

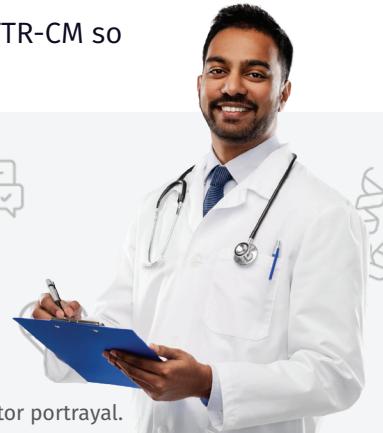


Understanding ATTR-Cardiac Amyloidosis (ATTR-CM)

A Guide to key terminology and additional support resources

This guide is designed to help you understand important medical terms related to ATTR-CM so you can talk confidently with your healthcare provider.

By using this guide, you can take an active role in managing your health and making informed decisions about your care



Actor portrayal.

List of Key Terms

ATTR-CM (ATTR-cardiac amyloidosis)

This condition may also be referred to as transthyretin amyloid cardiomyopathy, a rare, progressive heart condition caused by protein buildup in the heart.

Amyloidosis

A condition where unusual proteins (amyloid) build up in organs and tissues, making it harder for them to work well.

Transthyretin (TTR) Protein

A protein produced by the liver that normally carries nutrients in your body such as thyroid hormone (needed to regulate your metabolism for health and well-being) and vitamin A for vision health.

Nuclear Scintigraphy

A special scan used to find amyloid buildup in the heart.

Heart Failure

A condition where the heart cannot pump blood efficiently, often leading to symptoms like shortness of breath and swelling in the legs.

PYP Scan

A nuclear imaging test primarily used to evaluate heart health that can be used to detect amyloidosis or heart muscle damage.

Hereditary ATTR-CM (hATTR-CM)

This condition may also be referred to as variant ATTR-CM. A genetic form of ATTR-CM passed down in families, often seen in specific ethnic groups such as African American, Portuguese, and Irish populations.

Wild-Type ATTR-CM (wtATTR-CM)

A type of ATTR-CM that isn't caused by inherited genes, but can be caused by aging.

Cardiomyopathy

A condition that makes it harder for the heart to pump blood properly.

Echocardiogram (Echo)

An ultrasound test that shows the structure and function of the heart.

Genetic Testing

A DNA test that looks for genes passed down that may cause ATTR-CM.

Cardiac MRI

An imaging test used to obtain detailed pictures of the heart and blood vessels.

Support Groups for ATTR-CM

Joining a support group for ATTR-CM can help you connect with others who understand what you're going through. Below is a list of organizations that create safe spaces for individuals to share their experiences, provide education about managing the condition, and help people living with ATTR-CM to get emotional support.

- **Amyloidosis Army**
www.amyloidosisarmy.org
- **Amyloidosis Foundation**
www.amyloidosis.org
- **Amyloidosis Research Consortium**
www.arci.org
- **Amyloidosis Support Groups**
www.amyloidosissupport.org
- **Mackenzie's Mission**
www.mm713.org
- **oneAMYLOIDOSISvoice**
www.oneamyloidosisvoice.com
- **Still 4 Life**
www.still4life.org



Actor portrayals.

Taking an active role in discussions with your healthcare provider ensures that you receive the best possible care for ATTR-CM.

For more information about ATTR-CM, visit www.askaboutATTR.org.



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