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FORUM

Actor portrayals.

# Know Your Heart: Understanding a Rare but Serious Type of Heart Failure

Know the Symptoms. Get the Answers.

Talk to your healthcare provider about ATTR-cardiac amyloidosis (ATTR-CM).

ATTR-cardiac amyloidosis or ATTR-CM is a type of heart failure caused by protein buildup in the heart. It can be caused by the natural aging process or inherited genes that cause proteins to fold the wrong way and collect in the heart.

Have you been diagnosed  
with heart failure?

Do you have  
additional symptoms?

Sometimes it's more than just heart failure...

## Shortness of Breath

"Feeling winded even  
with light activity."



## Irregular Heartbeat

"Heart racing or  
skipping beats."



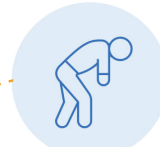
## Swelling in the Legs

"Fluid buildup  
causing heaviness  
and discomfort."



## Fatigue

"Feeling tired even  
after resting."



## Back Pain

"Stiffness and pain in  
the lower back."



## Carpal Tunnel Syndrome

"Tingling or numbness  
in one or both hands."



Actor portrayal.

You may want to ask your healthcare provider about  
ATTR-CM or visit [www.askaboutATTR.org](http://www.askaboutATTR.org).

## Stand Up to ATTR-Cardiac Amyloidosis (ATTR-CM)

## Symptoms & Progression

- ## Diagnosis & Screening

- ## Treatment Options

- ## Lifestyle & Management

- ## Family & Genetics

- ## Follow-Up Care

- Notes:

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