

WHAT TO BRING TO YOUR VISIT

## **LET YOUR CARDIOLOGIST KNOW IF YOU HAVE HEART FAILURE** AND ANY OF THESE SIGNS, SYMPTOMS OR CONDITIONS:

Heart failure with preserved ejection	Pain or nun
fraction (HFpEF)	which may
	stonosis or

Fatigue

help you get many of the answers that you need.

Shortness of breath

Swelling (edema) in the legs and feet

Irregular heartbeat

Heart and blood pressure medicines make vou feel worse

Diagnosed with carpal tunnel syndrome

Hand pain, numbness or tingling in vour fingers

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

Atraumatic biceps tendon rupture

\_ Knee or hip replacement

Digestive issues, such as nausea, diarrhea, or constipation

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.

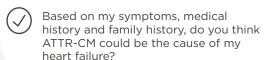
## YOUR MEDICAL HISTORY, RECORDS AND TEST RESULTS:

You may have already seen several doctors to understand why you are feeling discomfort. 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 device implantations.

## **LIST OF OUESTIONS:**

ATTR-CM can impact each patient differently, and your family, work, and social needs may differ. Be open about your questions or concerns.





Do you have experience diagnosing ATTR-CM, or can you recommend a local specialist?

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?



How quickly could this condition progress?



I understand this condition expresses itself in a variety of ways. Should I seek additional specialists to be a part of my care team?



Are there any patient support or advocacy groups you recommend for emotional and mental support or additional information on ATTR-CM?

