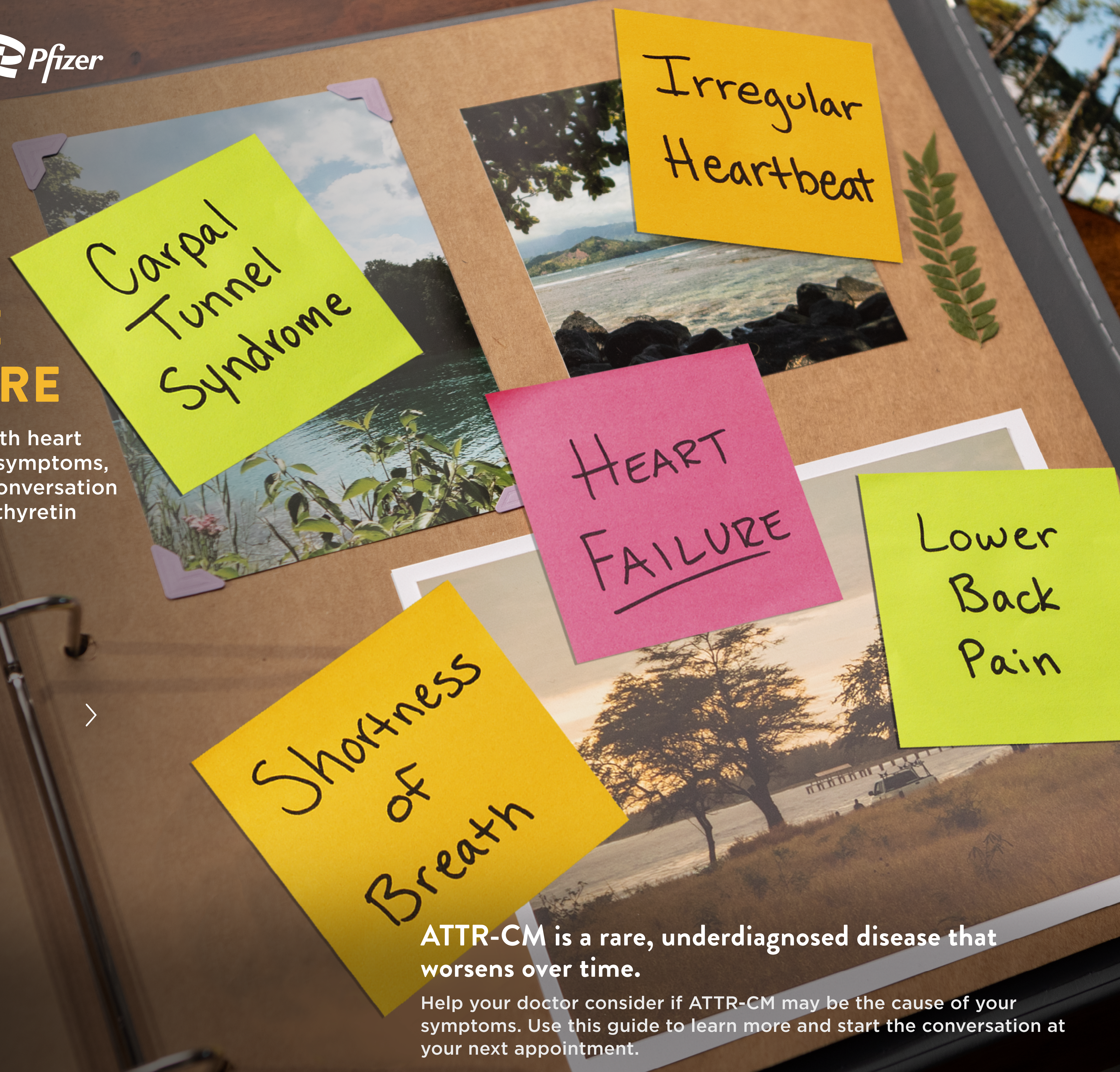


What are signs and symptoms telling you?

## IT'S TIME TO SEE THE FULL PICTURE

If you or a loved one is diagnosed with heart failure and experiencing unresolved symptoms, use this discussion guide to start a conversation with a doctor about ATTR-CM (transthyretin amyloid cardiomyopathy).

03 MEDICAL HISTORY >



**ATTR-CM is a rare, underdiagnosed disease that worsens over time.**

Help your doctor consider if ATTR-CM may be the cause of your symptoms. Use this guide to learn more and start the conversation at your next appointment.

If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.



