



# 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).

## Ask Questions, Get Answers.

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

Here are some key questions to bring to your healthcare provider. Be sure to bring a notepad and pen to take notes. Consider asking your healthcare provider if you can record your appointment to capture all the information.

## Symptoms & Progression

- What symptoms should I watch for, and how will they change over time?
- Should I keep a diary or notes of my symptoms?

## Diagnosis & Screening

- Can you explain the tests used to diagnose ATTR-CM?
- What do my results mean?

## Treatment Options

- What treatments are available for ATTR-CM, and how do they work?
- What treatments can best stabilize my ATTR-CM?

## Lifestyle & Management

- Are there lifestyle changes or medications that can help me manage my condition?

## Family & Genetics

- Should my family members get genetic testing for hereditary ATTR-CM?

## Follow-Up Care

- How often should I have follow-up visits and tests to monitor my condition?

## Notes:

Visit [www.askaboutATTR.org](http://www.askaboutATTR.org) to learn more.



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