

What is *HCM*?

HYPERTROPHIC CARDIOMYOPATHY (HCM) IS A DISEASE OF THE HEART MUSCLE THAT CAUSES IT TO THICKEN AND STIFFEN.

HCM can lead to **abnormal rhythms** (such as atrial fibrillation), **heart failure**, or rarely, **sudden cardiac death**.

SYMPTOMS OF HCM



SHORTNESS OF BREATH
especially with physical activity



COUGHING
especially when lying down



FATIGUE



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



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



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



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



PREVALENCE:
OCCURS IN AT LEAST
1 in every 500 people



UNDER-DIAGNOSED:
THE NUMBERS ARE
likely higher



MISDIAGNOSED:
HCM CAN BE
mistaken
FOR LUNG PROBLEMS OR OTHER HEART DISEASES

WHAT CAUSES HCM?

HEREDITY:

It is most often caused by **abnormal changes in genes** that affect the heart muscle. HCM is referred to as a **genetic heart muscle disease**.

If **one parent** has HCM, their child has a **50% chance of inheriting** the genetic mutation that may cause it.



TREATMENT



HEALTHY LIFESTYLE



MEDICATION



DEVICES



SURGERY AND OTHER PROCEDURES



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