**FATIGUE**

excessive tiredness



**TENDON RUPTURE**

eg, biceps, Achilles tendon



**STOMACH ISSUES**

eg, diarrhea, constipation, nausea, or feeling full quickly

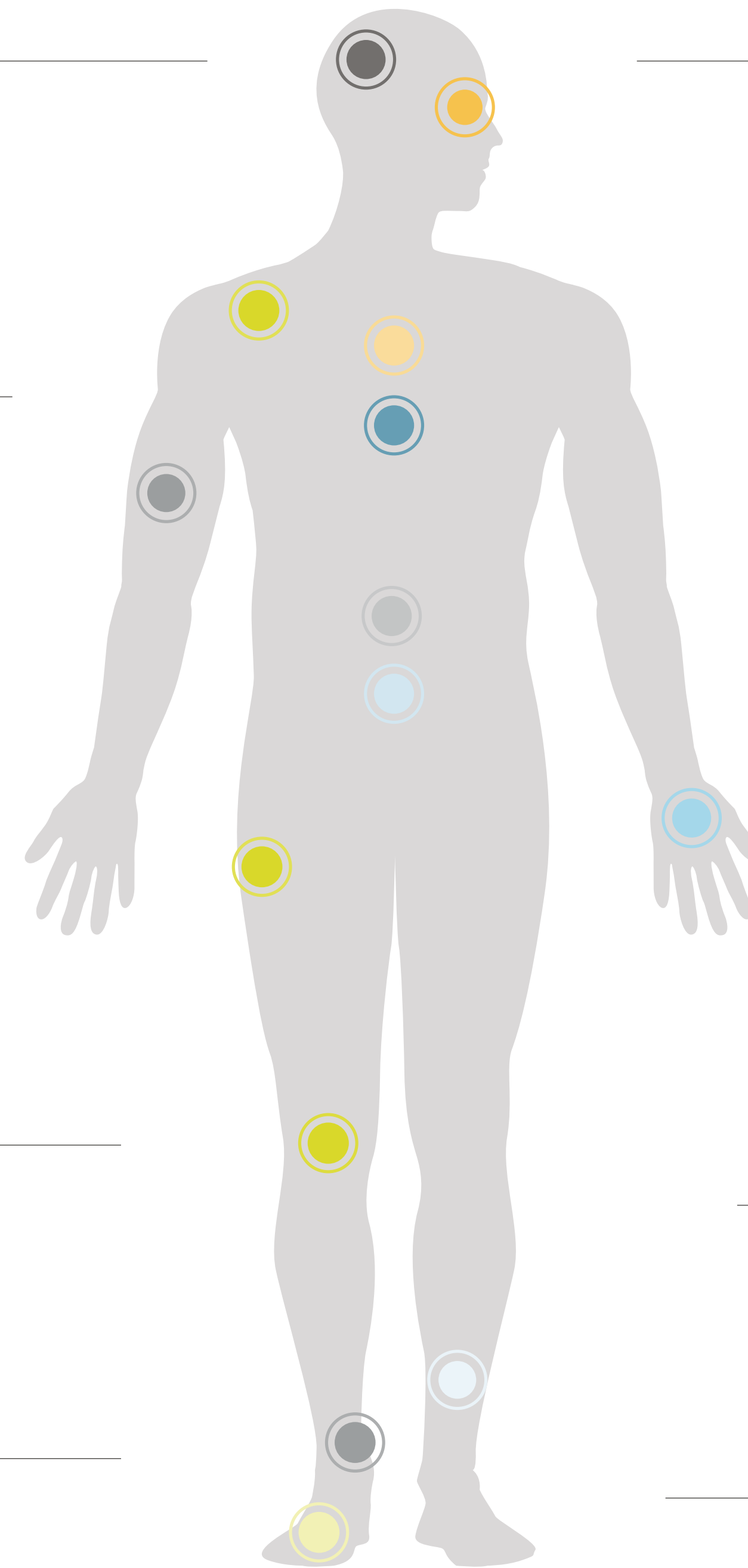


**SHOULDER, HIP, AND/OR KNEE PAIN**



**DECREASED SENSATION, STRANGE TINGLING, OR PAIN IN TOES OR FEET**

peripheral neuropathy



**EYE DISORDERS**

eg, glaucoma

**SHORTNESS OF BREATH**

**IRREGULAR HEARTBEAT**

cardiac arrhythmia

**CARPAL TUNNEL SYNDROME**

numbness, tingling, or pain in fingers

**LOWER BACK PAIN**

lumbar spinal stenosis

**SWELLING IN LOWER LEGS**

peripheral edema

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



**FATIGUE**

excessive tiredness

Fatigue in this case is due to heart failure (HF).

If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.



**FATIGUE**

excessive tiredness



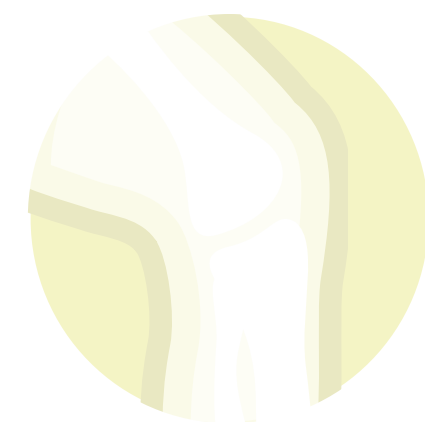
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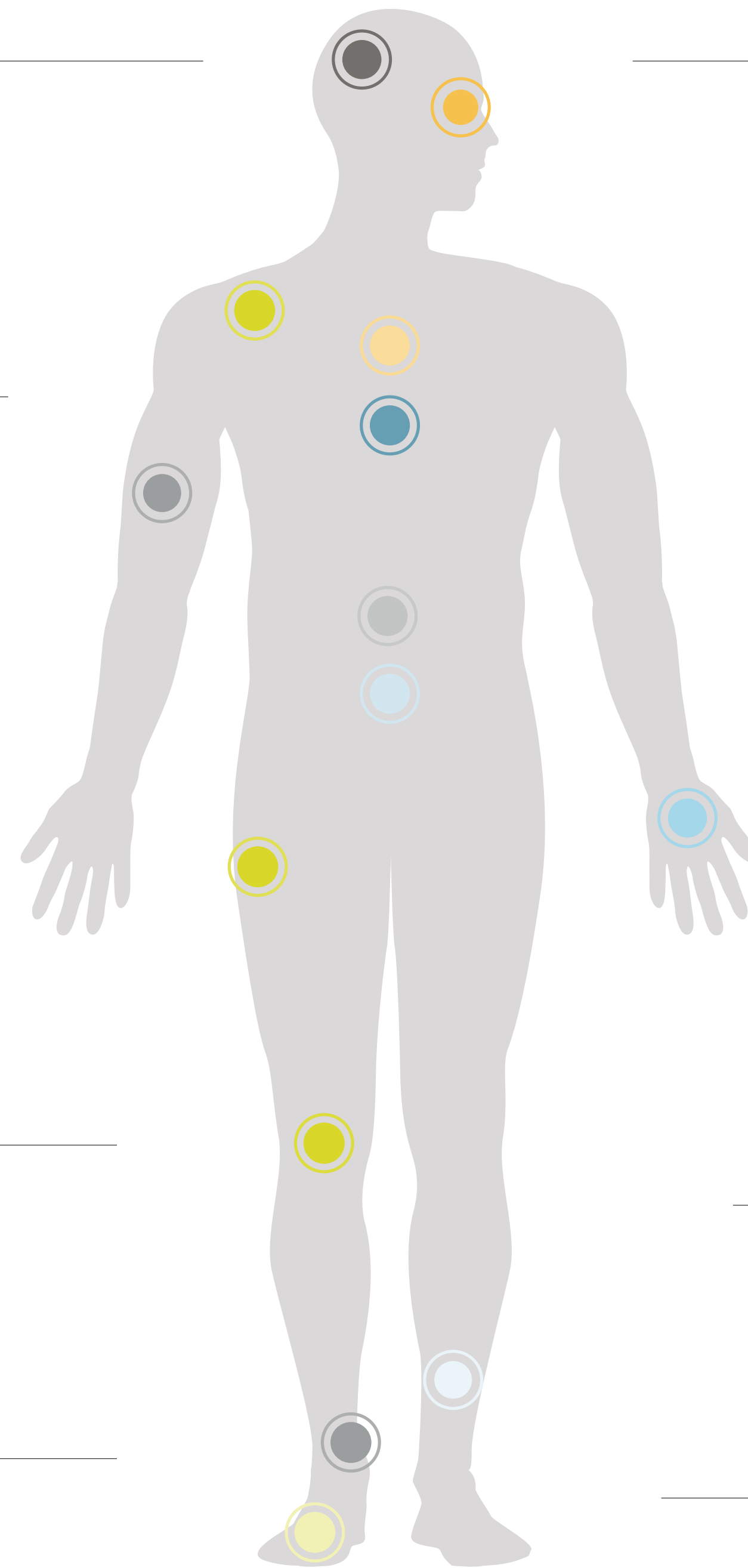


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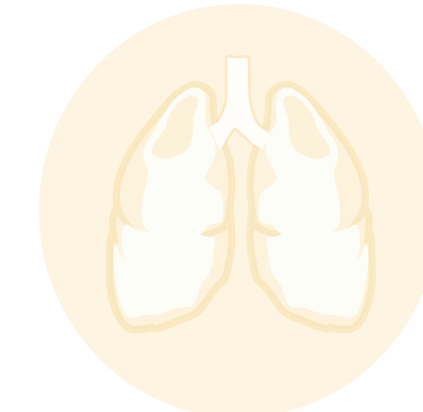


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**SHORTNESS OF BREATH**



**IRREGULAR HEARTBEAT**

cardiac arrhythmia



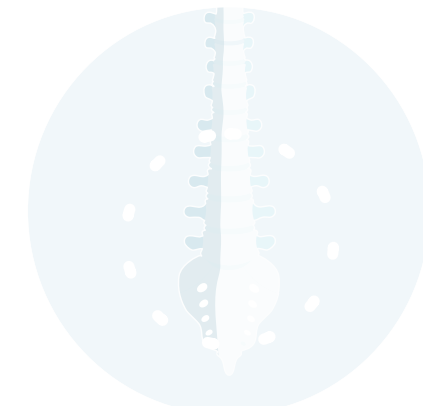
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**LOWER BACK PAIN**

lumbar spinal stenosis



**SWELLING IN LOWER LEGS**

peripheral edema



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



**EYE DISORDERS**

eg, glaucoma

**Amyloidosis** can deposit itself into ocular tissues, possibly affecting the cornea, retina, or pupil. It can also lead to disorders, such as glaucoma.

