Hypertrophic Cardiomyopathy (HCM)

Fast Facts:

- HCM is the most common genetic heart muscle disease

What is Hypertrophic Cardiomyopathy?

- HCM is the thickening of the left lower chamber of the heart (left ventricle)
- The thickened and stiff chamber limits the amount of blood that can be filled and then pumped out to the rest of the body with each heartbeat

What causes Hypertrophic Cardiomyopathy?

- HCM can be caused by change in genes
- If the thickened chamber walls significantly block the blood flow, it is called obstructive HCM. If there is not excessive blockage, then it is called non-obstructive HCM.

How is Hypertrophic Cardiomyopathy Diagnosed?

- Genetic testing is used to determine if this runs in the family.
- Stress tests with ultrasound of the heart can check the thickness of the heart muscle and blockage of blood flow. MRI of the heart is used if there are areas not clearly seen on the ultrasound.
- EKG and Holter monitoring will be offered to detect any abnormal heart rhythm.

How is Hypertrophic Cardiomyopathy Treated?

- Beta blockers and calcium channel blockers can improve symptoms.
- A new medicine, first of its kind, called mavacamten (Camzyos®) is approved in 2022 for obstructive HCM. It reduces the excess cross-linking in heart muscle and helps the heart relaxes better to fill the blood. This will relieve the blockage of blood flow and allow the heart to pump better. Mavacamten can improve both function and symptoms.
- Surgeries like myectomy (shaving of the heart muscle) or alcohol septal ablation (scarring the thickened heart muscle) can be considered.

Points to Remember:

- HCM is a chronic condition that progresses overtime. Early diagnosis and treatment are important.

For Additional Information:

- Hypertrophic Cardiomyopathy Association - https://4hcm.org/
- HCMcare - https://hcmcare.com