

www.4hcm.org | 973.983.7429

The Hypertrophic Cardiomyopathy Association is a 501c3 nonprofit organization founded in 1996 with the aim to provide information, education, support, and advocacy for the 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. While there is no cure for HCM today, the HCMA hopes that, in our lifetime, we will find ways to improve the quality of life of those affected and, hopefully someday, ways to eradicate HCM entirely.

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 the condition. HCMA also offers peer-to-peer support for those living with HCM.

- ♥ Website www.4hcm.org – online since 1996
- ♥ HCMA Message board – online since 2000
- ♥ 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” by Maron and Salberg
- ♥ One-on-one planning sessions
- ♥ Additional web content and training materials
- ♥ Discount admission to HCMA events

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

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Imaging Echo CMR Other

HCM Status Obstructed Non-obstructed
Mitral regurgitation Yes No

Sudden Cardiac Arrest Risk

Number of risk factors _____

ICD Yes No ICD Check Yes No N/A

Genetics Yes No Test results _____

Updates on testing done previously Yes No

Medication Review of meds Yes No

Changes to meds Yes No

Diet and Exercise

What CAN I do? What should I avoid? Diet Tips

Quality of Life Assessment

How are you coping with HCM?

Review of services available to help you cope

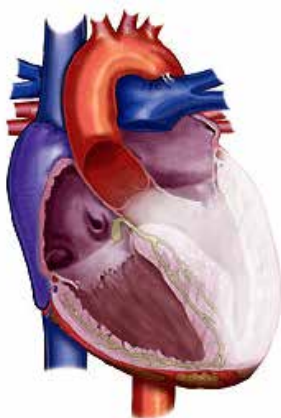
Family Screenings

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 anatomy.



While echocardiograms contain a great deal of information some basic information is good to know about your HCM heart. These numbers may change from visit to visit and may NOT indicate a change in your health. Knowing your anatomy may help you plan 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 _____%