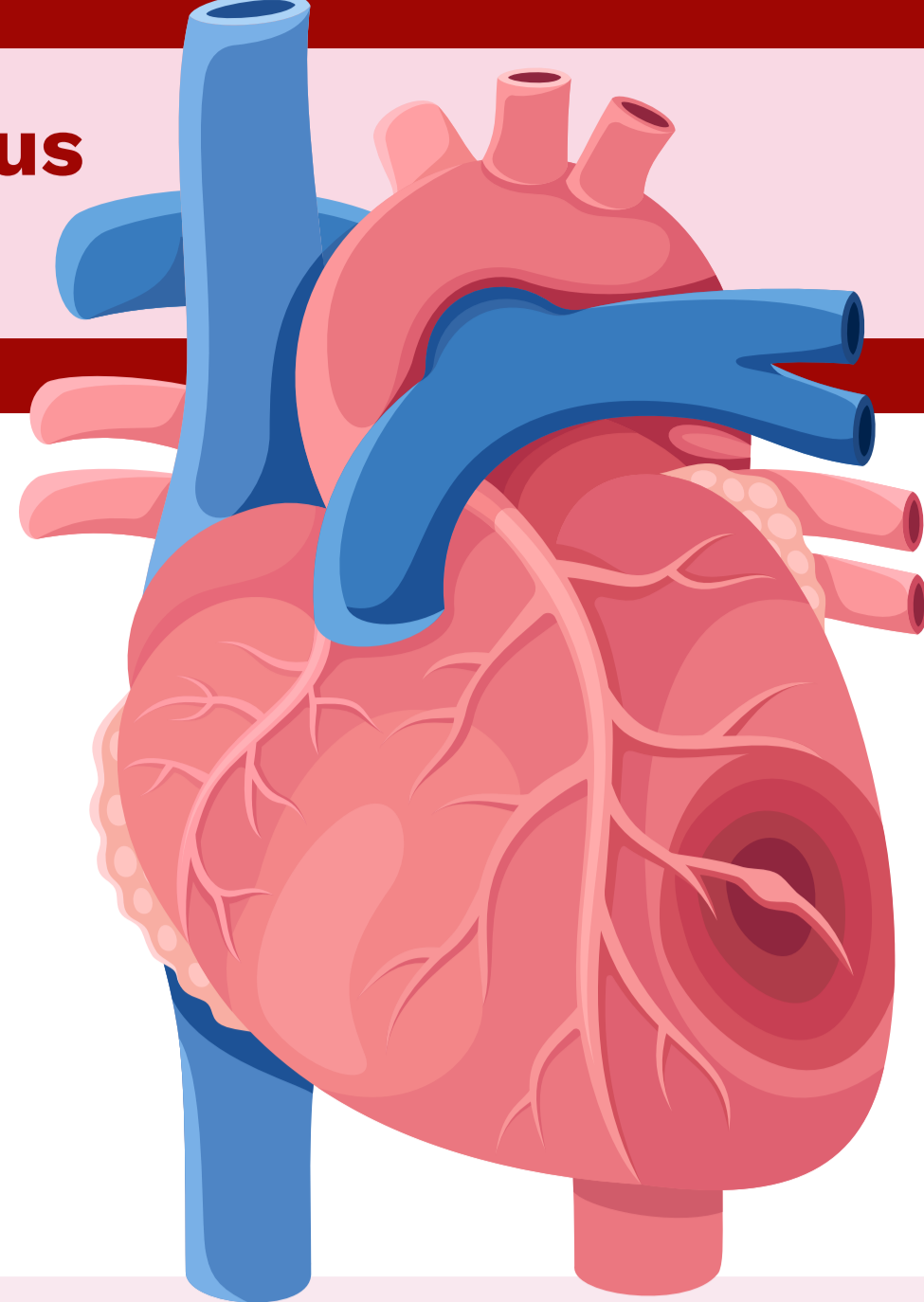


Have you heard of ATTR–Cardiac Amyloidosis (ATTR–CM)?

What women need to know about this serious yet underdiagnosed form of heart disease



What is ATTR–CM?

ATTR-cardiac amyloidosis is a disease of the heart muscle. It is caused by a buildup of abnormal proteins (amyloid) in the walls of the heart.

ATTR-CM reduces the heart's ability to pump blood properly. This can lead to heart failure.

There are two types of ATTR–CM

Wild type ATTR–CM

Caused by natural aging
Can affect the heart and nervous system
More common in men

Hereditary ATTR–CM

Runs in families
Is caused by a change in your genes
Can affect the heart, nervous system, kidneys and other organs

Risk factors include

- Family history of heart disease or ATTR–CM
- Older age
- Being Black or Afro-Caribbean

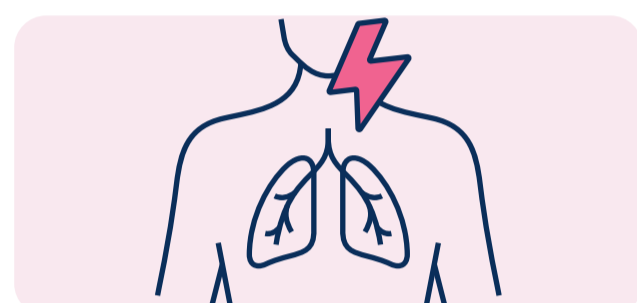
While most people diagnosed are male, ATTR–CM is underdiagnosed in women.

