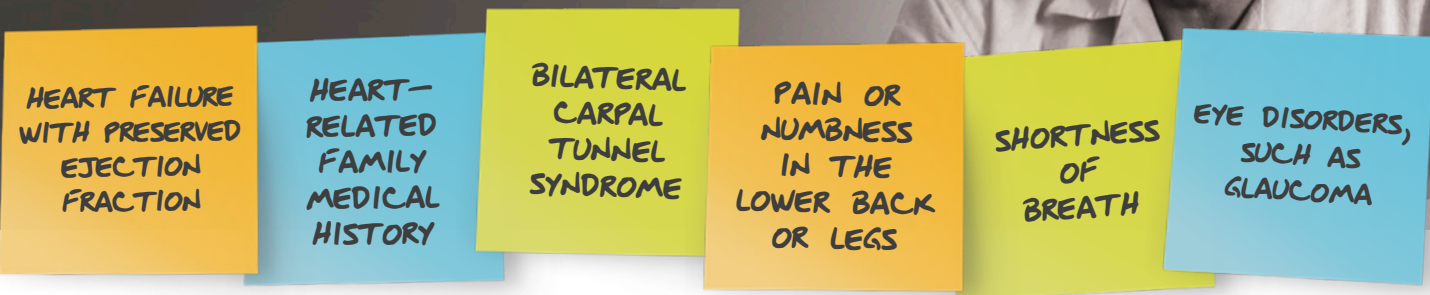


# BLACK/AFRICAN AMERICANS WITH HEART FAILURE

## GET THE MESSAGE

Sometimes heart failure isn't JUST heart failure. It could be transthyretin amyloid cardiomyopathy, or ATTR-CM.

Hereditary ATTR-CM is a serious and often underdiagnosed cause of heart failure in Black/African Americans. It's not just the heart that is affected. The signs and symptoms of ATTR-CM may include:



### UNDERSTANDING AMYLOIDOSIS



ATTR-CM is a type of **amyloidosis**, in which certain proteins change shape, or “misfold,” and can build up in different parts of the body. When these misfolded proteins build up in your heart, it may lead to ATTR-CM.

### THERE ARE 2 TYPES OF ATTR-CM

**Wild-type ATTR-CM** is associated with aging. It most often affects white/Caucasian men over 60 years old and may be the most common form of ATTR-CM.

**Hereditary ATTR-CM** is passed down from a relative and is caused by a change (or “mutation”) in one of your genes.

The most common mutation in the US, known as **V122I**, is found almost exclusively in **AFRICAN AMERICANS**

Symptoms can occur as early as **50 TO 60 YEARS OLD**

**APPROXIMATELY 3% TO 4% OF AFRICAN AMERICANS** are thought to have the V122I mutation\*

### HEREDITARY ATTR-CM IS OFTEN MISSED

While heart failure is common among Black/African Americans, hereditary ATTR-CM is often missed by doctors for several possible reasons:



**Low overall awareness of ATTR-CM**



**Broad symptoms that may seem unrelated to heart failure**



**ATTR-CM symptoms may be mistaken for more common causes of heart failure**

ATTR-CM is a condition that gets worse over time, which is why early diagnosis and treatment are so important.

If you have heart failure and experience any of these signs and/or symptoms, it's important to talk to your doctor. To find out more about how to recognize ATTR-CM, visit [YourHeartsMessage.com/when-suspect](https://YourHeartsMessage.com/when-suspect) today.

\*Not all individuals with the V122I mutation develop symptoms of hereditary ATTR-CM.



## GET THE MESSAGE

# DIAGNOSED WITH HEART FAILURE AND EXPERIENCING UNRESOLVED SYMPTOMS?

It's important to talk to your doctor about the symptoms you are experiencing as soon as possible. They could be caused by something more serious than you realize.

Advocating for yourself and partnering with your doctor can help you get many of the answers you need.



## PREPARING FOR YOUR NEXT VISIT WITH YOUR DOCTOR? TALK TO YOUR DOCTOR AND LET THEM KNOW HOW YOU FEEL AND IF YOU HAVE ANY OF THESE SIGNS OR SYMPTOMS.

### SYMPTOMS RELATED TO YOUR HEART

- Irregular heartbeat (cardiac arrhythmia)
- Fatigue (excessive tiredness)
- Shortness of breath
- Swelling in lower legs (peripheral edema)

### OTHER SIGNS AND SYMPTOMS

- Numbness, tingling, or pain in your fingers (bilateral carpal tunnel syndrome)
- Pain or numbness in your lower back or legs due to narrowing of lower spine (lumbar spinal stenosis)
- Eye disorders, such as glaucoma

While these signs and symptoms don't necessarily indicate that you have ATTR-CM or another condition, any one or combination should be mentioned to your doctor.

### HELPFUL QUESTIONS TO CONSIDER ASKING AT YOUR NEXT APPOINTMENT

- Based on my symptoms, medical history, and family history, do you think ATTR-CM could be the cause of my heart failure?
- Do you have experience diagnosing ATTR-CM, or can you recommend a local specialist?
- How quickly could this condition progress?
- If ATTR-CM is determined to be the cause of my heart failure, what options are available to help manage my condition?

Intended only for residents of the United States. The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider and other professional advisors. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patients.

Visit [YourHeartsMessage.com/ask-your-cardiologist](https://YourHeartsMessage.com/ask-your-cardiologist) to create a customized discussion guide that can help you prepare for your next doctor visit.