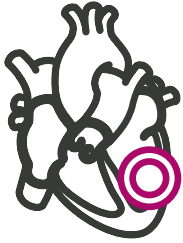
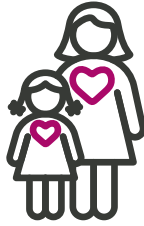


# WHAT IS CARDIOMYOPATHY?



Cardiomyopathy is a disease of the heart muscle affecting all ages and backgrounds.



It is most often passed down genetically from parent to child.



It is often underdiagnosed, misdiagnosed or diagnosed too late, and the consequences can be very serious.

**1** in  
**250**  
people  
will develop  
cardiomyopathy<sup>1</sup>

## CARDIOMYOPATHY IS...



...the leading cause of sudden cardiac death in people under 35<sup>2</sup>.



...the main reason for heart transplants<sup>3</sup>



...a major cause of heart failure<sup>4</sup>

## SYMPTOMS INCLUDE:



Irregular or rapid heartbeat



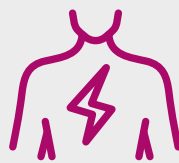
Fatigue



Breathlessness or trouble breathing



Dizziness or fainting



Heaviness in the chest or chest pain



Bloating of the stomach area



Swelling of the legs, ankles and feet

**Treatment and changes to lifestyle can improve quality of life.**

## THINK CARDIOMYOPATHY!



Watch out for symptoms.



Know your family history.



Talk to your doctor if you think you might be at risk.

1. <https://www.escardio.org/The-ESC/Press-Office/Press-releases/First-international-guidelines-on-heart-muscle-diseases-published-today>  
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9881489/>  
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4133547/>  
4. <https://pubmed.ncbi.nlm.nih.gov/30989768/>