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Lifestyle and Exercise in Hypertrophic Cardiomyopathy (LIVE-HCM)

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The safety of vigorous exercise for those with HCM is unknown, and current guidelines recommend that HCM patients refrain from participation in competitive sports more vigorous than golf or bowling.\textsuperscript{1,2} Despite these guidelines, a recent survey has suggested that some patients with HCM do participate in more vigorous sports.\textsuperscript{3}

This study does not endorse competitive sports for HCM patients. Rather, we want to obtain information on the risks and benefits of exercise at all levels, by following individuals over time at whatever level of exercise they are currently engaged in.

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