YOUR CUSTOM DOCTOR DISCUSSION GUIDE

YOURHEARTSMESSAGE.COM

HERE'S YOUR CUSTOM DOCTOR DISCUSSION GUIDE.

This was created just for you, based on the responses you gave at **yourheartsmessage.com**. You can use this guide to talk with your cardiologist about your symptoms and about transthyretin amyloid cardiomyopathy (ATTR-CM) during your next visit.

The guide includes a list of possible questions you can ask your cardiologist to get the discussion started.

The presence of the selected symptoms below is not necessarily an indication of ATTR-CM, so it is important to discuss any symptoms you may experience with your doctor.

As a reminder, this summary is provided for informational purposes only, and is not intended to replace discussions with a healthcare provider.

YOUR RESPONSES

Have you (or the person you're researching for) ever been diagnosed with heart failure? **YES**

How does a HEART FAILURE DIAGNOSIS relate to ATTR-CM?
ATTR-CM is an underrecognized and underdiagnosed cause of heart failure.

Are you a patient or a caregiver (researching for someone else) seeking information? **PATIENT**

Age

- (●) 50-60

How does AGE relate to ATTR-CM?
ATTR-CM can present in people as early as their 50s or 60s.

Ethnicity

- (●) Asian

How does ETHNICITY relate to ATTR-CM?
Wild-type ATTR-CM (wtATTR) patients are predominantly Caucasian.
Hereditary, or variant ATTR-CM (hATTR): In the United States, one of the most common types of ATTR is found in 3-4% of African Americans.

Gender

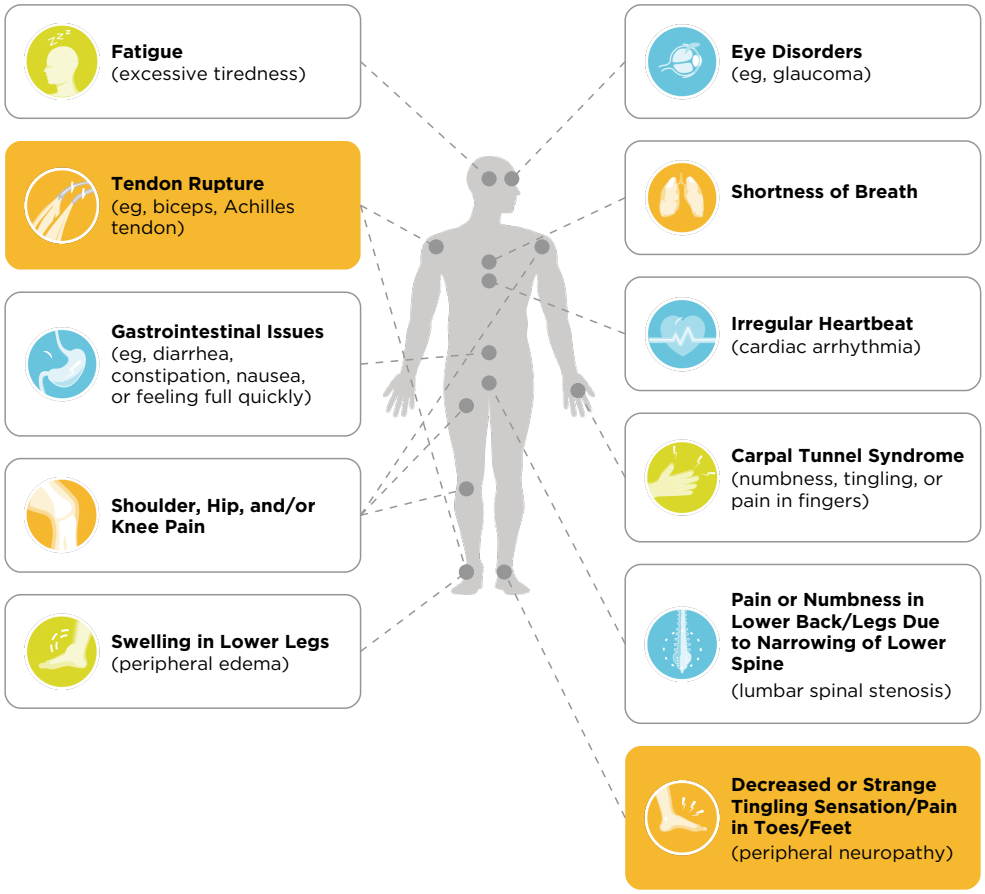
- (●) Other

Family History

- [ ] Family history of heart failure

How does FAMILY HISTORY relate to ATTR-CM?
The hereditary type of ATTR-CM is passed to family members, but you may not experience symptoms, so it is important to talk to your doctor if you have a family history of ATTR-CM.

