



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.

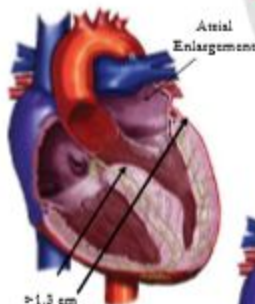
NORMAL



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.

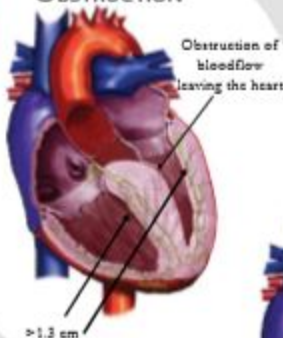
WITHOUT OBSTRUCTION



SIGNS AND SYMPTOMS:

- Heart Murmur
- Shortness of breath
- Lightheadedness
- Fainting/Nearly fainting
- Chest, jaw, and neck pain
- Palpitations
- Family history of sudden death <55 yrs
- symptoms can range from extremely mild to severe

WITH OBSTRUCTION



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.

TREATMENT OPTIONS



MEDICATIONS

- Beta-blockers
- Calcium channel blockers
- Norpace/Disopyramide
- Antiarrhythmic drugs
- Diuretics
- Anticoagulants
- Antibiotics
- New medications under investigation
- 90% may require medication



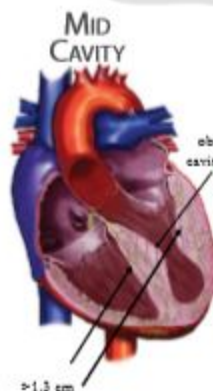
SEPTAL REDUCTION

- Surgery
 - > Septal Myectomy
- Nonsurgical
 - > Alcohol Septal Ablation
- 20-25% may require septal reduction therapy



RHYTHM MANAGEMENT

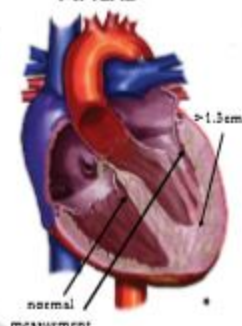
- Pacemakers
- Implantable cardiovert defibrillator
- Atrial Fibrillation Ablation
- 20% may require ICD
- 20% may experience Atrial Fibrillation



MID CAVITY

Possible obstruction or cavity obliteration

APICAL



normal measurement

HCM can come in many patterns. These are a few:
• Papillary muscles only shown in some.



TRANSPLANT

- Approximately 3-5% may require transplant

FOR MORE INFORMATION AND SUPPORT CONTACT:

HYPERTROPHIC CARDIOMYOPATHY ASSOCIATION



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