

COULD IT BE HCM ?

Understanding HCM and your care: Questions you can ask your healthcare team

These questions may help you and/or your caregivers to learn more about HCM, including your symptoms, your treatment options and additional things you can do to feel the best you can, now and in the future.



UNDERSTANDING SYMPTOMS AND DIAGNOSIS

- Why do I feel lightheaded? Short of breath? Chest pain?
- Are heart palpitations something I should be concerned about?
- What causes HCM?



TREATMENT AND MONITORING

- How does my treatment work to manage HCM?
- How often should my symptoms be monitored while I'm on treatment?
- What are possible side effects of my treatment, and how can they be managed?
- Is there a chance I could develop obstructive HCM (oHCM)? How can we tell? What would that mean for my care?
- Are there signs or symptoms I should watch for that would require immediate medical attention?



FAMILY AND LIFESTYLE CONSIDERATIONS

- What should my family and friends know about my symptoms, and how can they support me if needed?
- Should my family members be tested for HCM?
- How can I safely include more exercise or physical activity in my daily routine?
- What should I do if I feel lightheaded, short of breath or chest pain while exercising?



LIFESTYLE AND SELF-MANAGEMENT

- Are there any lifestyle changes or dietary adjustments that could help manage my condition?
- Are there signs or symptoms I should watch for that might need urgent medical attention?
- Are there resources or support groups for people living with HCM and their caregivers?

Scan the QR code to visit the Canadian **Could It be HCM?** website for more information and helpful resources on HCM

