

People living with heart failure,

TALK TO YOUR DOCTOR

If you suspect that you or a loved one might have **ATTR-CM (transthyretin amyloid cardiomyopathy)**, talk to your doctor as soon as possible to confirm or rule out the condition. You will require a referral to see a cardiologist (heart specialist).

Remember, Your Heart mATTRs! Being proactive and advocating for yourself or a loved one can help you get a diagnosis and many of the answers that you need.

WHAT TO TAKE TO YOUR VISIT

Let your cardiologist know if you have heart failure and any of these signs, symptoms or conditions

- Extreme tiredness
- Shortness of breath
- Swelling (oedema) in the legs and feet
- Irregular heartbeat (arrhythmia)
- Heart and blood pressure medicines make you feel worse
- Carpal tunnel syndrome in both wrists
- Hand pain, numbness or tingling in your fingers
- Decreased sensation, tingling or pain in feet or toes (peripheral neuropathy)
- Pain or numbness in your lower back or legs, which may be caused by lumbar spinal stenosis (or narrowing of the lower part of the spine)
- Biceps tendon tear not caused by injury
- Knee or hip replacement
- Digestive issues, such as nausea, diarrhoea or constipation
- Eye conditions (e.g. glaucoma)
- Unexplained weight loss
- Lightheadedness when you stand up

While these signs and symptoms don't necessarily indicate that you have ATTR-CM or another condition, any one or combination should be mentioned to your cardiologist. The more you tell your doctor the better they can help you understand your condition.

Family medical history

ATTR-CM can be hereditary. To the best of your ability, make note of any heart-related issues associated with your relatives on either side of your family.

Your medical history, records and test results

You may have already seen several doctors to understand why you may be experiencing certain symptoms. If you've had any tests like an electrocardiogram (ECG) or echocardiogram (ECHO), sharing the results with your cardiologist can help. 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 devices implanted.

LIST OF QUESTIONS

ATTR-CM can impact each person differently, and your family, work, and social needs may differ. Be open about your questions or concerns. You may consider asking some of the following questions...

- Based on my symptoms and medical history, what could be the cause of my heart failure?
- How would you diagnose my condition?
- Do I need additional tests to confirm my diagnosis?
- How quickly could this condition progress?
- Will the results of my tests impact my treatment plan?
- If the tests confirm I have ATTR-CM, how do you recommend I manage the condition?
- Could you recommend any groups or organisations that can provide support or additional information on ATTR-CM?

The information contained herein is provided for educational purposes only and is not intended to replace discussions with your doctor.



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Pfizer Medical Information: 1800 675 229.
PP-VDM-AUS-0025. December 2020. PFVYCH0012.

ATTR-CM

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