



HEART FAILURE PATIENTS, GET THE MESSAGE

YOUR HEART MATTERS

**YOUR SYMPTOMS COULD
ADD UP TO SOMETHING MORE
SERIOUS THAN YOU REALIZE.**

Transthyretin amyloid cardiomyopathy, or ATTR-CM, is a type of cardiac amyloidosis and an underdiagnosed cause of heart failure. Learn more about this condition, and if the symptoms sound familiar to you—or to someone you love—talk to your cardiologist.

ATTR-CM SYMPTOMS MAY INCLUDE:

HEART
FAILURE
WITH
PRESERVED
EJECTION
FRACTION

HEART + BLOOD
PRESSURE
MEDICINES
MAKE YOU
FEEL WORSE

GI
PROBLEMS

PAIN OR
NUMBNESS IN
LOWER BACK
OR LEGS

SHORTNESS
OF BREATH

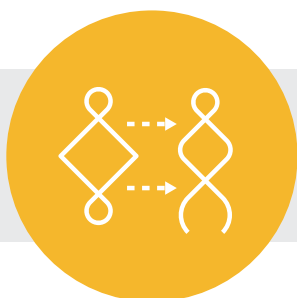
DIAGNOSED
CARPAL
TUNNEL
SYNDROME



WHAT IS ATTR-CM?

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, causing symptoms like shortness of breath and swelling.

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 which can build up in your heart and other parts of your body



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

THERE ARE TWO SUB-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, or variant 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 U.S., the most common type (V122I) is found almost exclusively in people of African American descent.

