

A Patient's Journey Through *Cardiomyopathy*

NAVIGATING YOUR DIAGNOSIS WITH CONFIDENCE

Being diagnosed with cardiomyopathy can be overwhelming. Here is a roadmap to help you **gain the knowledge** and **confidence** you need to **adjust** to your new diagnosis.

SYMPTOMS

1

If you are experiencing any of the following symptoms, it is important to inform your healthcare provider:



SHORTNESS OF BREATH
especially with physical activity



SWELLING
in your legs, ankles, feet, abdomen, or neck veins



COUGHING
especially when lying down



FATIGUE



CHEST PAIN
especially after physical activity or after eating a large meal



DIZZINESS & FEELING LIGHTHEADED
or **fainting** (syncope) during physical activity



HEART PALPITATIONS OR ARRHYTHMIAS
– your heart may feel like it's pounding, racing or fluttering

Some symptoms need urgent attention. If you experience **fainting**, **severe shortness of breath**, or **persistent / recurrent chest pain**, call the emergency number.

DIAGNOSIS

2

Your doctor may review your **medical and family history** for any cardiomyopathy or heart conditions, and conduct a **physical exam** to assess your health. You may also undergo several diagnostic tests including:

♥ **BLOOD TESTS**
♥ **CHEST X-RAY**
♥ **ELECTROCARDIOGRAM (EKG OR ECG)**

♥ **HOLTER AND EVENT MONITORS**

♥ **EXERCISE STRESS TEST**
♥ **ECHOCARDIOGRAM (ECHO)**

♥ **CARDIAC MAGNETIC RESONANCE IMAGING (MRI OR CMR)**

♥ **POSITRON EMISSION TOMOGRAPHY (PET) SCAN**
♥ **GENETIC TESTING**

EDUCATION

3

To gain a better understanding of cardiomyopathy and make informed decisions, educate yourself about:



TYPES OF CARDIOMYOPATHY



CAUSES



SYMPTOMS



PROGRESSION OVER TIME

TREATMENT

4

Cardiomyopathy cannot be cured, but various therapies can help manage symptoms and slow down its progression:



LIFESTYLE CHANGES



MEDICATION



DEVICES



SURGERY AND OTHER PROCEDURES

LIVING WITH CARDIOMYOPATHY

5

Although cardiomyopathy may not be reversible, you can take steps to maintain a healthy heart and prevent complications:



FOLLOW YOUR TREATMENT PLAN



ADAPT YOUR DIET



ADJUST YOUR PHYSICAL ACTIVITY LEVEL



MAKE ADDITIONAL LIFESTYLE CHANGES



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