

HEART FAILURE PATIENTS,

YOUR HEART'S MESSAGE

Sometimes heart failure isn't JUST heart failure. It could be transthyretin amyloid cardiomyopathy, or ATTR-CM. ATTR-CM is a rare but life-threatening condition that is an underdiagnosed cause of heart failure. It's not just the heart that is affected. The signs and symptoms of ATTR-CM may include:

HEART FAILURE WITH PRESERVED EJECTION FRACTION

HEART-RELATED FAMILY MEDICAL HISTORY

CARPAL TUNNEL SYNDROME

PAIN OR NUMBNESS IN YOUR LOWER BACK OR LEGS

SHORTNESS OF BREATH

EYE DISORDERS, SUCH AS GLAUCOMA

UNDERSTANDING AMYLOIDOSIS



ATTR-CM is a type of **amyloidosis**, which is a disease caused by a buildup of abnormal proteins in your body. These unstable proteins misfold, creating amyloid fibrils that can build up in your heart and other parts of your body.

THERE ARE 2 TYPES 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 Ireland is the **T60A** mutation, which can affect both the heart and nerves, leading to cardiac failure and polyneuropathy

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

Wild-type ATTR-CM is associated with aging. It most often affects Caucasian men over 60 and is thought to be the most common form of ATTR-CM.

ATTR-CM IS OFTEN MISSED

While heart failure is common, ATTR-CM is often overlooked by doctors for several possible reasons:



Low overall awareness of ATTR-CM



Broad symptoms may seem unrelated



Cardiac symptoms of ATTR-CM may be mistaken for other common causes of heart failure

If you have heart failure and some of these symptoms sound familiar, it's time to

TALK TO YOUR DOCTOR ABOUT ATTR-CM.

For more information on ATTR-CM, visit yourheartmessage.ie

YOUR HEART'S MESSAGE

WHICH SIGNS, SYMPTOMS, OR CONDITIONS SHOULD I MENTION TO MY DOCTOR?

It is always important to talk to your doctor about your full medical condition, including any changes in your health you may have experienced.

If you have heart failure, tell your doctor if you are experiencing any of these signs or symptoms. They may be caused by ATTR-CM.



SYMPTOMS RELATED TO YOUR HEART

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

OTHER SIGNS AND SYMPTOMS

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

IF YOU ARE AGED 50 YEARS OR OLDER WITH HEART FAILURE AND SOME OF THESE SYMPTOMS SOUND FAMILIAR, IT'S TIME TO

**TALK
TO YOUR
DOCTOR
ABOUT
ATTR-CM**

All photos posed by models.

This information is intended only for residents of the Republic of Ireland. The health information and other 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 patient.

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