

A Patient's Journey Through *Transthyretin Amyloid Cardiomyopathy (ATTR-CM)*

NAVIGATING YOUR DIAGNOSIS WITH CONFIDENCE

Being diagnosed with ATTR-CM can be overwhelming. While each person's journey is unique – and may differ depending on the type of ATTR-CM – this roadmap can help you gain the knowledge and confidence you need to adjust to your new diagnosis, including what it may mean for those close to you.

SYMPTOMS

1

ATTR-CM symptoms often resemble those of other heart conditions, making it harder to diagnose. Some people have few or no symptoms at first, so the disease may go unnoticed until it becomes more advanced.

Some common symptoms may include



SHORTNESS OF BREATH
(most common)



FATIGUE
or excessive tiredness



SWELLING in the
legs, ankles or feet



**GASTROINTESTINAL
ISSUES** (e.g. diarrhoea)



CARPAL TUNNEL SYNDROME
– a condition that causes
pressure on a nerve in the wrist



NUMBNESS – strange
tingling sensation, or
pain in the toes or feet

If your symptoms are getting worse even while taking medication, or if you are having adverse effects, talk to your healthcare provider.

DIAGNOSIS

2

Because the symptoms of ATTR-CM can resemble other conditions, your healthcare provider may perform several tests to confirm your diagnosis.

♥ **BLOOD TESTS**

♥ **URINE TESTS**

♥ **GENETIC TESTING** (blood or saliva) – which
can help determine if ATTR-CM is hereditary
and relevant for family members

♥ **ELECTROCARDIOGRAM**

♥ **IMAGING STUDIES** such as
echocardiogram, cardiac MRI,
nuclear imaging

♥ **TISSUE BIOPSY**

Additional tests and devices might be needed to confirm your diagnosis, such as **Holter** or **event monitors**.

EDUCATION

3

To gain a better understanding of your condition – including the type of ATTR-CM you have – and make informed decisions about your treatment, learn more about:



**TYPES OF
ATTR-CM**



SYMPTOMS



**MONITORING AND
PROGRESSION OVER TIME**



**TREATMENT
OPTIONS**

TREATMENT

4

ATTR-CM cannot be cured, but various therapies can help slow the progression of the disease, improve symptoms, support your heart's function, and help manage complications.



**LIFESTYLE
CHANGES**



MEDICATION



DEVICES



**TRANSPLANT
SURGERY**

Your treatment plan may vary depending on the type of ATTR-CM and how the condition affects you.

LIVING WITH ATTR-CM

5

Although ATTR-CM may not be reversible, you can take steps to improve your quality of life and support your heart's function.



**FOLLOW YOUR
TREATMENT
PLAN**



**ADJUST YOUR
PHYSICAL
ACTIVITY LEVEL**



**ADAPT
YOUR DIET**



**MAKE ADDITIONAL
LIFESTYLE
CHANGES**



**MONITOR YOUR
SYMPTOMS**



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