About 1 in 25 Black Americans carry the V122I gene, which increases risk for hereditary ATTR–CM.

ATTR–CM Symptoms

You may initially have no symptoms or mild symptoms, especially with wild type ATTR–CM. When symptoms do occur, they can mirror other conditions, like menopause, or appear unrelated to heart disease.

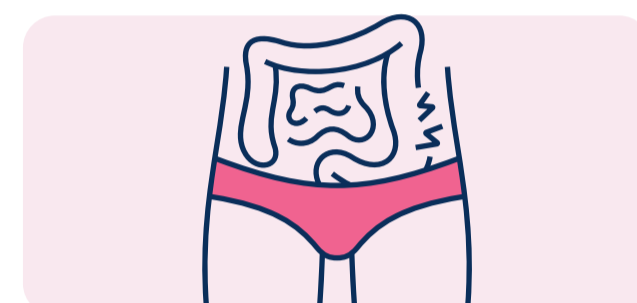
People with ATTR–CM may experience:



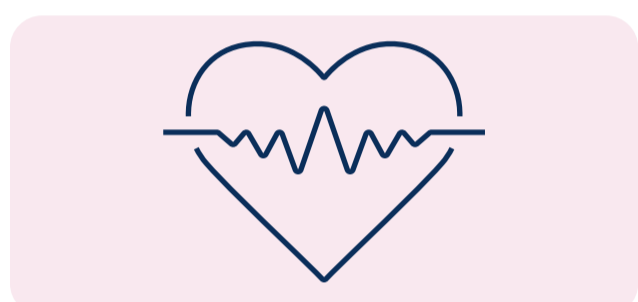
Shortness of breath



Swelling in the legs



Gastrointestinal problems, such as bloating in the stomach



Irregular or fast heartbeat



Fatigue

If left untreated, ATTR–CM may lead to hospital visits, complex heart problems and shorter lifespan.

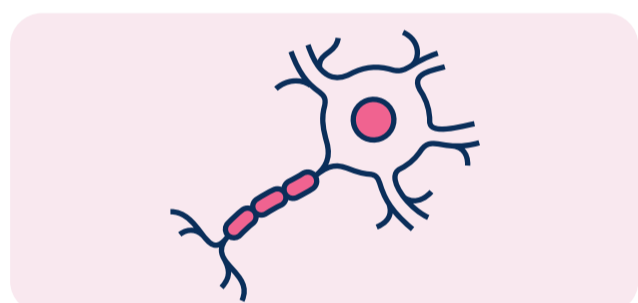
Your nerves can also be affected. Protein buildup in the nervous system can lead to complications, such as:



Carpal tunnel syndrome



Numbness or tingling in the hands and feet



Nerve pain



Spinal stenosis (back pain due to narrowing of the spine)

How is ATTR–CM diagnosed?

Along with symptoms, your healthcare provider will use diagnostic imaging to see if further testing is needed.

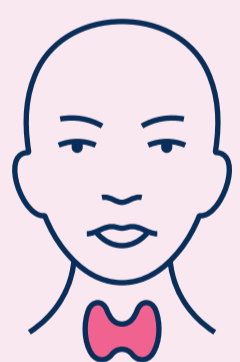
Genetic testing can then determine whether the condition is hereditary.

ATTR–CM likely affects 400,000+ patients worldwide. But many people go undiagnosed, especially women.



What causes ATTR–CM?

A protein called transthyretin (TTR) is made in the liver and serves many important functions, including transporting:



Thyroid hormone
(needed to regulate your metabolism for health and well-being)



Vitamin A
(for vision health)

ATTR–CM happens when TTR becomes unstable, breaks apart and misfolds.

How is ATTR–CM treated?

ATTR–CM cannot be cured, but treatments can help slow the progression of the disease and help ease symptoms.

Types of treatment include:

TTR knockdowns

May decrease the amount of TTR you have in your body

TTR stabilizers

May increase the amount of TTR you have in your body

Measuring your TTR level can give your healthcare provider an idea about how well your treatment is working.

Lifestyle changes are important when living with ATTR–CM

Eat a heart healthy diet

Walk and exercise daily, if possible

Monitor your sodium intake

Limit alcohol



Wondering if you might have ATTR–CM or be at risk?

Talk to your healthcare provider about treatment options so you can decide together what is best for you. Early diagnosis and treatment may help slow the progression of ATTR–CM and can lead to better health outcomes.