You have also indicated you are experiencing the symptoms highlighted below:



Because of the impact ATTR-CM has on the heart, the disease often presents with symptoms of heart failure, such as fatigue, shortness of breath, and peripheral edema (swelling in the lower legs).

But it may also include other signs and symptoms that can seem unrelated to the heart.

Tendon Rupture

Symptom Duration: _____

Why this matters?
Tendon ruptures, specifically, a tear of the bicep is a common noncardiac sign of age-related wild-type ATTR-CM (wtATTR).

References:

Geller HI, Singh A, Alexander KM, Mirto TM, Falk RH. Association between ruptured distal biceps tendon and wild-type transthyretin cardiac amyloidosis. *JAMA*. 2017;318(10):962-963.

Siddiqi OK, Ruberg FL. Cardiac amyloidosis: an update on pathophysiology, diagnosis, and treatment. *Trends Cardiovasc Med.* 2018;28(1):10-21.

Decreased or Strange Tingling Sensation/Pain in Toes/Feet

Symptom Duration: _____

Why this matters?
Patients with wild-type ATTR-CM (wtATTR), which is associated with aging, may experience sensory loss, muscle weakness, and pain in their toes or feet, as well as overall balance issues.

Reference:

Maurer MS, Hanna M, Grogan M, et al. Genotype and phenotype of transthyretin cardiac amyloidosis: THAOS (Transthyretin Amyloid Outcome Survey). *J Am Coll Cardiol*. 2016;68(2):161-172.

Possible Questions to Ask Your Doctor

- **Based on my symptoms, medical history and family history, do you think ATTR-CM could be the cause of my heart failure?**
- **How quickly could this condition progress?**
- **Do you have experience diagnosing ATTR-CM, or can you recommend a local specialist?**
- **I understand this condition expresses itself in a variety of ways. Should I seek additional specialists to be a part of my care team?**
- **Do I need additional tests to confirm my diagnosis? If so, who at your office should I speak with, and will the results of my test impact my treatment plan?**
- **Are there any patient support or advocacy groups you recommend for emotional and mental support or additional information on ATTR-CM?**

If you've had any tests like an electrocardiogram (ECG) or echocardiogram (ECHO), consider sharing those results during this conversation. Previous heart surgeries may also prohibit certain types of testing for ATTR-CM, so be sure to note if you've had any procedures or device implantations.

Write any additional questions you may have here:

_____

_____

_____

_____

WHAT IS ATTR-CM?

ATTR-CM stands for transthyretin amyloid cardiomyopathy, a type of cardiac amyloidosis.

It is pronounced: tranz' thEYE' reh' tun · ah' mah' lOYEd · car' dee' o' my' op' oh' thee'

ATTR-CM is a rare but life-threatening condition that affects the heart and is associated with heart failure. It's the result of misfolded proteins that build up in the heart and body over time, eventually leading to heart failure. Awareness of ATTR-CM is low, even among some healthcare professionals. Symptoms of ATTR-CM can often mimic common symptoms of heart failure, such as shortness of breath and swelling in the lower legs and feet.

HERE'S WHAT HAPPENS IN YOUR BODY WHEN YOU HAVE ATTR-CM:

Transthyretin, a normal transport protein, becomes unstable

The unstable protein misfolds, creating amyloid fibrils that can build up in your heart and other parts of your body

The build up causes the heart muscle to stiffen over time, eventually leading to heart failure

TYPES OF ATTR-CM

WILD-TYPE ATTR-CM (wtATTR)

is associated with aging and is thought to be the most common form of ATTR-CM, usually affecting men over the age of 60.

HEREDITARY ATTR-CM (hATTR)

is the type that may be inherited from a relative and affects both men and women, with symptom onset occurring in people as early as their 50s or 60s. In the US, the most common type (V122I) is found almost exclusively in people of African American descent.

THE SIGNS & SYMPTOMS OF ATTR-CM

Because of the impact ATTR-CM has on the heart, the disease often presents with symptoms of heart failure such as shortness of breath, fatigue, and swelling in the lower legs and feet, but may also include other symptoms related to build up of amyloid fibrils throughout the body.

While these signs and symptoms don't necessarily indicate that you have ATTR-CM, if you have heart failure, it is important to speak with your cardiologist about your full health condition.

Your doctor can help you Get the Message your body may be sending. ATTR-CM is an underdiagnosed cause of heart failure, so if the symptoms described above sound familiar to you—or to someone you're researching for—talk to a cardiologist.

Learn more about ATTR-CM at www.yourheartsmessage.com