



## **HCM Testimonial – Linda - English**

Looking back, I noticed that I was often out of breath... but I didn't understand what was happening.

I thought it was just because I'd become a mother, stopped exercising, got out of my routine, maybe I wasn't eating as well and had put on weight.

I also realized it when François asked me, "Hey, give me a hand! Let's move the swing so I can mow the lawn." After moving it, I was exhausted. It took a lot out of me. It was terrible! He teased me saying, "Are you sure you're going to the gym?"

When I went for a check-up with the company doctor, he noticed that I had a heart murmur.

That's when we started doing tests to find out why I had this heart murmur.

Following an examination, the doctor called me back in the evening. I was at the neighbors' house, so I answered the cardiologist.

When I went there, he told me the name of the disease, HCM. And then he just told me not to look it up, that it wasn't anything dramatic.

But being who I am, of course I researched it online because it's still my health.

It's definitely a little stressful because it's the heart. I sometimes had difficulty just taking a walk with friends.

It's stressful for those around you. These are more difficult times. You don't want to worry, so sometimes you don't talk about it. I'm sure my partner does the same thing.

That outing in Quebec was a turning point in my life. It was a family outing where I wasn't able to keep up with my family. I didn't have any fun because I was always out of breath.

When I saw my cardiologist, I told him: "We have to find a solution because I've reached my limit! I don't want this kind of life."

Zumba with HCM is nice because you can adapt it. There are movements like Jumping Jacks which for someone who has HCM, it's a little harder. So you just do another movement for this little part there.

Plus, zumba is a community of women where there is no judgment.

You'll see, because we're going to go there later, the world laughs, the world smiles, no one takes themselves seriously. So you do some cardio, you sweat and you feel good.

It's as good for the head as it is for the body. To me, it's got it all.

It's funny, we're going to Italy in about a week. The funny thing is that with my HCM under control, I know I'll be able to have good days. I know that I will be able to walk without being out of breath all day and not have to rest all the time.

It's another check on my bucket list.

Often when things don't go well, you always think it's your fault. You think it's because of your weight, maybe what you eat, that you're working full time, and have a child.

Sometimes we might need to love ourselves a little more. And spend a little more time in the doctor's office.

If someone came to me and said they had the same symptoms that I had, I would tell them to go see a doctor and make sure everything is okay.

You need to get checked out. And if things don't improve, go back again.