

Brought to you by the people at



HEART FAILURE PATIENTS,

IT'S TIME TO SEE THE BIGGER PICTURE



Your symptoms could add up to something more serious than you realize.

ATTR-CM (transthyretin amyloid cardiomyopathy) is a serious, underrecognized and underdiagnosed type of amyloidosis that affects the heart and is associated with heart failure.



To learn more about ATTR-CM, look throughout this brochure, scan the QR code using your camera, or visit attrcmhome.com

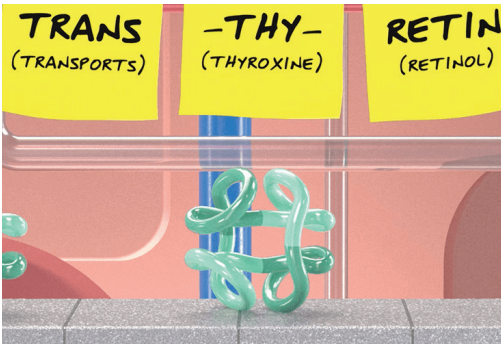
WHAT IS ATTR-CM?

Amyloidosis is a group of diseases in which certain proteins change shape, or “misfold,” and can build up in different parts of the body. When these misfolded transthyretin proteins build up in your heart, it may lead to ATTR-CM, a serious and often underdiagnosed condition that is associated with heart failure.

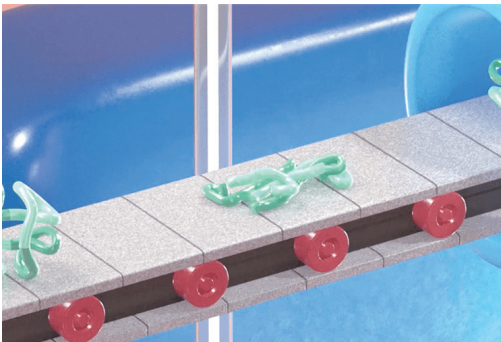


Here's what happens inside the body with ATTR-CM

Imagine your body as a factory, composed of many systems working together to maintain your health. The liver is just one part of that system, but it carries out many important jobs that can affect your entire body, including the heart.



The liver produces **transthyretin**, a transport protein that carries the hormone thyroxine and vitamin A (retinol) throughout the bloodstream, including the heart.



When someone has ATTR-CM, either due to aging (wild-type) or an inherited genetic variant (hereditary), the protein **becomes unstable and misfolds**.



Over time, the misfolded proteins **join together and build up in the body**, including in the heart (causing the heart muscle to thicken and stiffen, eventually leading to heart failure).



Watch a video to learn more about how ATTR-CM affects the body by scanning the QR code with your camera, or visiting **attrcmfactory.com**

THERE ARE 2 TYPES OF ATTR-CM

WILD-TYPE ATTR-CM (wtATTR)



- **Associated with aging**
- Most often affects white men over the age of 60
- May be the most common form of ATTR-CM

HEREDITARY ATTR-CM (hATTR)



- **Caused by a change (or “mutation”) in one of your genes**
- Passed down from a relative
- Affects both men and women, with symptoms beginning as early as 50 to 60 years old