*If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.*



**FATIGUE**

excessive tiredness



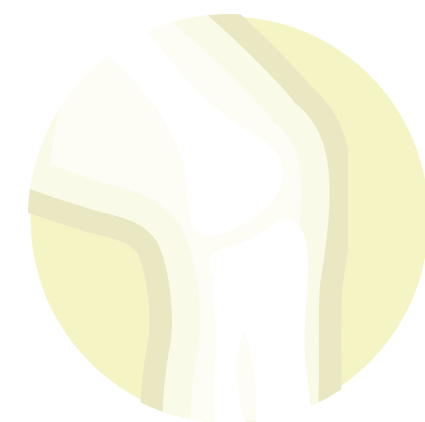
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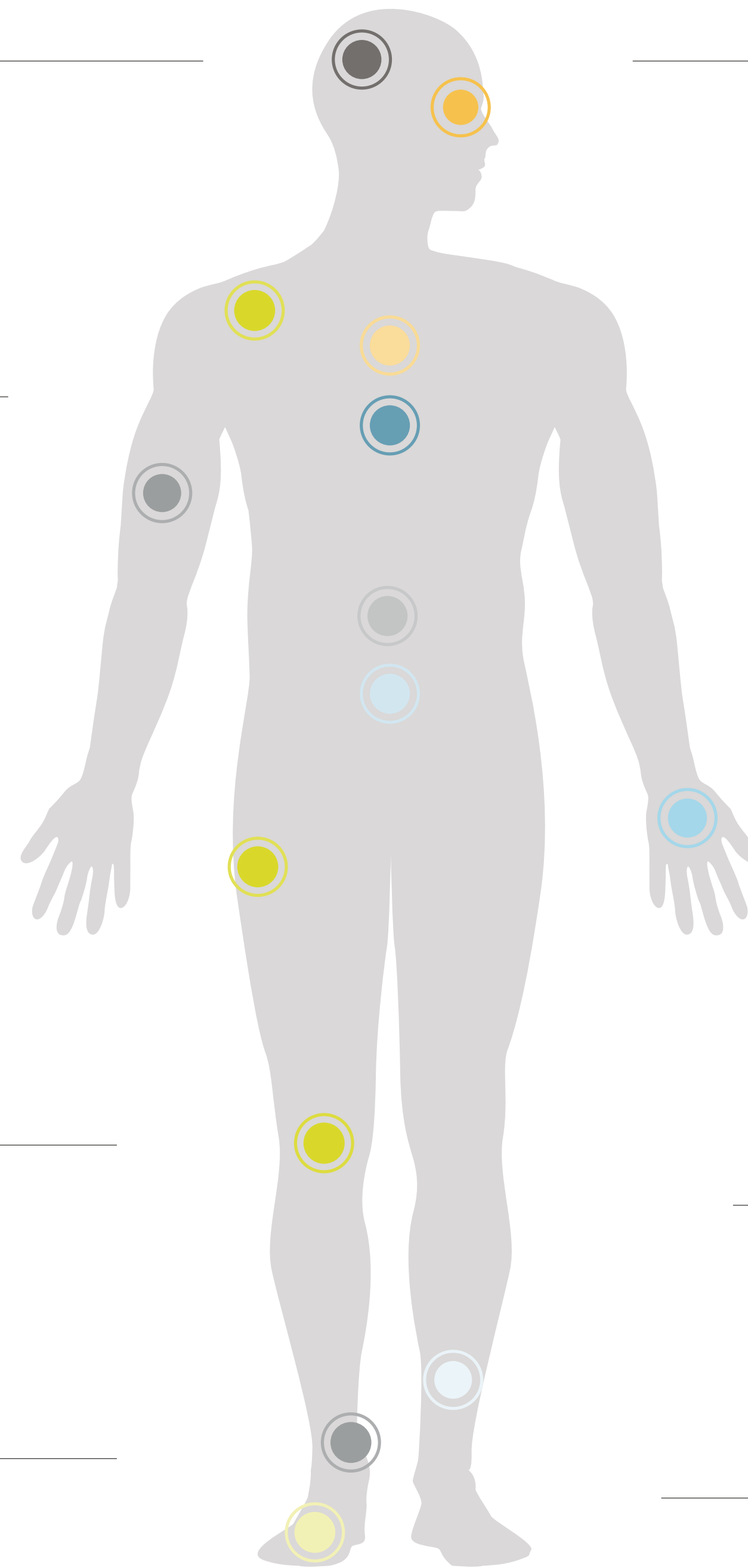


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**TENDON RUPTURE**

eg, biceps, Achilles tendon

Achilles tendon and bicep ruptures are not caused by trauma but from the muscles weakening due to amyloidosis. This symptom is mostly found in those with **wild-type ATTR-CM**.

*If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.*



**FATIGUE**

excessive tiredness



**TENDON RUPTURE**

eg, biceps, Achilles tendon



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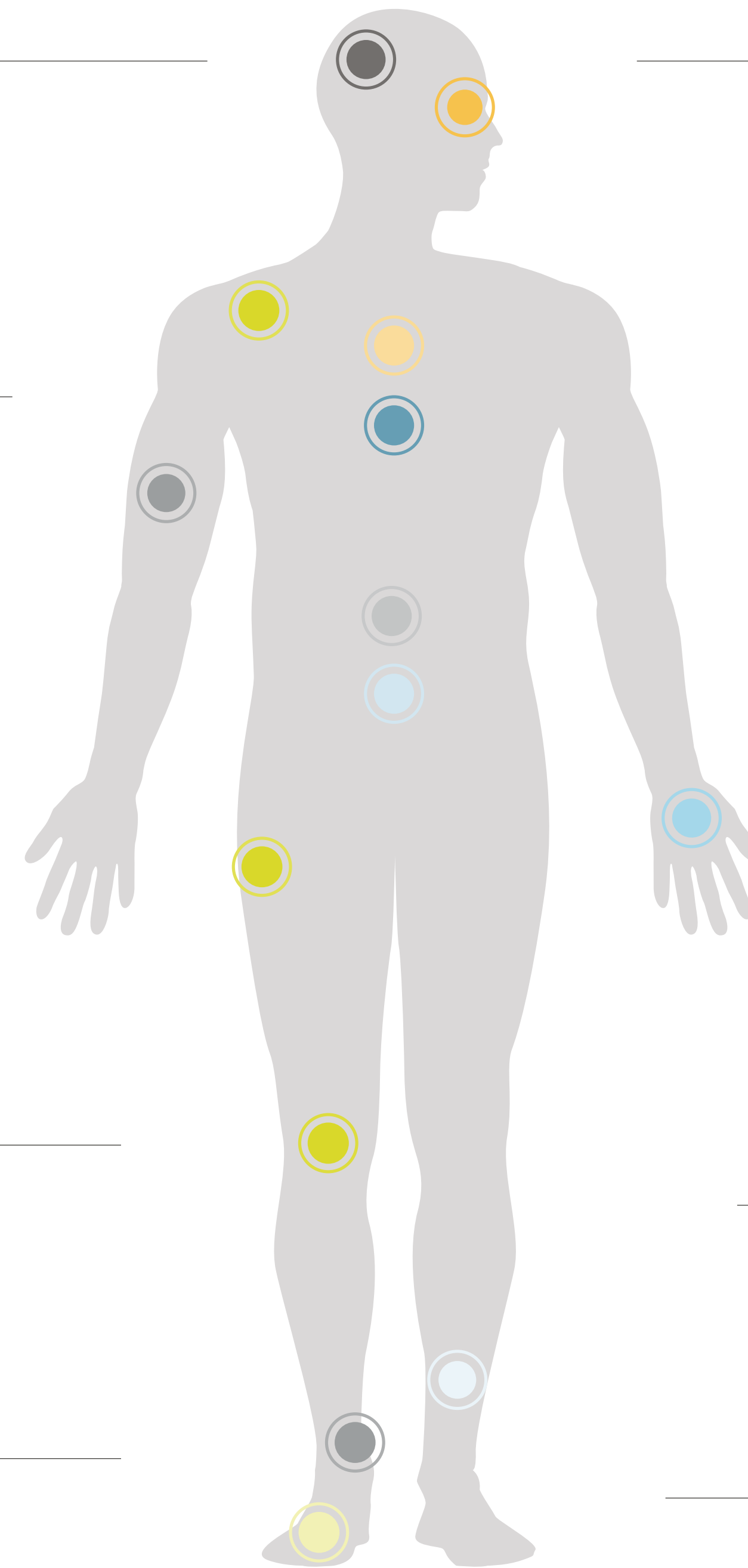


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peripheral edema

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**SHORTNESS OF BREATH**

Shortness of breath is one of the most common symptoms of **ATTR-CM**. Patients feel as if they can't catch their breath, and become winded during normal activities.

