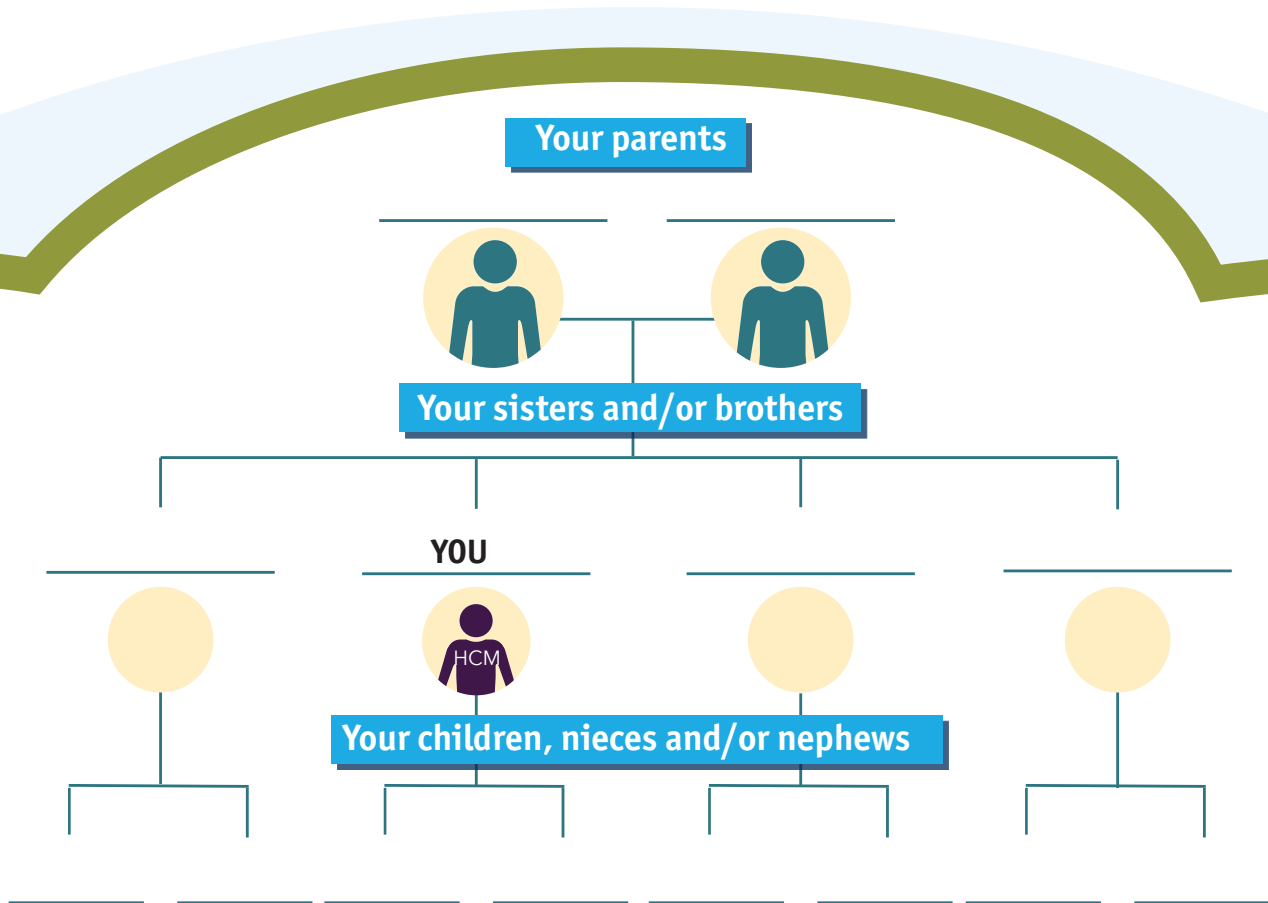
If the results are inconclusive - or uncertain - what follow up should my family have?

---

---

## Tending to your family tree

Use this picture to fill in your parents, brothers, sisters and any children. These should be blood relatives only. Draw a circle around anyone else with known HCM. Remember that HCM can often be mistaken as anxiety, asthma and other heart conditions.



(Fill in the blank line with the names of your sisters and/or brothers, any children, nieces and/or nephews. Write in additional names as needed.)

**There is a 50/50 chance of inheriting HCM from a parent or passing it on to a child.**

It's important that first-degree blood relatives – parents, brothers, sisters, and children – of anyone with HCM also be screened.