HEREDITARY ATTR-CM IS CAUSED BY A GENE CHANGE



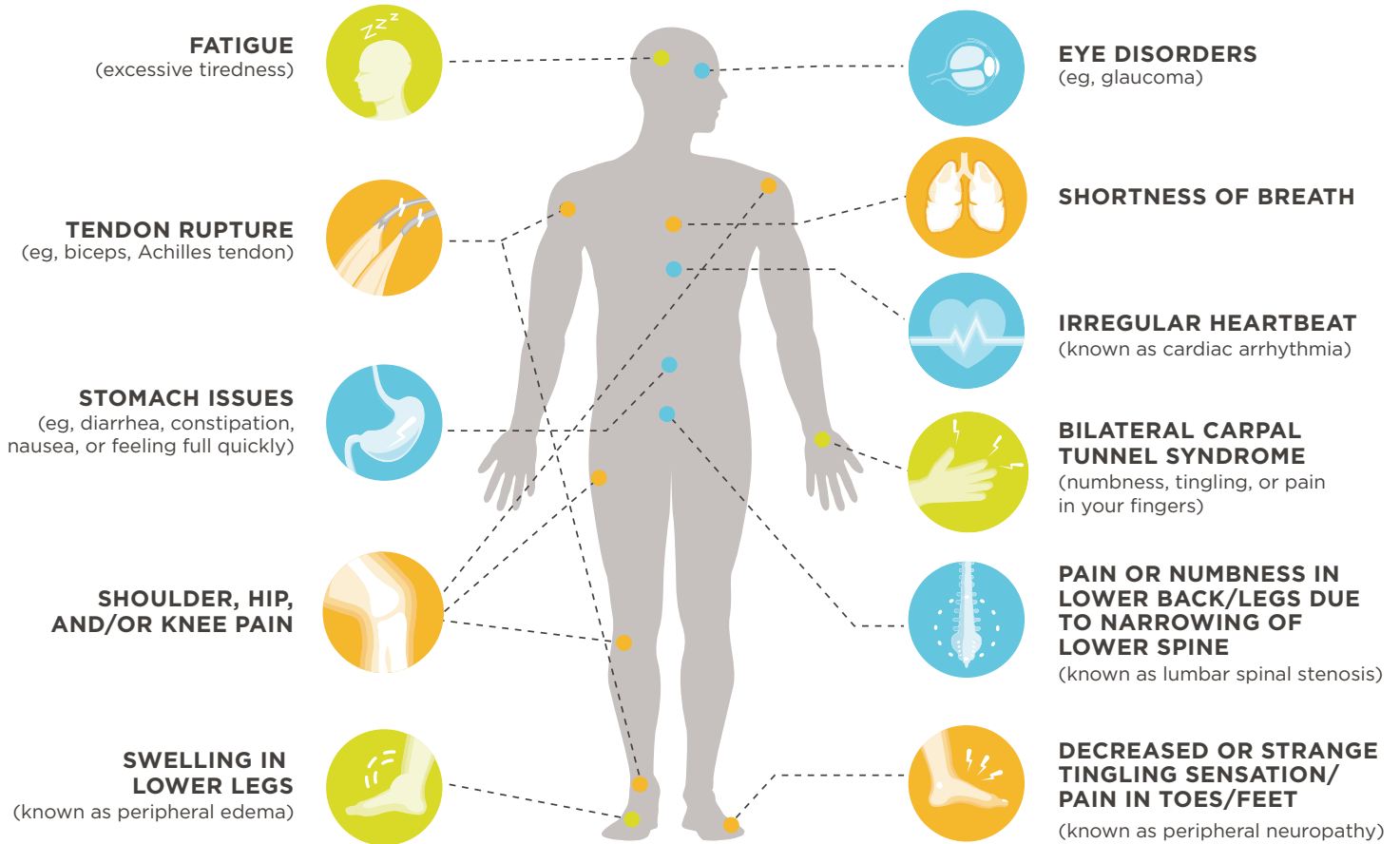
- There are more than 120 known gene changes, also known as mutations, that cause hereditary ATTR-CM
- The most common mutation in the United States is **V122i**, which almost exclusively affects African Americans
- Approximately **3% to 4% of African Americans** in the US are thought to be carriers of the mutation. However, not all individuals with the V122i mutation develop symptoms of hereditary ATTR-CM
- While heart failure is common among African Americans, hereditary ATTR-CM is often missed by doctors



To learn more about hereditary ATTR-CM or register for a community education event, scan the QR code with your camera, or visit **[voicesfortheheart.com](https://www.voicesfortheheart.com)**

SIGNS AND SYMPTOMS OF ATTR-CM

Did you know that some seemingly unrelated signs and symptoms could be caused by ATTR-CM? Your body may be sending you a message.



These examples are for illustrative purposes only. Signs and symptoms may vary from patient to patient.

If you have heart failure and experience any of these symptoms, talk to your cardiologist about ATTR-CM. The more your doctor knows about what you are experiencing, the better they can help you get many of the answers you need.



To hear stories from real ATTR-CM patients and caregivers, scan the QR code with your camera, or visit attrcmsymptoms.com

TALK TO YOUR DOCTOR

The road to ATTR-CM can be complex and frustrating, but the more information you have, the better you'll be able to advocate for yourself or a loved one.



SOME ATTR-CM PATIENTS REPORT VISITING UP TO **5 PHYSICIANS** BEFORE RECEIVING THE CORRECT DIAGNOSIS.*

*2017 survey conducted by the Amyloidosis Research Consortium and prior to an available treatment option.