*If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.*



**FATIGUE**

excessive tiredness



**TENDON RUPTURE**

eg, biceps, Achilles tendon



**STOMACH ISSUES**

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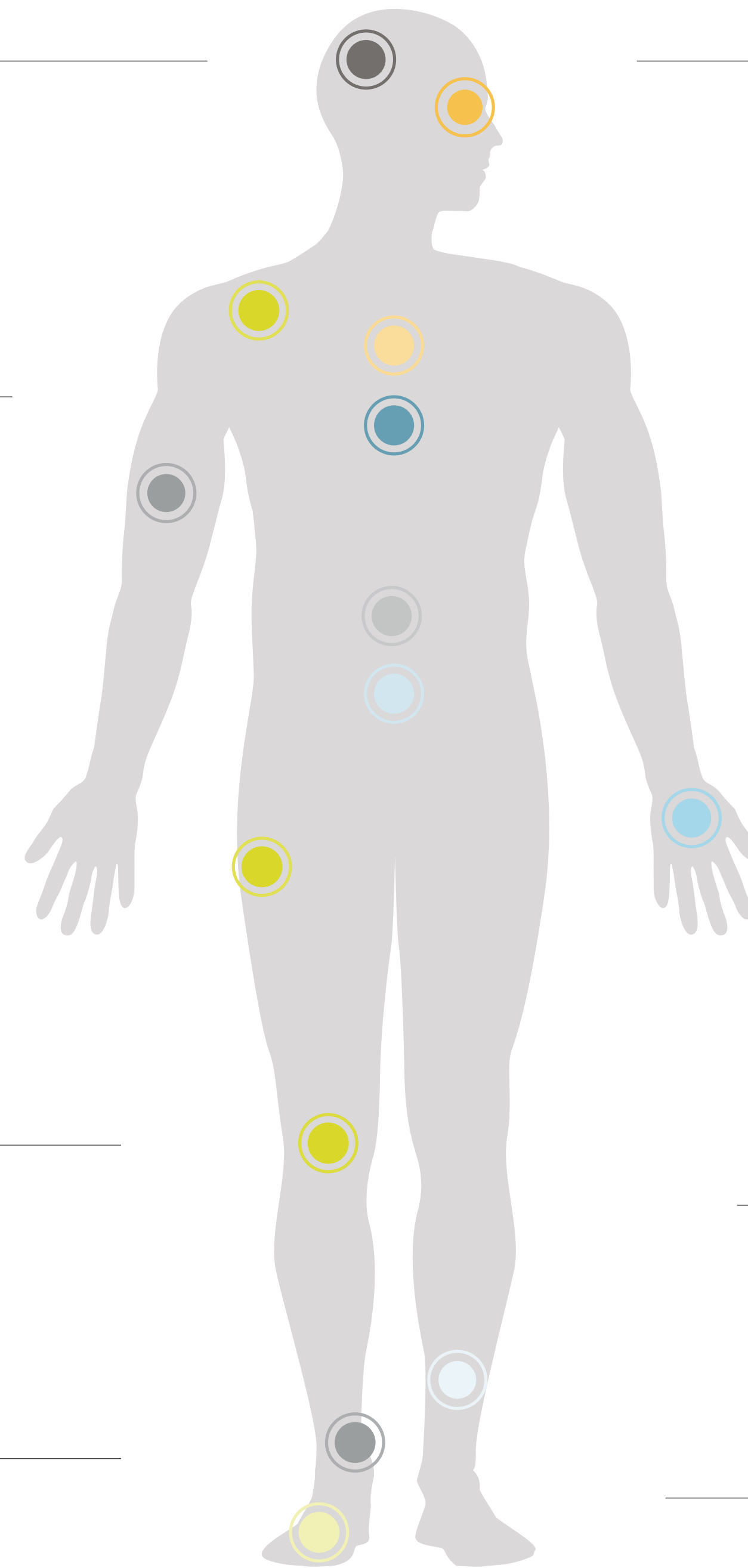


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**STOMACH ISSUES**

eg, diarrhea, constipation, nausea, or feeling full quickly

Stomach issues are often a symptom of ATTR-CM and are mostly associated with **hereditary ATTR-CM**. These problems can include diarrhea, constipation, nausea, feeling full quickly, or vomiting.

*If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.*



**FATIGUE**

excessive tiredness



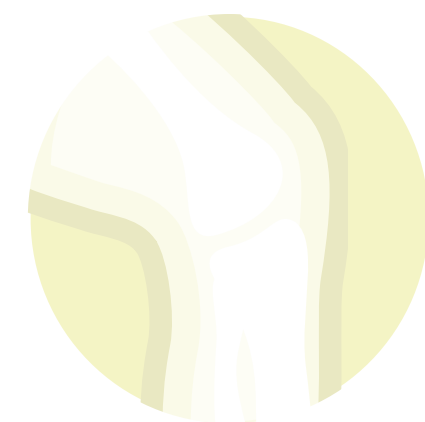
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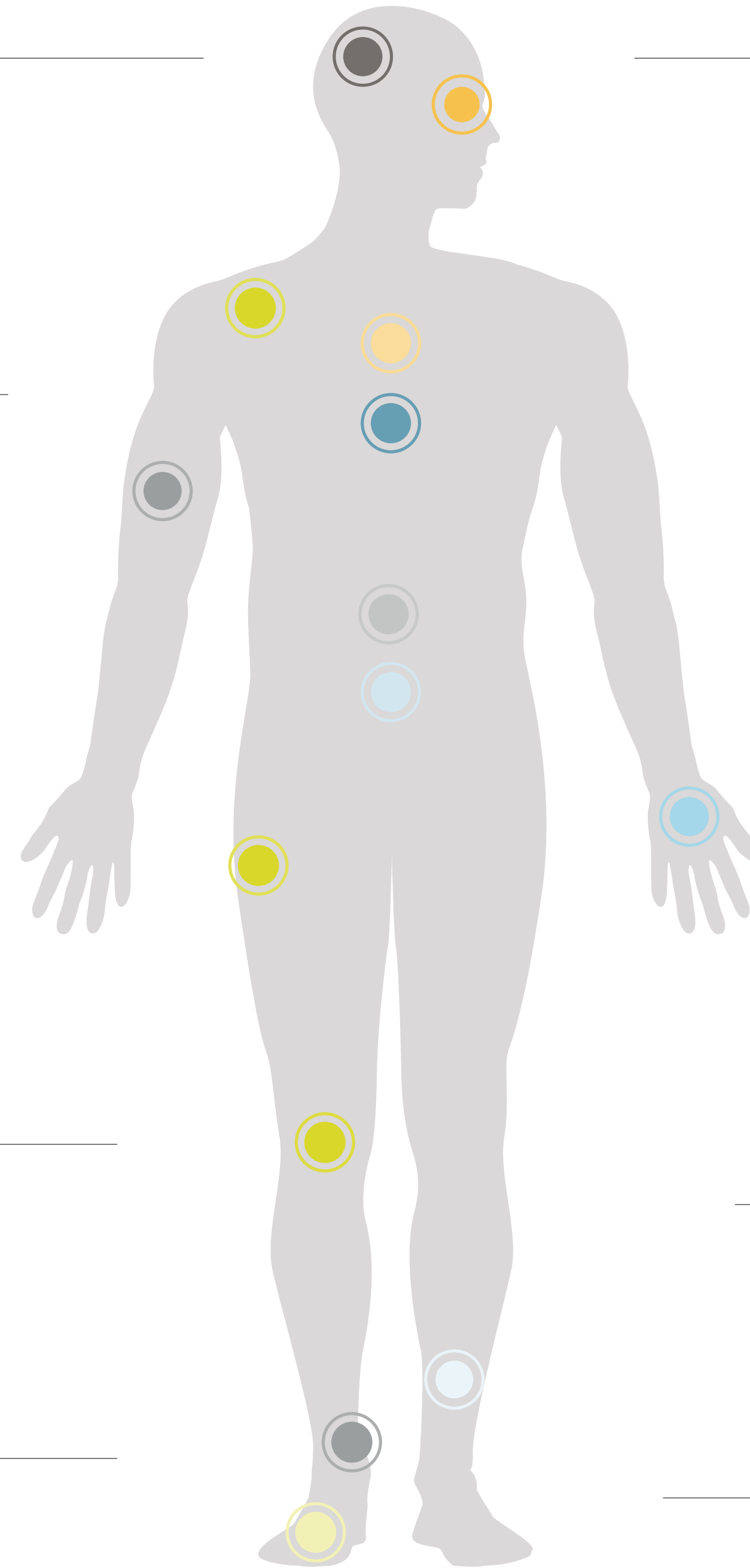


