

## About Hypertrophic Cardiomyopathy:

- Hypertrophic Cardiomyopathy is an inherited heart muscle disorder that causes thickening of the heart muscle, in addition there may be myocardial disarray (abnormal alignment of muscle cells).
- It is estimated to affect approximately 1 in 500 people in the UK population.
- Symptoms of Hypertrophic Cardiomyopathy may include shortness of breath, chest pain, palpitations and fainting. Complications can include an irregular heartbeat, atrial fibrillation, endocarditis (infection of the heart) and heart block. A small number of patients have an increased risk of sudden death.
- Hypertrophic Cardiomyopathy is usually diagnosed by doing an echocardiogram (ECHO), which is an ultrasound scan of the heart, that shows thickening of the heart muscle, and an electrocardiogram (ECG), which measures electrical signals produced by the heart. Other tests used in the diagnosis and management of Hypertrophic Cardiomyopathy include Holter monitoring (24 hour recording of the electrical signals of the heart), and exercise testing with blood pressure monitoring, some patients may require further tests which may include Magnetic Resonance Imaging (MRI) and an angiogram.
- Although there is no cure for Hypertrophic Cardiomyopathy at the moment, people with the condition, should be under the care of a cardiologist, who will perform regular cardiac examinations and tests. This allows the cardiologist to make an assessment of the patient's cardiac symptoms. If symptoms are present, a decision can be made about the best treatment for the symptoms.
- Recently, it has become possible to identify patients at high risk of sudden death. These people at high risk can then be screened regularly, and can be treated either with medicines, or increasingly, by using an implantable cardioverter defibrillator (ICD).

## Find out more

To find out more about Hypertrophic cardiomyopathy, and other causes of sudden adult death, contact:

Cardiomyopathy Association  
0800 018 1024  
[www.cardiomyopathy.org](http://www.cardiomyopathy.org)



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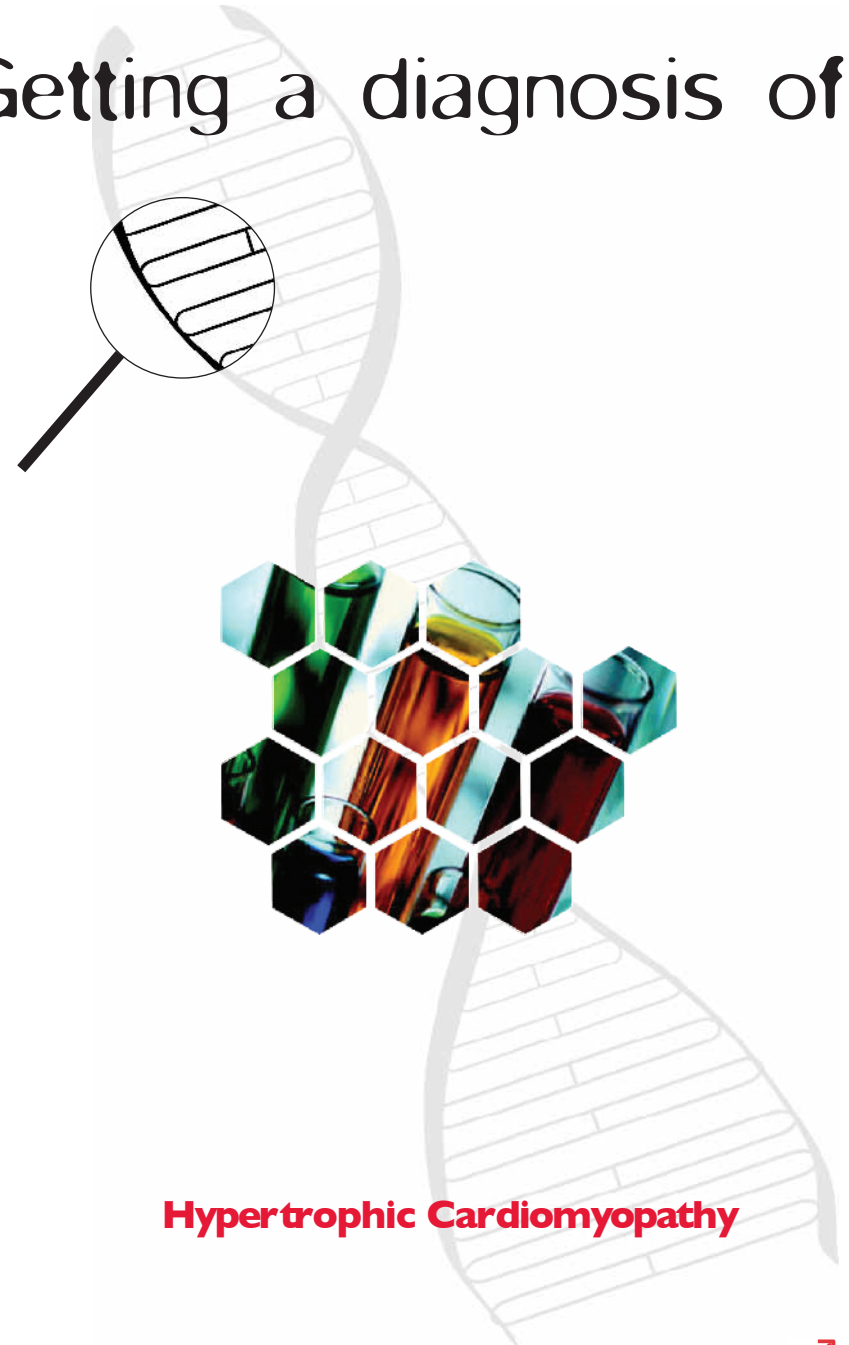
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# Getting a diagnosis of...



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