The Mended Hearts, Inc.

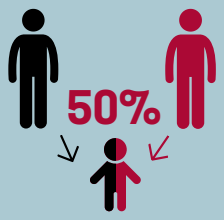
What is HCM?
(Hypertrophic Cardiomyopathy)

A disease of the heart muscle that causes it to thicken and stiffen. HCM can lead to problems with your heart's rhythm, heart failure or sudden cardiac death

What causes HCM?

Heredity

If one parent has HCM, their child has a 50% chance of inheriting the genetic mutation that may cause it.

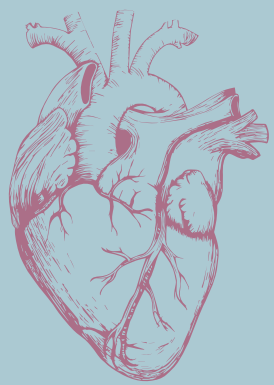


HCM Facts

- Occurs in as many as 1 in every 500 people
- Is underdiagnosed, so the numbers could be higher
- Can be mistaken for asthma or other heart diseases

HCM Symptoms

- **Shortness of breath (most common)**
- **Swelling in the lower legs, feet or abdomen**
- **Fatigue, excessive tiredness**
- **Chest pain**
- **A heart murmur**
- **A fluttering heartbeat**



HCM Treatment

- **Medication**
- **Medical procedures**
- **Devices**
- **Healthy lifestyle**

Learn more at: www.mendedhearts.org

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