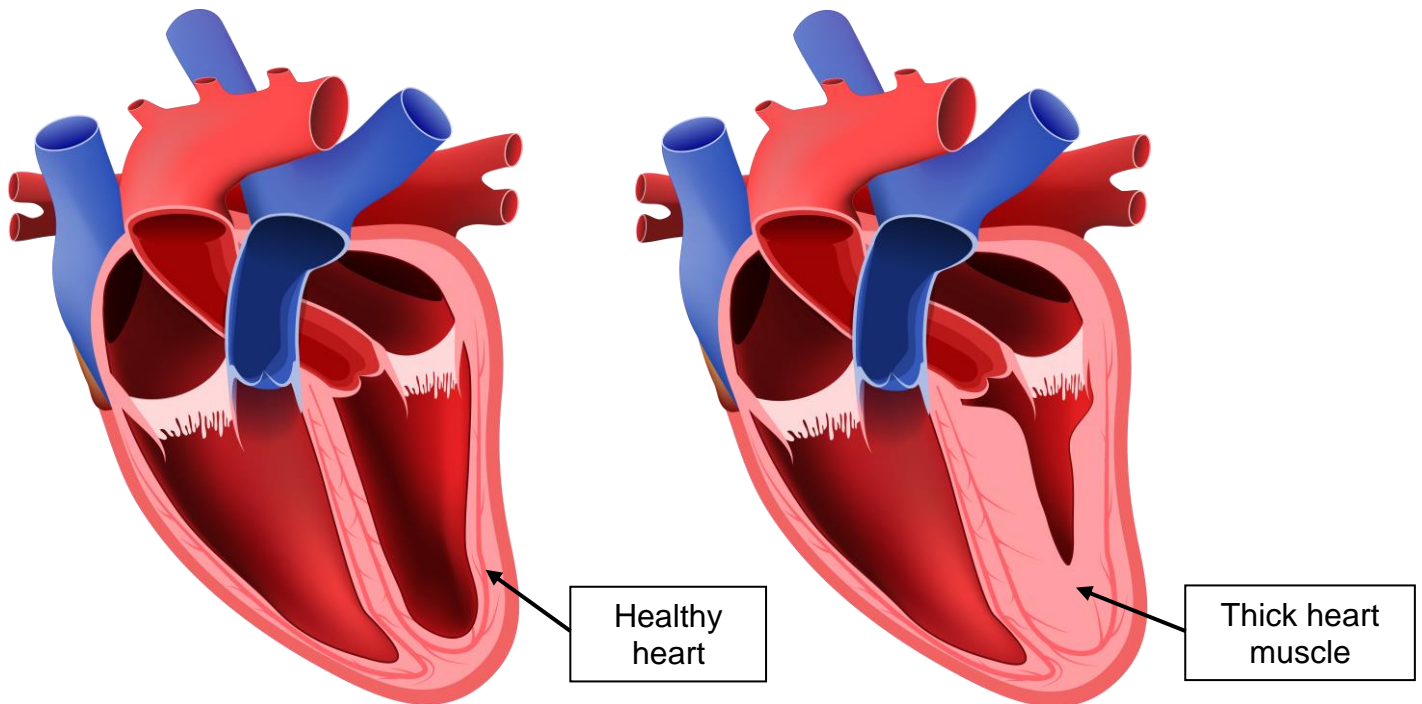


Hypertrophic Cardiomyopathy

What is Hypertrophic Cardiomyopathy (HCM)?

- Cardiomyopathy means heart muscle disease. There are different types.
- Hypertrophic cardiomyopathy (HCM) is a kind of cardiomyopathy when your heart muscle gets too thick, and the muscle doesn't relax well in between beats.
 - This makes it difficult for the heart to fill with blood. It may be hard for the heart to keep up with the needs of the body, especially when active.
 - In some cases, the heart muscle becomes so thick that it blocks the way out of the heart. This is called obstruction.
- Some people with HCM also start having irregular heartbeats. This can be a serious problem.