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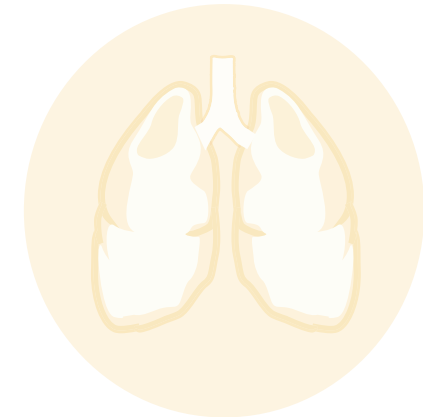


**EYE DISORDERS**

eg, glaucoma



**SHORTNESS OF BREATH**



**IRREGULAR HEARTBEAT**

cardiac arrhythmia



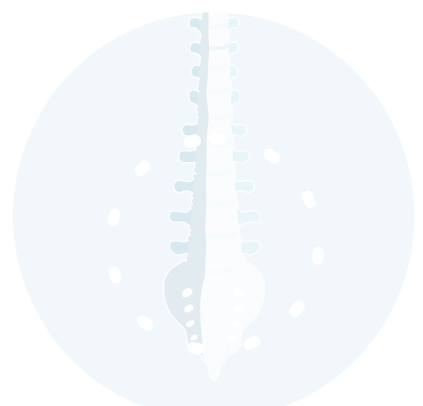
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**LOWER BACK PAIN**

lumbar spinal stenosis



**SWELLING IN LOWER LEGS**

peripheral edema



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



**IRREGULAR HEARTBEAT**

cardiac arrhythmia

An abnormal heartbeat, also known as cardiac arrhythmia, is a common symptom of ATTR-CM, especially for those with **wild-type ATTR-CM**.

*If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.*



**FATIGUE**

excessive tiredness



**TENDON RUPTURE**

eg, biceps, Achilles tendon



**STOMACH ISSUES**

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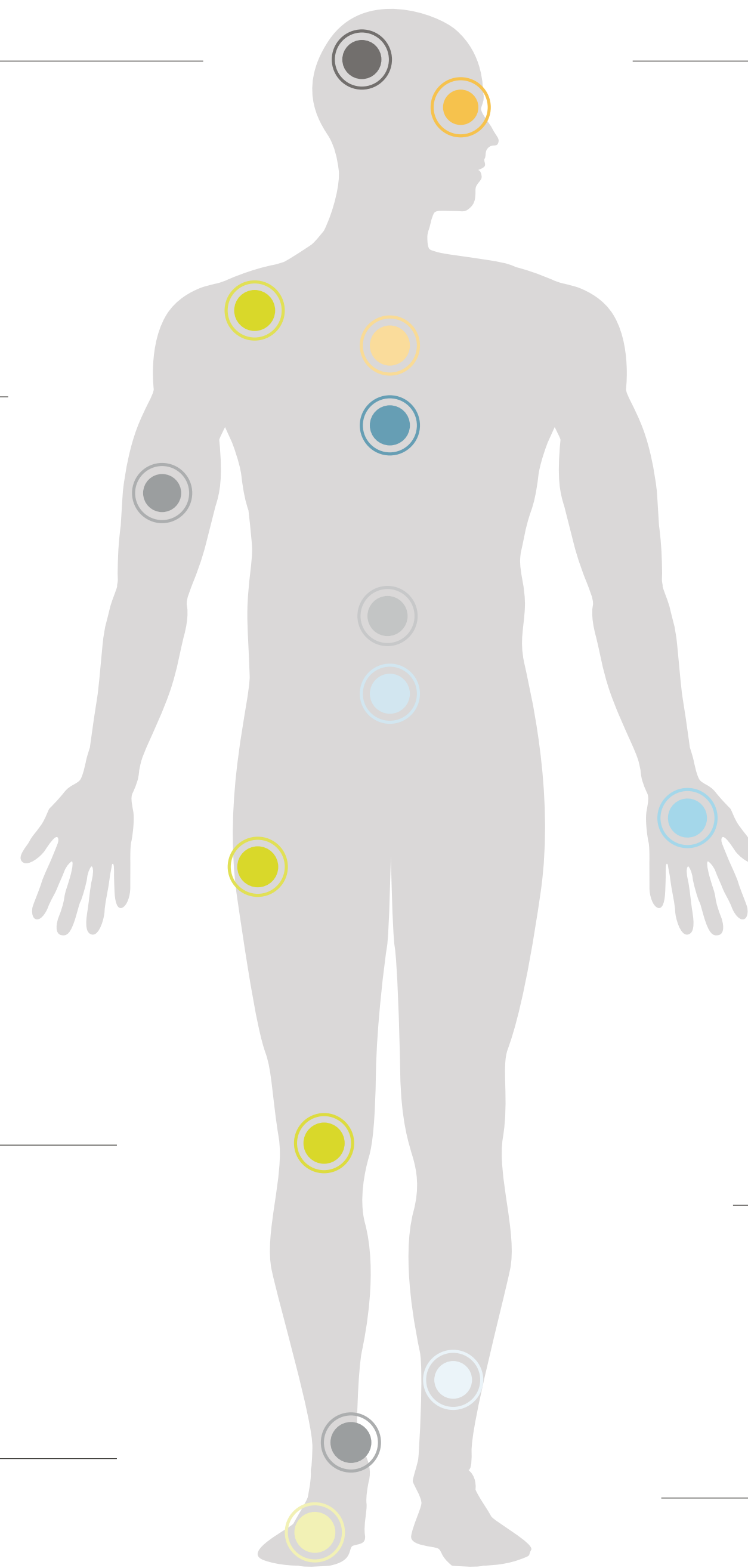


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**DECREASED SENSATION, STRANGE TINGLING, OR PAIN IN TOES OR FEET**

peripheral neuropathy



**EYE DISORDERS**

eg, glaucoma



**SHORTNESS OF BREATH**



**IRREGULAR HEARTBEAT**

cardiac arrhythmia



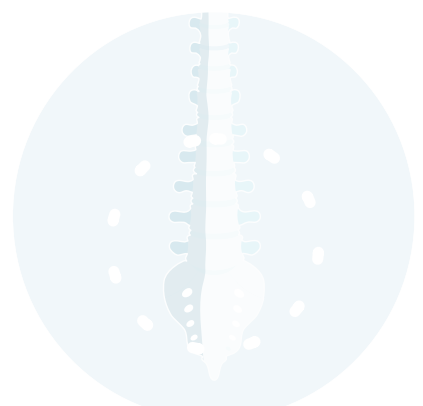
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**LOWER BACK PAIN**

lumbar spinal stenosis



**SWELLING IN LOWER LEGS**

peripheral edema



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



**SHOULDER, HIP, AND/OR KNEE PAIN**

**ATTR-CM** can cause joints to harden, creating pain in the shoulders, hips, or knees. This may require surgery, such as arthroplasty or hip replacement.



