



Hypertrophic Cardiomyopathy (HCM)



HEALTHY
HEART



HYPERTROPHIC
CARDIOMYOPATHY

Overview

This is a thickening of the heart muscle. It makes it harder for your heart to pump blood. Your heart may have trouble pumping enough blood to meet your body's needs. This can lead to serious problems.

Causes

Why does it happen? It's usually linked to a genetic problem that's passed down from your parents. Abnormal genes cause your heart muscle to grow thicker than it should.

Symptoms

What are the symptoms? Well, you can have this disease and not know it. But if you do have noticeable symptoms, you may have things like chest pain, shortness of breath and fainting. These are most common during physical activity. You may have a heart murmur. And, your heart's rhythm may not always be normal. You may feel an abnormal rhythm as a fast fluttering or pounding feeling. This can be dangerous.

Complications

Hypertrophic cardiomyopathy can lead to severe complications. It can harm different parts of your heart. It can increase the risk of blood clots, which can lead to stroke. It can cause heart failure. And it can cause sudden death.

Treatment

How do we treat this disease? Treatment depends on your symptoms. You may benefit from medications and lifestyle changes. You may benefit from surgery to fix a problem in your heart. Your doctor will create a plan that's right for you.