



HYPERTROPHIC CARDIOMYOPATHY

Hypertrophic cardiomyopathy (HCM), the most common inherited heart disease, can affect people at any age. It occurs when the walls of the heart thicken and stiffen. As a result, the heart chambers don't fill up or pump blood out adequately.

HCM is chronic. It can get progressively worse and result in you being less able to do the activities you love. But early diagnosis, management and treatment may help reduce some of the potential consequences, improve outcomes and lead to good quality of life.

WORKING WITH YOUR HEALTH CARE PROFESSIONALS

Team up with your health care professionals to monitor and manage your condition. Discuss the best treatment options for you, and then stick to the plan. If you don't understand something, ask for clarification.

You and your health care professional can use this checklist to determine your risk and the best treatment options for you.

ASSESS YOUR RISK

My health care professional has determined that the current thickness of my heart walls is:

I have obstructive or nonobstructive HCM.

My family history of cardiovascular disease and sudden cardiac death includes:

Current Symptoms: **NEW** **HAS IMPROVED** **HAS GOTTEN WORSE**

Fatigue

Dizziness

Fainting

Shortness of breath

Chest pain

Heart palpitations/arrhythmias

Other symptoms

Notes:

The people who make up my health care and self-management support system include:

DISCUSS LIFESTYLE CHANGES

Along with monitoring your symptoms, a key aspect of self-managing HCM is a heart-healthy lifestyle, which includes eating a healthy diet, not smoking, staying physically active, getting enough quality sleep, maintaining a healthy weight, controlling blood pressure and cholesterol, and taking medications as prescribed.

Notes:

GOALS I NEED TO WORK TOWARD

Physical activity:

Weight management:

Healthy diet:

Quit smoking:

Sleep:

Blood pressure control:

Cholesterol control:

Other:

MEDICATIONS

Certain medications may help reduce some HCM symptoms. Some questions to consider include:

- Do you have difficulty taking your medications regularly?
- Do you experience any side effects with current medications?
- Is the cost of medication going to be a concern? If yes, discuss potential out-of-pocket cost and medication assistance programs that may be available.

Notes:

FOLLOW-UP APPOINTMENTS

HCM education:

Diagnostic testing:

Genetic testing:

Medical intervention:

Nutrition:

Therapy:

Other:

Considering each of these facets of your health will help you and your health care team make informed decisions about your care plan.

Once your care plan is in place, you may want to download and fill out the Hypertrophic Cardiomyopathy Association's streamlined patient summary card for follow-up visits.

Learn more about the latest science around HCM treatment and management at heart.org/HCM.

