



Hypertrophic
Cardiomyopathy
Association®

HYPERTROPHIC CARDIOMYOPATHY

WHAT IS HCM? Hypertrophic Cardiomyopathy (Pronounced: Hyper-trō- fic Cardio-my-opathy) HCM, refers to a family of genetic disorders. HCM causes abnormal cell structure and thickening of the heart muscle. Most commonly, the disease involves abnormalities in genes regulating the cardiac contractile function and less commonly, in other genes which alter the normal functioning of the heart muscle.

HOW COMMON IS HCM? HCM is a relatively common genetic disorder affecting an estimated 1 in 500 worldwide. Recent data suggests it could be as common as 1 in 200.

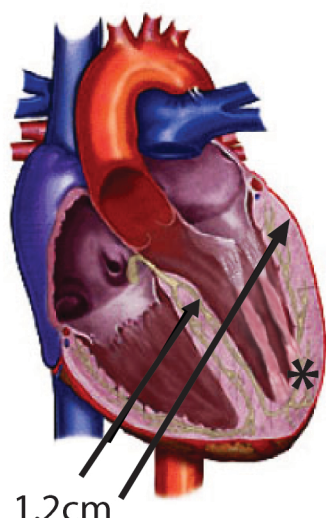
SIGNS AND SYMPTOMS:

- Heart Murmurs • Fainting/Nearly fainting
- Shortness of breath • Chest, jaw, and neck pain
- Lightheadedness • Palpitations

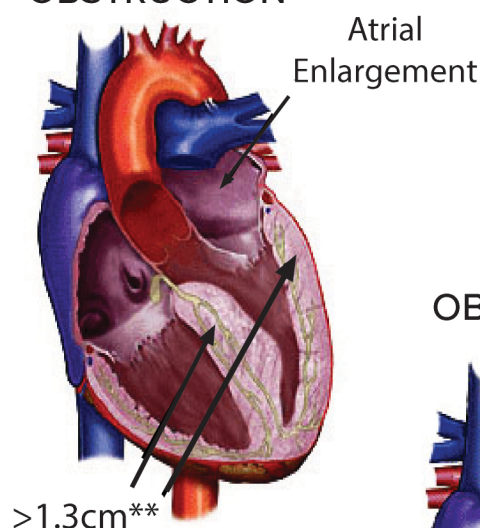
Symptoms can range from extremely mild to severe.

SCREENING: If you have been diagnosed with HCM all first-degree family members should be screened with cardiac imaging and/ or genetic testing, and check up with a cardiologist knowledgeable in HCM.

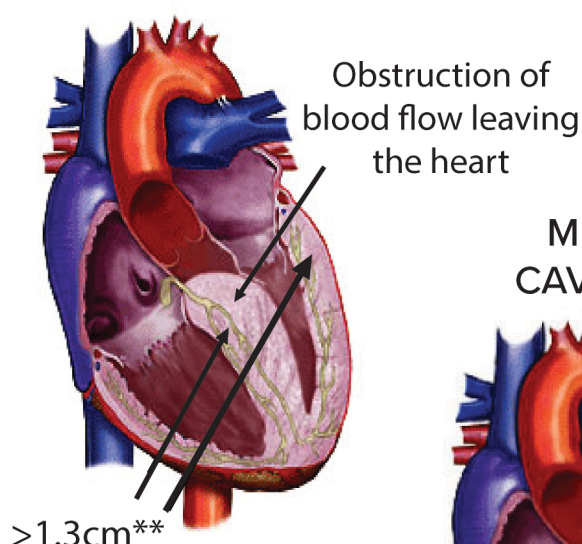
NORMAL



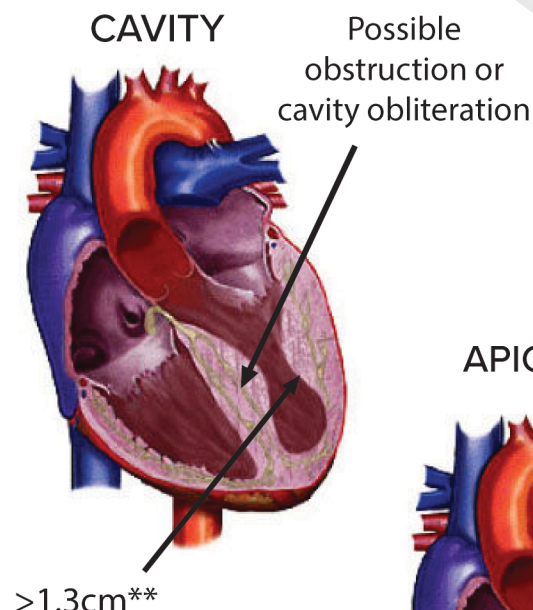
WITHOUT OBSTRUCTION



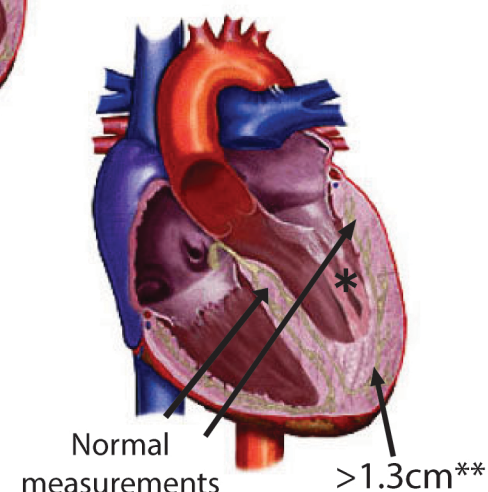
WITH OBSTRUCTION



MID CAVITY



APICAL



*HCM can come in many patterns. These are a few. * Papillary muscles are only shown in some.
** 1.5 without genetic testing

TREATMENT OPTIONS

MEDICATION

- Beta-blockers
 - Calcium Channel Blockers
 - Myosin Inhibitors
 - Norpace/Disopyramide
 - Antiarrhythmic drugs
 - Diuretics
 - Anticoagulants
 - Antibiotics
 - New medications under investigation
- ♥ 90% may require medication

RHYTHM MANAGMENT

- Pacemaker
 - Implantable Cardioverter Defibrillator
 - Atrial Fibrillation Ablation
- ♥ 20% may require ICD
- ♥ 20% may experience Atrial Fibrillation

TRANSPLANT

- ♥ Approximately 3-5% may require a transplant

♥ Data taken from HCMA database

THE HYPERTROPHIC CARDIOMYOPATHY ASSOCIATION:
HOME FOR THE BIGHEARTED
FOR SUPPORT CONTACT:

(973)983-7429 | 4hcm.org | support@4hcm.org

SEPTAL REDUCTION

- Surgery
 >Septal Myectomy
 - Nonsurgical
 >Alcohol Septal Ablation
- ♥ 20-25% may qualify for septal reduction therapy



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Want to share
with your family?

