TRANSTHYRETIN AMYLOID CARDIOMYOPATHY, OR ATTR-CM, IS A TYPE OF CARDIAC AMYLOIDOSIS AND AN UNDIAGNOSED 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
- Shortness of Breath
- GI Problems
- Pain or Numbness in Lower Back or Legs
- Diagnosed Carpal Tunnel Syndrome

WWW.YOURHEARTSMESSAGE.COM
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.

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

- **FATIGUE**
- **OCULAR MANIFESTATIONS** (ie, glaucoma)
- **SHORTNESS OF BREATH**
- **ARRHYTHMIA** Irregular heartbeat
- **LUMBAR SPINAL STENOSIS** Pain or numbness in the lower back and legs due to narrowing of lower spine
- **PERIPHERAL NEUROPATHY** Decreased or strange tingling sensation or pain in feet or toes
- **BICEPS TENDON RUPTURE** Not related to trauma
- **GASTROINTESTINAL ISSUES** Such as diarrhea, constipation, nausea or feeling full quickly
- **HIP AND/OR KNEE REPLACEMENT**
- **PERIPHERAL EDEMA** Swelling in the lower legs
- **ARRHYTHMIA**
- **BILATERAL CARPAL TUNNEL SYNDROME** Numbness, tingling, and pain in the fingers
- **PERIPHERAL NEUROPATHY**
- **SHORTNESS OF BREATH**
- **FATIGUE**
- **PERIPHERAL EDEMA**

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.

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.

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.

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.

*These websites are neither owned nor controlled by Pfizer. Pfizer does not endorse and is not responsible for the content or services of these sites.

This information is intended only for residents of the United States. The health information and other information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider and other professional advisors. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.