If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.



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excessive tiredness



**TENDON RUPTURE**

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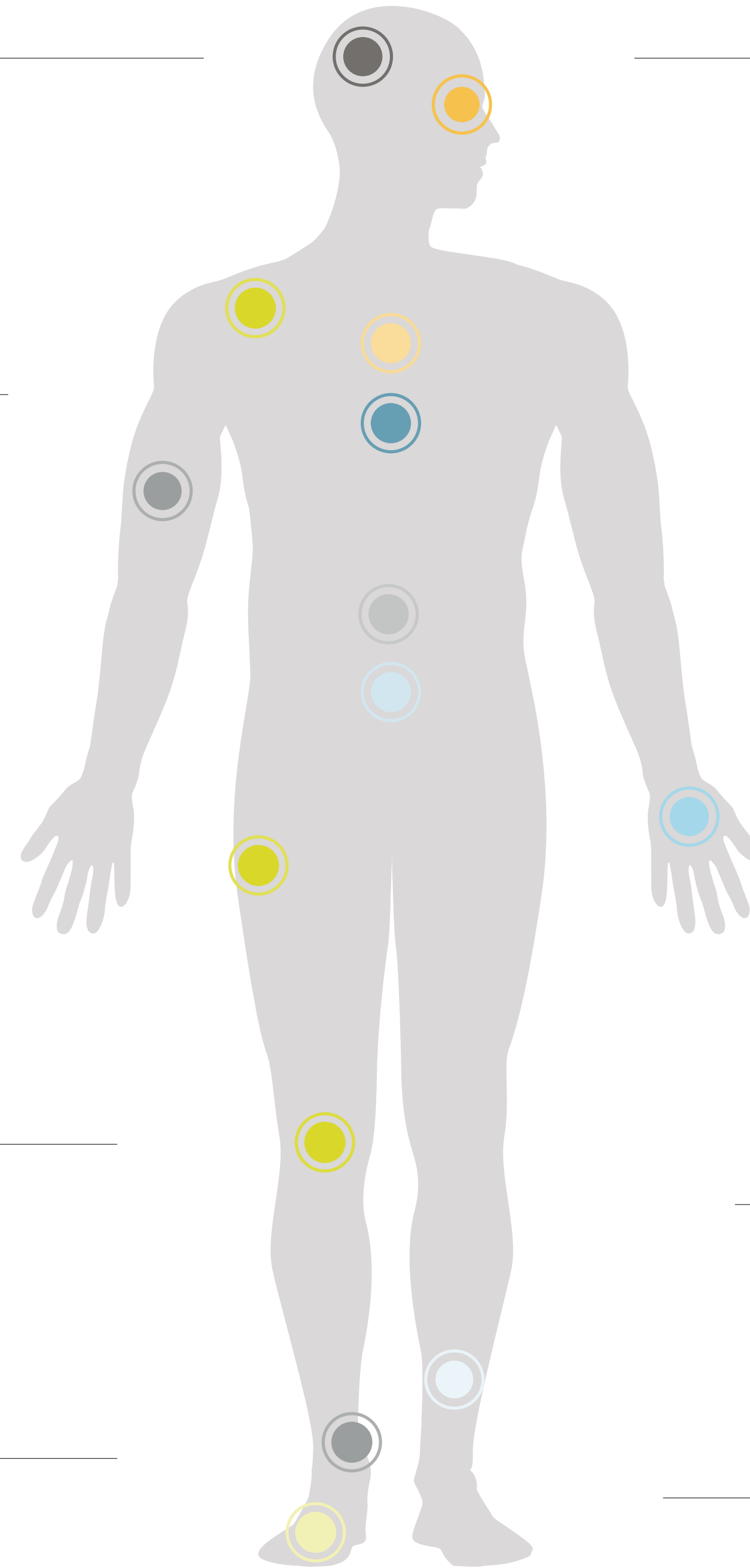


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**LOWER BACK PAIN**

lumbar spinal stenosis

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peripheral edema

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



**BILATERAL CARPAL TUNNEL SYNDROME**

numbness, tingling, or pain in fingers

Patients may be diagnosed with bilateral carpal tunnel syndrome, which causes numbing, tingling, or pain in your fingers. Although it may seem unrelated to heart failure, this is one of the most common symptoms and earliest indicators of ATTR-CM, especially wild-type ATTR-CM.

*If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.*



**FATIGUE**

excessive tiredness



**TENDON RUPTURE**

eg, biceps, Achilles tendon



**STOMACH ISSUES**

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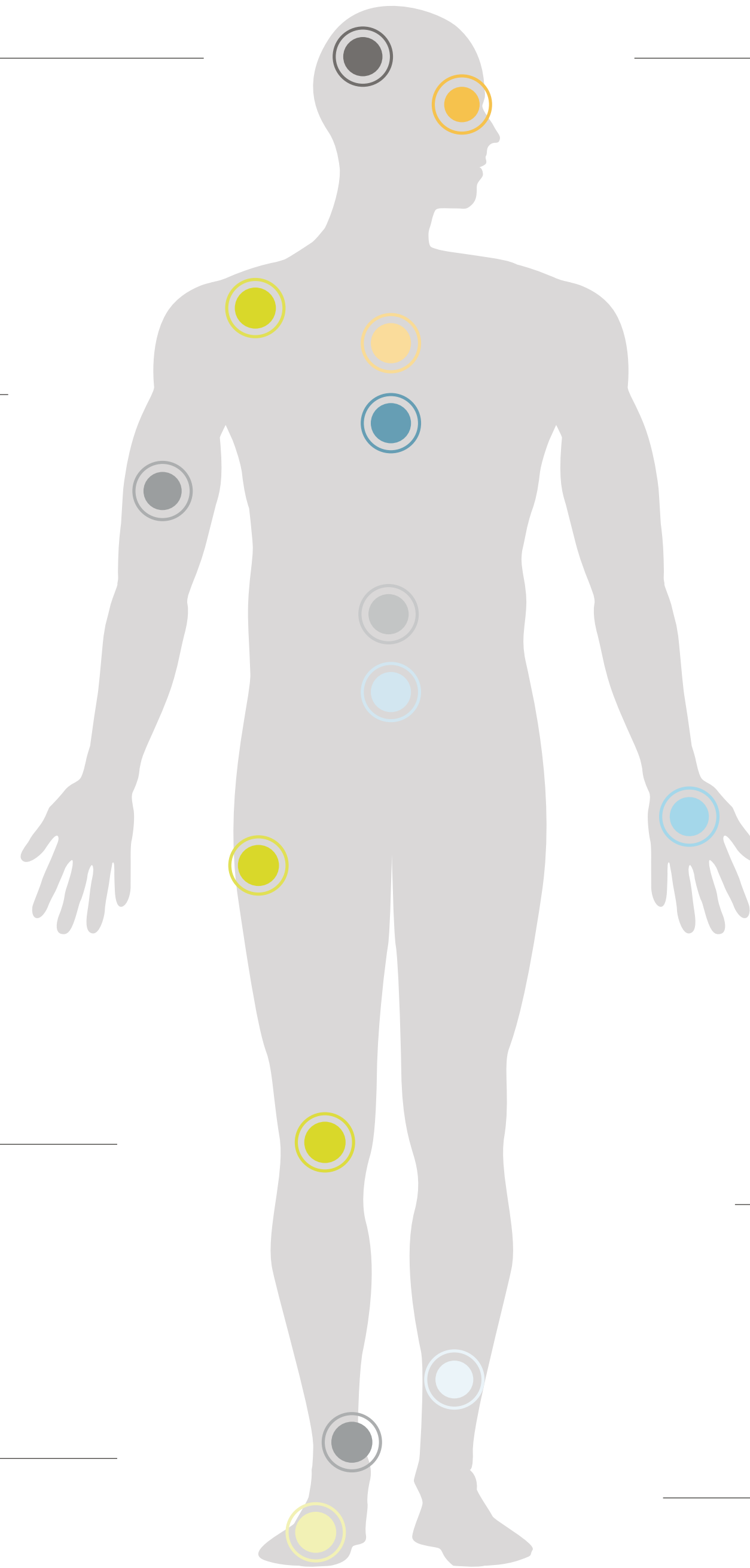


