

Hypertrophic Cardiomyopathy (HCM): What You Should Know

What is HCM?



Hypertrophic Cardiomyopathy (HCM) is a condition where the heart muscle thickens, making it harder for the heart to pump blood. It's usually genetic, meaning it can run in families. HCM can cause serious problems like heart failure, arrhythmias, and sudden cardiac arrest.



Key Questions to Ask Your Doctor:

- 1 What stage of HCM am I in?
- 2 What treatment options are best for me?
- 3 Should my family members get screened?
- 4 How can I monitor my symptoms at home?

Take Action Now

Talk to your doctor about your treatment options and if you or your family members need genetic testing. Managing HCM involves regular check-ups and being proactive about your heart health.

Key Guidelines to Know:

- 1 **Understanding the Disease:** HCM can vary from mild to severe. Patients may experience symptoms like shortness of breath, chest pain, and fainting, or they may have no symptoms at all. Regular check-ups and monitoring are essential for managing this condition.
- 2 **Stages and Symptoms:** The stages of HCM are based on how thick the heart muscle has become and how much it affects blood flow. Ask your doctor about your stage and what that means for your care.
- 3 **Diagnostic Tools:** To confirm HCM, doctors often use tests like echocardiograms or cardiac MRIs to check heart function and structure. Genetic testing may also help identify family members at risk.

Treatment Options:

- ✓ **Medications:** Beta-blockers and calcium channel blockers are commonly used to help the heart relax and reduce symptoms .
 - ✓ **Lifestyle Adjustments:** Avoid strenuous exercise and stay hydrated. Ask your doctor for tailored advice on physical activity and lifestyle changes .
 - ✓ **Surgery:** In severe cases, procedures like septal myectomy (removing part of the thickened heart muscle) may be needed to improve blood flow.
- 4 **Why Early Detection Matters:** Early diagnosis and treatment can prevent severe complications like sudden cardiac death. Regular screenings for family members may be necessary if HCM runs in your family .

Mission

The HeartLife Foundation is a patient-driven charity whose mission is to transform the quality of life for people living with heart disease by engaging, educating, and empowering a global community to create lasting solutions and build healthier lives.

For more information on HCM and other support please visit us at heartlife.ca/academy/
heartlife.academy



www.heartlife.ca

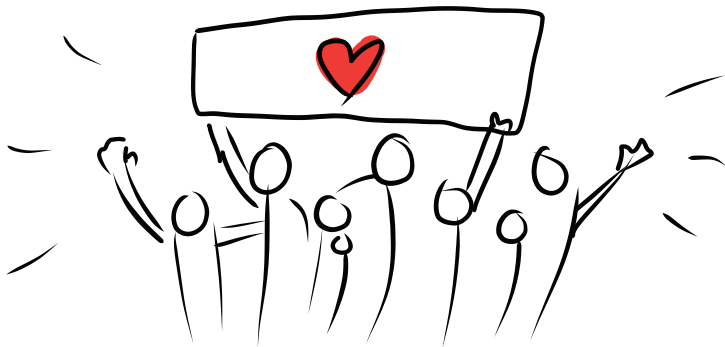
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HeartLife Foundation is a patient-driven charity whose mission is to transform the quality of life for people living with heart disease by **Engaging, Educating, and Empowering** a global community to create lasting solutions and build healthier lives.

HeartLife Foundation is Canada's first – and only – national patient-led heart failure organization.



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You're not alone in this journey. Learn more.



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