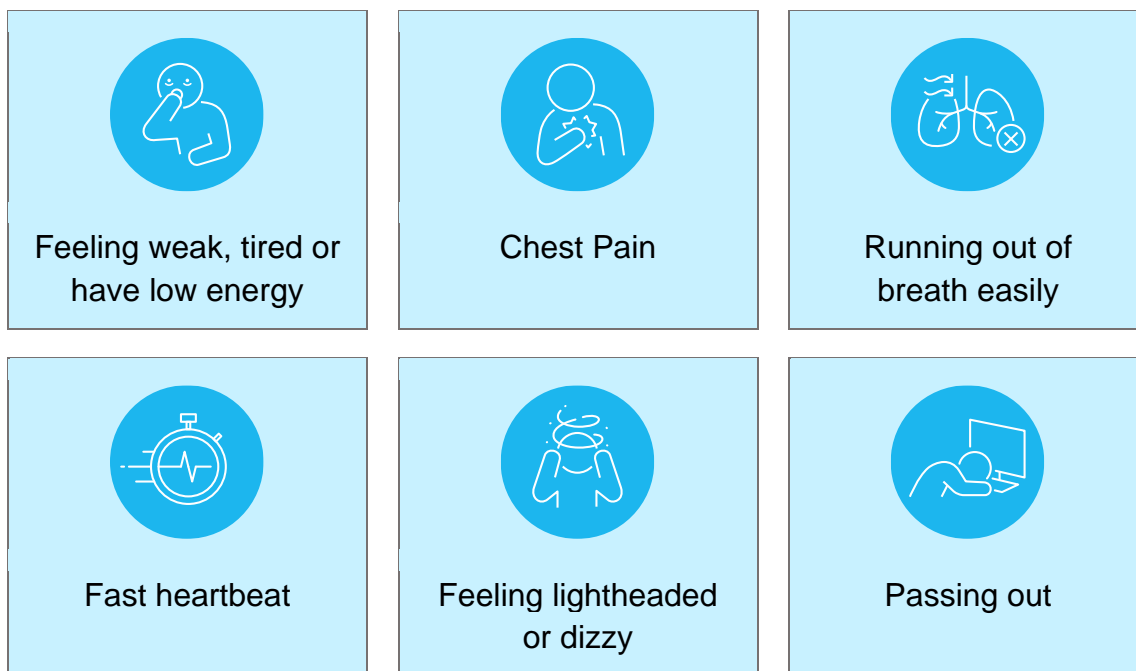


What causes HCM?

- Sometimes, it is a genetic problem and the gene causing HCM can be found from a blood or saliva test. When the genetic cause is found we can test other family members for the same problem.
- Sometimes the cause is unknown.

What are the signs and symptoms of HCM?

- Many people do not have symptoms at first.
- Some common signs and symptoms are:



- As HCM gets worse, exercise or doing a lot of physical activity may cause chest pain and/or shortness of breath.
- HCM may also cause fainting or an arrhythmia (irregular heartbeat). In rare cases, HCM could cause a life-threatening rhythm problem.
- In rare cases, HCM may cause sudden death in healthy athletes who sometimes show no other symptoms.

What are some possible tests to check your heart?

- Blood tests
- Echocardiogram (ECHO) is an ultrasound that shows a moving picture of your heart.
- Electrocardiogram (EKG) records the electrical activity of the heart.
- Exercise stress test shows how well your child's heart works with different levels of activity.
- Genetic testing looks for conditions that cause HCM and might be passed down in families.
- Cardiac MRI uses magnets and radio waves to take detailed pictures of the heart.
- Cardiac Catheterization uses an X-ray to help guide a thin tube (catheter) into a blood vessel that leads to the heart. The cardiologist can then take pictures and sometimes do procedures.

What activities can I participate in?

- Exercise is usually recommended. Talk to your cardiologist about which exercises or activities are okay.
- For higher intensity or competitive sports (such as soccer and football), more testing and a talk with your doctor is important to understand your risk.
- When participating in any activity, it is important to rest when feeling tired.


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What are possible treatments for HCM?

- Medications to decrease symptoms or lessen any abnormal heartbeat.
- An implantable cardioverter defibrillator (ICD). This is a device to help protect from an abnormal (or dangerous) heartbeat. This may be needed to protect the heart from stopping and causing sudden death.
- Surgery may be needed to remove some of the thickened heart muscle.
- A heart transplant may be needed in some cases.



What do I do when there is an emergency or urgent health problem?

| | |
|---|--|
| Call 911 if you experience the following:  | Having a hard time breathing |
| | Having chest pain that does not get better with rest |
| | Feeling confused |
| | Difficulty waking up or unable to wake up |
| | Passing out |

Call Your Nurse Care Manager or Cardiology Clinic when:

- Feeling uncomfortable when breathing
- Having less energy
- Feeling fast or unusual heart beats
- Having new or increased chest pain
- You notice swelling in feet, lower legs, or stomach
- You have unexpected or unusual weight gain
- Not eating well or not having a good appetite

Who do I need to contact with questions or concerns?

| | | |
|-----------------------------|---|--|
| Cardiology Clinic | 323-361-2461 | |
| Nurse Care Managers | Ani Yeremian 323-361-4622 ayeremian@chla.usc.edu | Lucy Dautrich 323-361-3355 lucyd@chla.usc.edu |
| Cardiologist On-Call | 323-660-2450 <ul style="list-style-type: none">• Dial "0" for the Operator, ask for the Cardiologist On-Call• If after the clinic closes, on weekends and holidays | |

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Approved by PFE 05/18/22