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peripheral neuropathy



**EYE DISORDERS**

eg, glaucoma



**SHORTNESS OF BREATH**



**IRREGULAR HEARTBEAT**

cardiac arrhythmia



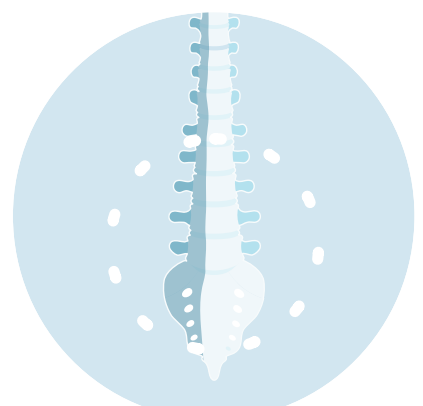
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numbness, tingling, or pain in fingers



**LOWER BACK PAIN**

lumbar spinal stenosis



**SWELLING IN LOWER LEGS**

peripheral edema



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



**PAIN OR NUMBNESS IN LOWER BACK/LEGS DUE TO NARROWING OF THE LOWER SPINE**

lumbar spinal stenosis

Lower-back and leg issues may mean that you have lumbar spinal stenosis, which may be a noncardiac sign of **wild-type ATTR-CM (wtATTR)**.

*If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.*



**FATIGUE**

excessive tiredness



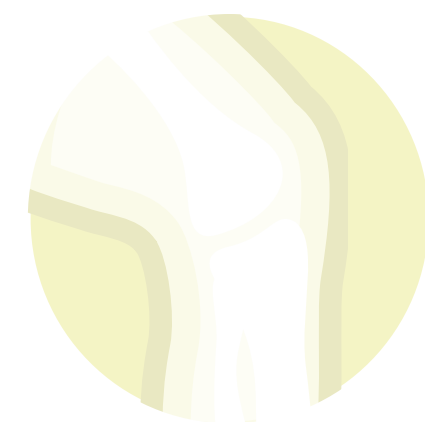
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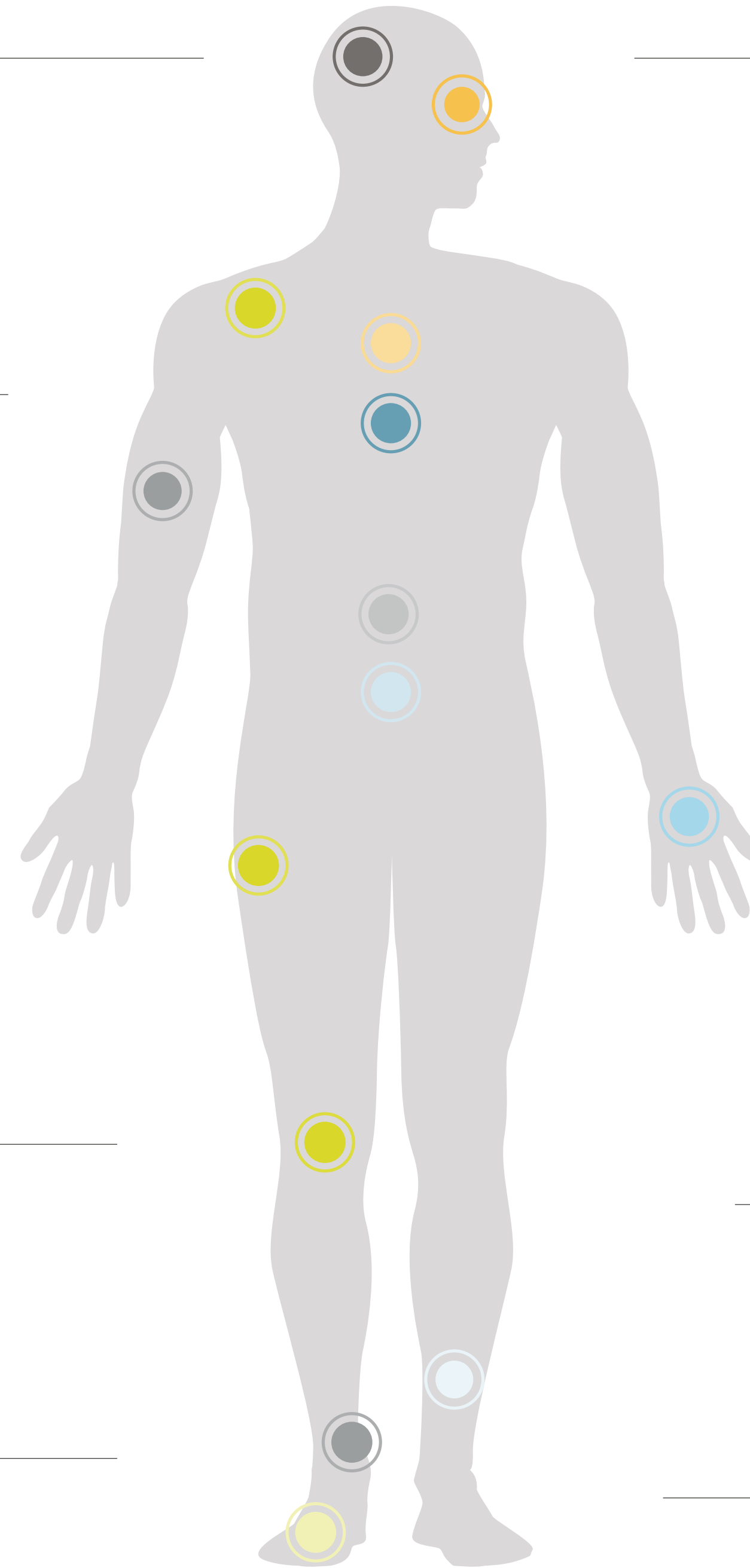


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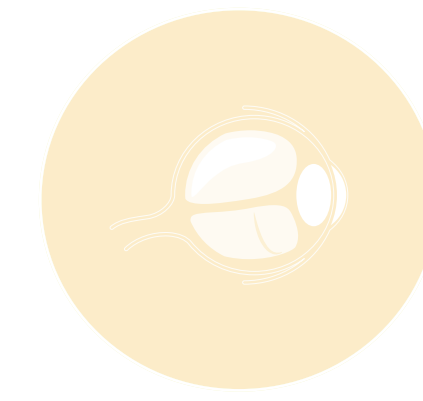
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peripheral neuropathy

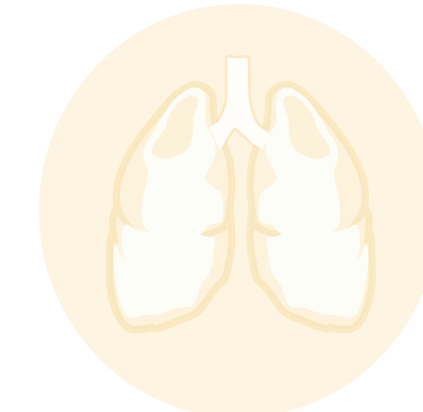


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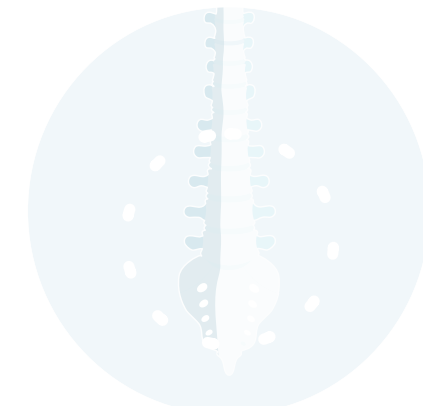
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**LOWER BACK PAIN**

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**SWELLING IN LOWER LEGS**

peripheral edema



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**DECREASED SENSATION, STRANGE TINGLING, OR PAIN IN TOES OR FEET**  
peripheral neuropathy

Patients with ATTR-CM may experience sensory loss, muscle weakness, and pain in their toes or feet, as well as overall balance issues.

