



American
Heart
Association



Hypertrophic
Cardiomyopathy
Association

HYPERTROPHIC CARDIOMYOPATHY

The Hypertrophic Cardiomyopathy Association is a 501(c)(3) nonprofit organization founded in 1996 with the aim to provide information, education, support, and advocacy for all HCM community. There are an estimated 1 million people in the USA either living with, or at risk of, developing HCM. The HCMA encourages all patients to become informed and engaged in our community.

The American Heart Association's Hypertrophic Cardiomyopathy initiative works to improve HCM awareness and education. It has been a leading source of health information.

SUPPORT FOR ALL WITH HCM.

The HCMA has many ways for patients, families and interested health care providers to learn how to treat HCM and how to live a full and productive life with HCM. The HCMA offers:

- Peer-to-peer support for those living with HCM

- Website www.4hcm.org – online since 1996
- HCMA Facebook page (Hypertrophic Cardiomyopathy Association)
- HCMA national and regional meetings
- Support advocacy groups in your community

Become an HCMA member and receive these additional benefits:

- Receive a copy of "A Guide to Hypertrophic Cardiomyopathy"
- One-on-one planning
- Additional webinars and training materials
- Discount admission to HCMA events



Please take this card with you on your visit and use our check list to ensure you get the most from your experience at this HCM Center of

WWW.4HCM.ORG

HEALTHCARE.ORG/HCM

IMAGING

Echo CMR Other

HCM STATUS

Obstructed Non-obstructed

Mitral regurgitation: None Mild Moderate Severe

SUDDEN CARDIAC ARREST RISK

Number of risk factors:

ICD

ICD Check: Yes No N/A

GENETICS

Yes

Test results: _____

Updates on testing done previously:

Yes No

MEDIC

REVIEW

Changes to meds: Yes No

DIET AND EXERCISE

- What CAN I do? What should I avoid? Diet tips?

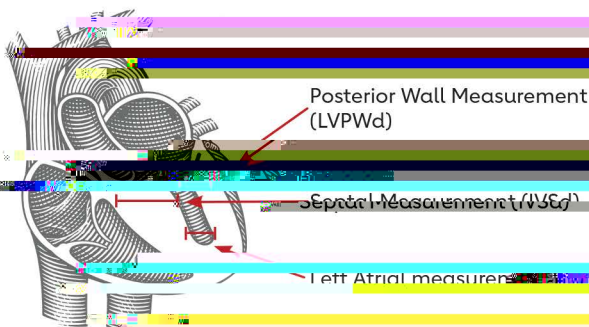
QUALITY OF LIFE

- How are you coping with HCM?
- Review of services available to help

FAMILY SCREENINGS

- Who should be screened?
- How often should they be screened? Can they be genetically screened?

Each HCM heart can be a little different. The heart diagram below can be completed to show your unique HCM.



While echocardiograms contain a lot of information, the basic information is good to know about your HCM. These numbers may change from visit to visit and may NOT indicate a change in your health. Knowing your numbers is important for your care now and in the future.

Your septal measurement (IVSd): _____

Your posterior wall measurement (LVPWd): _____

Your left atrial measurement (LA): _____

YOUR GRADIENT

Resting: _____ mmHg

Provoked: _____ mmHg

Your ejection fraction: _____ %