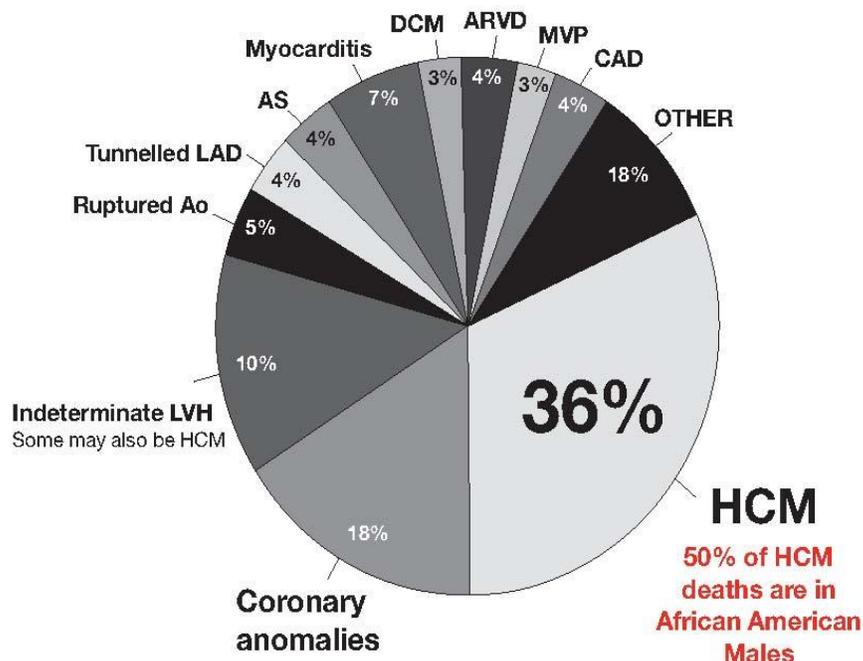


Get the Word OUT and You Can Save a Life!

Hypertrophic Cardiomyopathy – HCM (pronounced hy-per-TRO-fic car-di-o-my-O-pa-thy) affects 1 in 400 (nearly 1 million) people in the USA. HCM is the leading cause of sudden cardiac death in the young. HCM affects people of all ages. HCM is an equal opportunity disease affecting all ethnicities and genders.

Each year in the USA, approximately 50 athletes will die and 1/3 will have HCM. That means, statistically, every other week a young athlete dies from HCM. The graph to the right indicates the causes of death of those young athletes. Half of all athletes that die from HCM are African American males; the reason for this disparity is unknown.



What can you do to protect your loved ones?

1. Know your family history
 - ♥ If you have a family history of heart related or sudden death under the age of 50, it is important to have your heart checked by a cardiologist.
2. Know the signs and symptoms of HCM:
 - ♥ Shortness of (breath with or without activity)
 - ♥ Chest pain or pressure
 - ♥ Fainting
 - ♥ Nearly fainting
 - ♥ Lightheadedness/Dizziness
 - ♥ Palpitations – awareness of your heart beating hard or fast
 - ♥ Unexplained fatigue
3. There are a few diagnoses that may actually be signs of symptoms of HCM, and should be looked at more closely to ensure a correct diagnosis. They include:
 - ♥ Innocent heart murmur
 - ♥ Exercise induced Asthma
 - ♥ Panic Attacks
 - ♥ Depression
 - ♥ Mitral Valve Prolapse
4. What should you do if you have a family history of heart disease or sudden death, AND you or your loved one has had any of the symptoms noted above? SEE A CARDIOLOGIST and ask about HCM.



For more information on HCM, visit the HCMA online at www.4hcm.org.



“Improving and saving lives of persons with Hypertrophic Cardiomyopathy.”

HCMA