You may consider asking your doctor some of the following questions:

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



Create a personalized doctor discussion guide by scanning the QR code, or going to **attrcmconvo.com**

DIAGNOSING ATTR-CM

Initial Tests

Your doctor may first order tests to assess how your heart is working and look for signs of ATTR-CM. While none of these tests are typically used to confirm an ATTR-CM diagnosis, they can help your doctor learn more about your heart and determine the need for additional diagnostic testing.



ELECTROCARDIOGRAM (ECG)

- Reads electrical signals from your heart
- Can reveal conditions like irregular heartbeat that could be related to ATTR-CM



ECHOCARDIOGRAM (ECHO)

- Uses sound waves to create images of your heart
- Findings help determine the speed and direction of blood flow in the heart
- Findings associated with ATTR-CM include heart failure with preserved ejection fraction (HFpEF), which relates to the amount of blood that passes through the heart with each beat



CARDIAC MAGNETIC RESONANCE IMAGING (CARDIAC MRI)

- Uses radio waves, magnets, and a computer to create images of your heart to look for abnormalities

Diagnostic Tests

There are several tests that can help confirm a diagnosis of ATTR-CM, or help determine whether you or a loved one are at risk.



NUCLEAR SCINTIGRAPHY

A noninvasive imaging test

- A substance called a tracer is injected into your body
- After 1-3 hours, a special camera takes images of your body
- These images can help your doctor understand if transthyretin (TTR) amyloid fibrils are present in your heart
- Also referred to as a PYP (pyrophosphate) scan
 - PYP is not FDA approved for the diagnosis of ATTR-CM. Please consult individual labeling for risks



CARDIAC BIOPSY

Samples taken from your heart muscle tissue

- Your cardiologist conducts the biopsy while you are awake
- If amyloid fibrils are found in the removed tissue sample, it is sent out to a lab
- The lab can help determine if they are TTR amyloid strands or not
- Your doctor may also do biopsies from other parts of your body—but a cardiac biopsy is more accurate to detect ATTR-CM



GENETIC TESTING

If you are diagnosed with ATTR-CM, genetic testing and counseling are recommended to confirm or rule out the hereditary form of ATTR-CM

- Will help confirm or rule out the hereditary form of ATTR-CM (hATTR)
- Determines whether family members are at risk, as the mutation that causes hATTR can be inherited
- Usually performed using blood or saliva samples



Your doctor must also rule out another form of cardiac amyloidosis, known as light-chain amyloidosis (AL), using blood and urine tests. This is an important step, as AL amyloidosis and ATTR-CM are managed in different ways.

YOU ARE NOT ALONE

Resources are available to help if you or a loved one have been diagnosed with ATTR-CM.



Hear stories from real ATTR-CM patients and caregivers at yourheartsmessage.com/patient-stories

Sign Up and Stay Connected



[Yourheartsmessage.com/connect-us](https://yourheartsmessage.com/connect-us)



Facebook.com/YourHeartsMessage

Find support from these trusted amyloidosis organizations



AMYLOIDOSIS SUPPORT GROUPS

- Provides education through support meetings, live in 30 cities
- Provides education through virtual webinars, as well as support groups on Facebook

amyloidosisupport.org



Amyloidosis
Research
Consortium

AMYLOIDOSIS RESEARCH CONSORTIUM

- Provides comprehensive support and information for patients
- Accelerates development of and access to new and innovative treatments
- Drives research that will have the greatest impact on patients

arci.org



amyloidosis
foundation

AMYLOIDOSIS FOUNDATION

- Supports research for an earlier diagnosis
- Educates medical professionals
- Provides patients with a comprehensive range of services

amyloidosis.org

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. Pfizer is providing these resources for informational purposes only. The company does not sponsor, maintain or confirm the accuracy of these resources, nor does Pfizer endorse any specific healthcare provider.

FOR CAREGIVERS

Being your loved one's advocate

As a caregiver, you can play a vital role in every stage of your loved one's journey with ATTR-CM, from helping identify early symptoms to assisting your loved one after a diagnosis is confirmed.



“It's hard watching Faye go through the struggles that she has. It's not gonna change...how I love her.”

-BRAD, Caregiver

HOW YOU CAN HELP

- Attend doctor's appointments and take notes
- Check in with your loved one about how they're feeling
- Talk to their doctor about any symptoms you've noticed
- Keep track of medical records and appointments
- Manage dietary needs and physical activity

