HCM (hypertrophic cardiomyopathy)

- A disease of the heart muscle that causes it to thicken and stiffen
- It can lead to problems with your heart's rhythm, heart failure or sudden cardiac death

**Symptoms**

- Shortness of breath (most common)
- Swelling in the lower legs, feet or abdomen
- Fatigue, excessive tiredness
- Chest pain
- A heart murmur
- A fluttering heartbeat

**Causes**

1. Hereditary
   - If one parent has HCM, their child has a 50% chance of inheriting the genetic mutation that may cause it.
2. Age or blood pressure
   - People can get HCM as they age. Uncontrolled high blood pressure can also be a cause

**Treatment**

- Medication
- Medical procedures
- Devices
- Healthy lifestyle

Learn more at: www.mendedhearts.org