

Obstructive hypertrophic cardiomyopathy (oHCM)

My treatment journal

How to use your journal

Your journal is a handy way to make notes about the symptoms you're experiencing. By keeping these notes over your next medical appointments, you'll have an accurate record to discuss with your healthcare team.

You can also note your treatment goals and the medication(s) you're taking (below) and keep track of additional medical information (page 2).

Typical symptoms of oHCM

Shortness of breath with exercise	Fainting or near fainting, especially during or after physical activity	Light-headedness
Shortness of breath when lying flat	Unpleasant awareness of the heartbeat (palpitations)	Swelling in the legs and feet
Chest pain/pressure, especially during exercise	Fatigue	Palpitations

Note the symptoms that generally affect you from the list above.

Date	Symptoms	Please rate your symptoms on a scale of 1-10 (1=mild to 10=severe)
		1 2 3 4 5 6 7 8 9 10
		1 2 3 4 5 6 7 8 9 10
		1 2 3 4 5 6 7 8 9 10
		1 2 3 4 5 6 7 8 9 10
		1 2 3 4 5 6 7 8 9 10

What are my goals for my oHCM treatment?

Example: I want to be able to complete a yoga class with my friends.

My medications

Talk with your doctor and check off the medications you are currently taking:

- Antiarrhythmic (medication name: _____)
- Beta-blocker (medication name: _____)
- Blood thinner (medication name: _____)
- Calcium-channel blocker (medication name: _____)
- Other (medication name(s): _____)

My medical information

Talk with your doctor and make note of your medical information below:

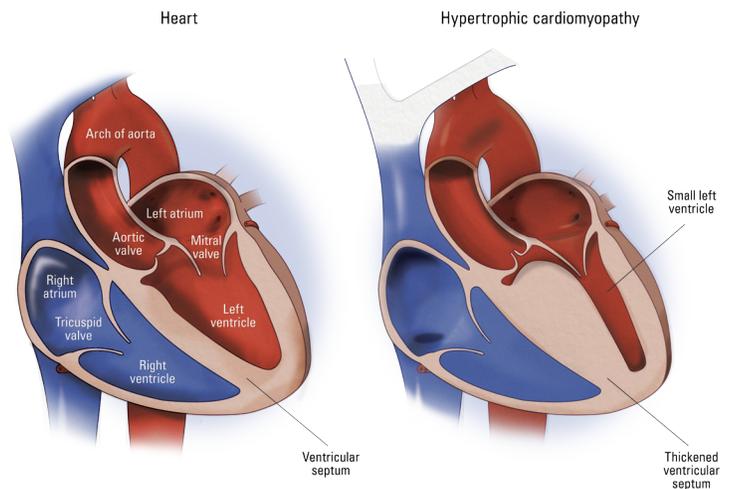
	Date:	Date:	Date:	Date:	Date:
NYHA class					
LVEF					
LVOT obstruction (gradient)					
6-minute walk test					
Results of genetic testing					

NYHA=New York Heart Association; LVEF=left ventricular ejection fraction; LVOT=left ventricular outflow tract

What is HCM?

Hypertrophic cardiomyopathy, or HCM, is a disease that causes thickening (hypertrophy) of the heart muscle (see diagrams). The heart muscle cells become enlarged, and scarring can develop between the cells. The thickened heart muscle can make it harder for the heart to pump blood.

The ventricular septum is the muscular wall that separates the two lower chambers of the heart (the ventricles). If the septum becomes thickened and bulges into the left ventricle, it can partially restrict the flow of blood out of the heart. This is called *obstructive* HCM, or oHCM.



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Scan the QR code to visit the Canadian [Could It be HCM?](#) website for more information and helpful resources on HCM