If any of these symptoms sound familiar, click the icon(s) to learn more about why they are important to your diagnosis.



**FATIGUE**

excessive tiredness



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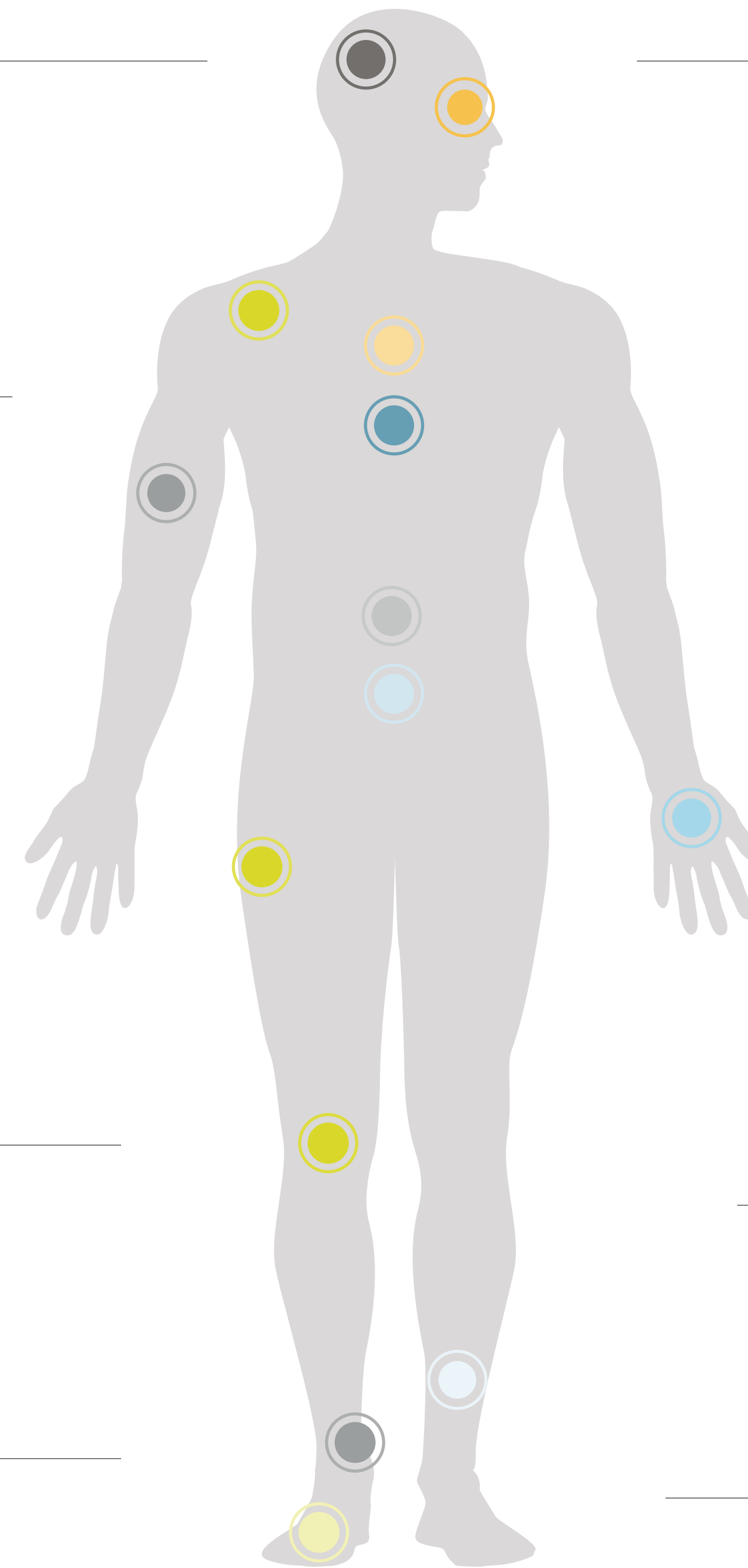


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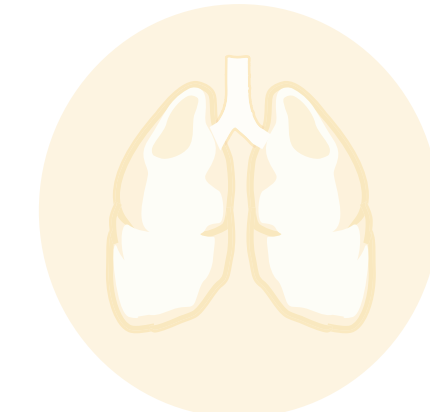


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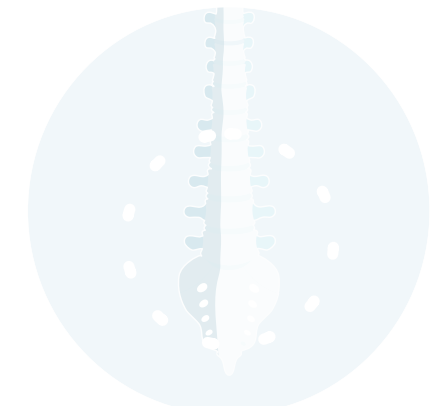
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peripheral edema



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**SWELLING IN LOWER LEGS**

peripheral edema

Many patients notice swelling in their lower legs and feet, also called peripheral edema. This can cause the legs and feet to look swollen and puffy. Swelling in the lower legs (peripheral edema) can be a common symptom of ATTR-CM.

## KEEPING TRACK OF MEDICAL HISTORY, RECORDS, AND TEST RESULTS

You or your loved one may have already seen several doctors to understand your symptoms.

A healthcare provider may order additional tests to assess a patient's heart and look for signs of ATTR-CM.

Clinical tests that look for signs that may suggest ATTR-CM are:



### ELECTROCARDIOGRAM (ECG)

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

**If you've had any tests like these, share the results with your cardiologist.**

Please be sure to note if you or a loved one has any device implantations, past heart surgeries, or procedures, as they may prohibit certain types of testing.

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Clinical tests that look for signs that may suggest ATTR-CM are:



### ECHOCARDIOGRAM (ECHO)

- Use sound waves to create images of your 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

**If you've had any tests like these, share the results with your cardiologist.**

Please be sure to note if you or a loved one has any device implantations, past heart surgeries, or procedures, as they may prohibit certain types of testing.

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Clinical tests that look for signs that may suggest ATTR-CM are:



### CARDIAC MAGNETIC RESONANCE IMAGING (CARDIAC MRI)

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

**If you've had any tests like these, share the results with your cardiologist.**

Please be sure to note if you or a loved one has any device implantations, past heart surgeries, or procedures, as they may prohibit certain types of testing.



## QUESTIONS YOU MAY CONSIDER ASKING YOUR HEALTHCARE PROVIDER

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

Based on my symptoms, medical history, and family history, do you think ATTR-CM could be the cause of my heart failure?

---

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?

---

How quickly could this condition progress?

---

I understand this condition can affect different parts of the body. 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?