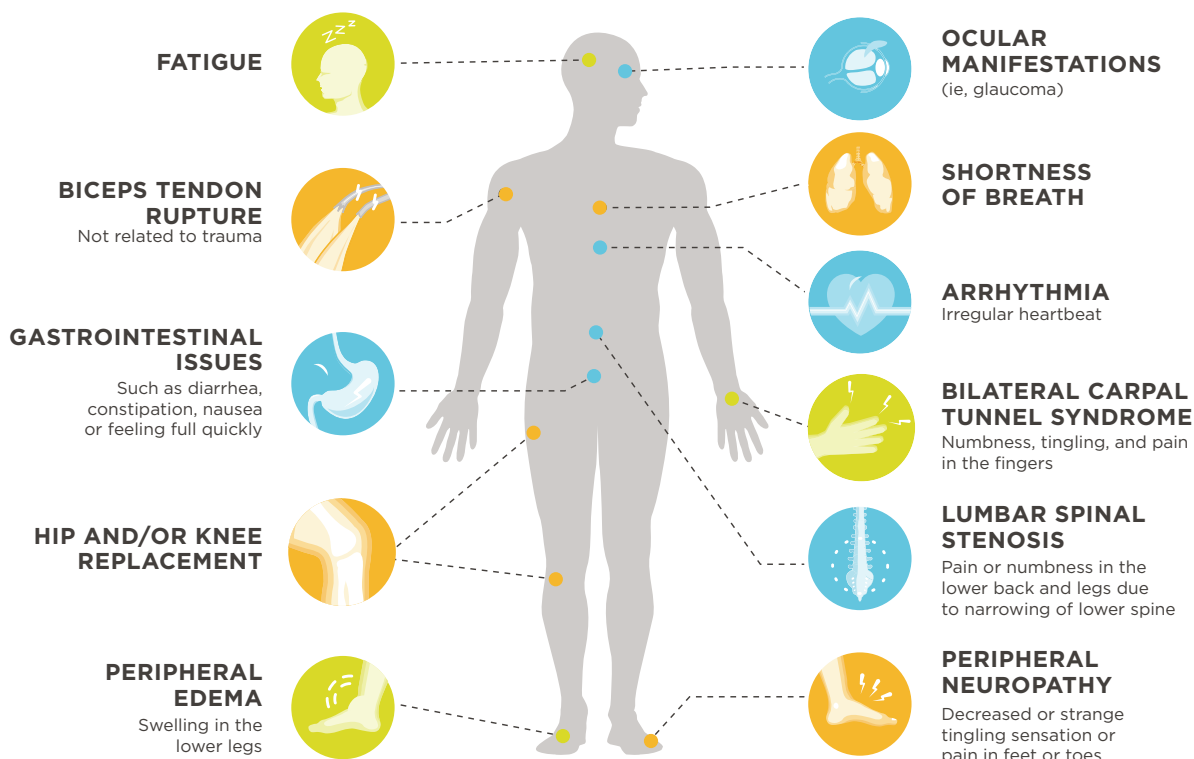
THE SIGNS & SYMPTOMS OF ATTR-CM

ATTR-CM often presents with symptoms of heart failure, such as fatigue, shortness of breath and peripheral edema, but may also include other symptoms related to buildup of amyloid fibrils throughout the body.



SIGNS & SYMPTOMS

Because of the impact ATTR-CM has on the heart, the disease often presents with the symptoms of heart failure, but may also include other symptoms related to buildup of amyloid fibrils throughout the body. Common symptoms of ATTR-CM include:



While these signs and symptoms don't necessarily indicate that you have ATTR-CM, if you have heart failure, any one or combination should be mentioned to your cardiologist.

To learn more about the initial tests your doctor may use to assess how your heart is working, visit YourHeartsMessage.com/when-suspect

Ask your cardiologist about ATTR-CM and learn more about the disease at YourHeartsMessage.com

AN UNDETECTED DISEASE

Awareness of ATTR-CM is low within the physician community, and as a result, continues to be significantly underdiagnosed.

“IT TOOK 11 YEARS FROM THE PRESENTATION OF MY FIRST SYMPTOM OF CARPAL TUNNEL SYNDROME, AND 10 YEARS FROM THE PRESENTATION OF MY SECOND SYMPTOM OF HEART FAILURE FOR DOCTORS TO DIAGNOSE ME WITH ATTR-CM.”

– WALT,
ATTR-CM PATIENT,
AGE 71

Once suspected, your doctor can perform several tests to help diagnose ATTR-CM or identify whether you or a loved one are at risk.



Nuclear Scintigraphy:

This noninvasive imaging test can be used to detect ATTR-CM.



Cardiac Biopsy:

Involves taking a few small samples of heart muscle tissue for examination.



Genetic Testing:

Using blood or saliva, genetic testing can confirm or rule out the hereditary form of ATTR-CM (hATTR), which may have implications for not only you as the patient but your family members as well.

To learn more about the tests used to help confirm ATTR-CM diagnosis, visit YourHeartsMessage.com/attr-cm-diagnosis

Ask your cardiologist about ATTR-CM and learn more about the disease at YourHeartsMessage.com

Knowing the right questions to ask your doctor may be challenging, especially if you are just learning about ATTR-CM.

Visit www.yourheartsmessage.com/ask-your-cardiologist to create a custom discussion guide to help best prepare you for your next visit with your doctor.



LIVING WITH A CONDITION LIKE ATTR-CM CAN BE DIFFICULT.

But you don't have to go through it alone. National or local advocacy groups might be able to provide support to help alleviate concerns following an ATTR-CM diagnosis.*



Supports research for an earlier diagnosis, educates medical professionals and supports patients through a comprehensive range of services.

amyloidosis.org



Provides comprehensive support and information for patients throughout their journey. ARC is focused on accelerating the development of and access to new and innovative treatments, and driving the research that will have the greatest impact on patients.

arci.org



Provides education, information, awareness and support for patients, caregivers and loved ones with ATTR-CM, through support group meetings in approximately 30 cities each year.

amyloidosisupport.org



If you or a loved one has heart failure and you suspect ATTR-CM might be the cause, **Your Heart's Message** can be a valuable resource for information. Learn more about ATTR-CM at YourHeartsMessage.com.



Join the online community at Facebook.com/YourHeartsMessage to connect with others impacted by ATTR-CM, hear firsthand stories from those who have been diagnosed, and for additional information on the condition.

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