

# THE STEPS TO A Hypertrophic Cardiomyopathy Diagnosis

Nearly 1 in every 250 people have HCM.

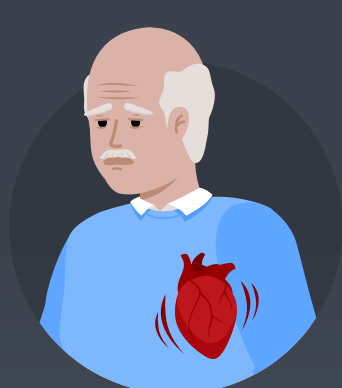
## STEP 1

### KNOW THE SYMPTOMS

Signs of HCM are easily mistaken for signs of other conditions.



Shortness of Breath



Heart Palpitation



Lightheadedness



Fatigue





Chest Pain

## STEP 2

### GET SCREENED

The only way patients can confirm an HCM diagnosis and seek treatment is to get screened.

The most common tests are:




-  Echocardiogram
-  Electrocardiogram
-  Cardiac MRI

## STEP 3

### GET TREATMENT

After being diagnosed with HCM, it is important for patients to work with their providers to manage symptoms and reduce risks.

Treatment can include:

-  Medications
-  Surgical Procedures
-  Implantable Cardiac Defibrillators
-  Lifestyle Changes



## STEP 4

### MAINTAIN EMOTIONAL SUPPORT

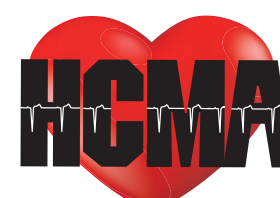
Family support and family screenings are important for HCM patients.



Awareness and timely screening can be the difference between life and death.



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