

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).

Carpal
Tunnel
Syndrome

Irregular
Heartbeat

HEART
FAILURE

Shortness
of
Breath

Lower
Back
Pain

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

EYE DISORDERS

eg, glaucoma

TENDON RUPTURE

eg, biceps, Achilles tendon

SHORTNESS OF BREATH

IRREGULAR HEARTBEAT

cardiac arrhythmia

STOMACH ISSUES

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

CARPAL TUNNEL SYNDROME

numbness, tingling, or
pain in fingers

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

LOWER BACK PAIN

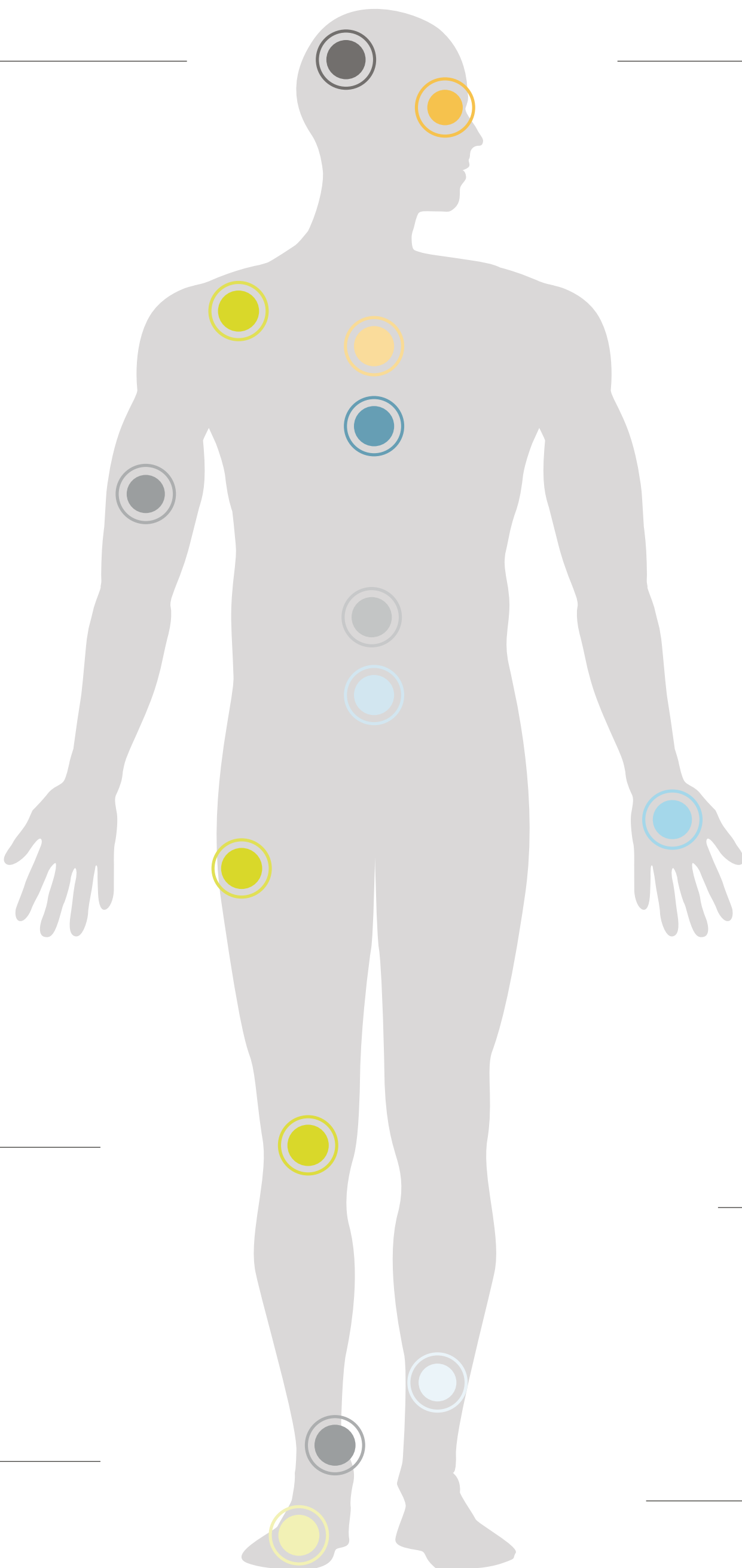
lumbar spinal stenosis

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

peripheral neuropathy

SWELLING IN LOWER LEGS

peripheral edema



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



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

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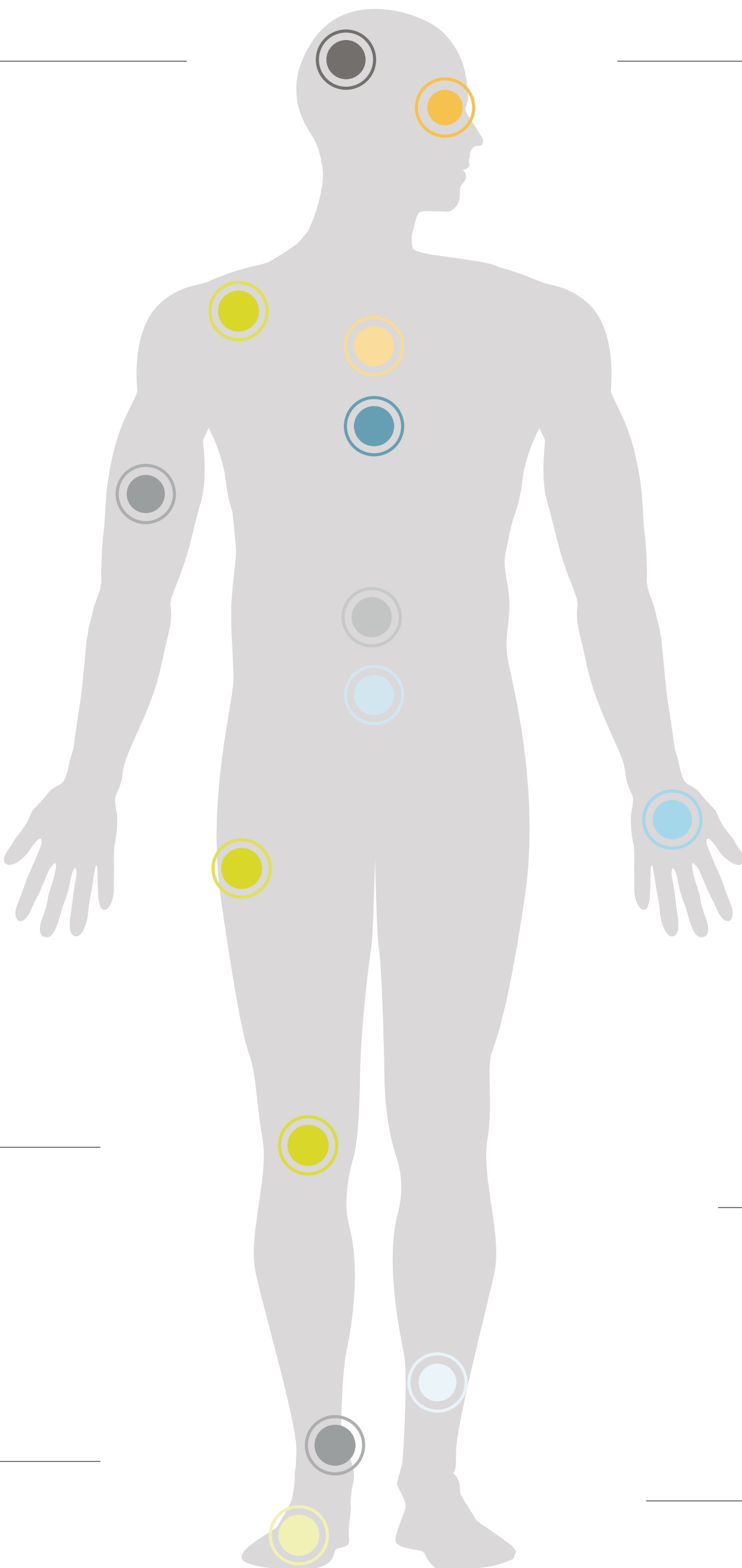
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EYE DISORDERS
eg, glaucoma

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

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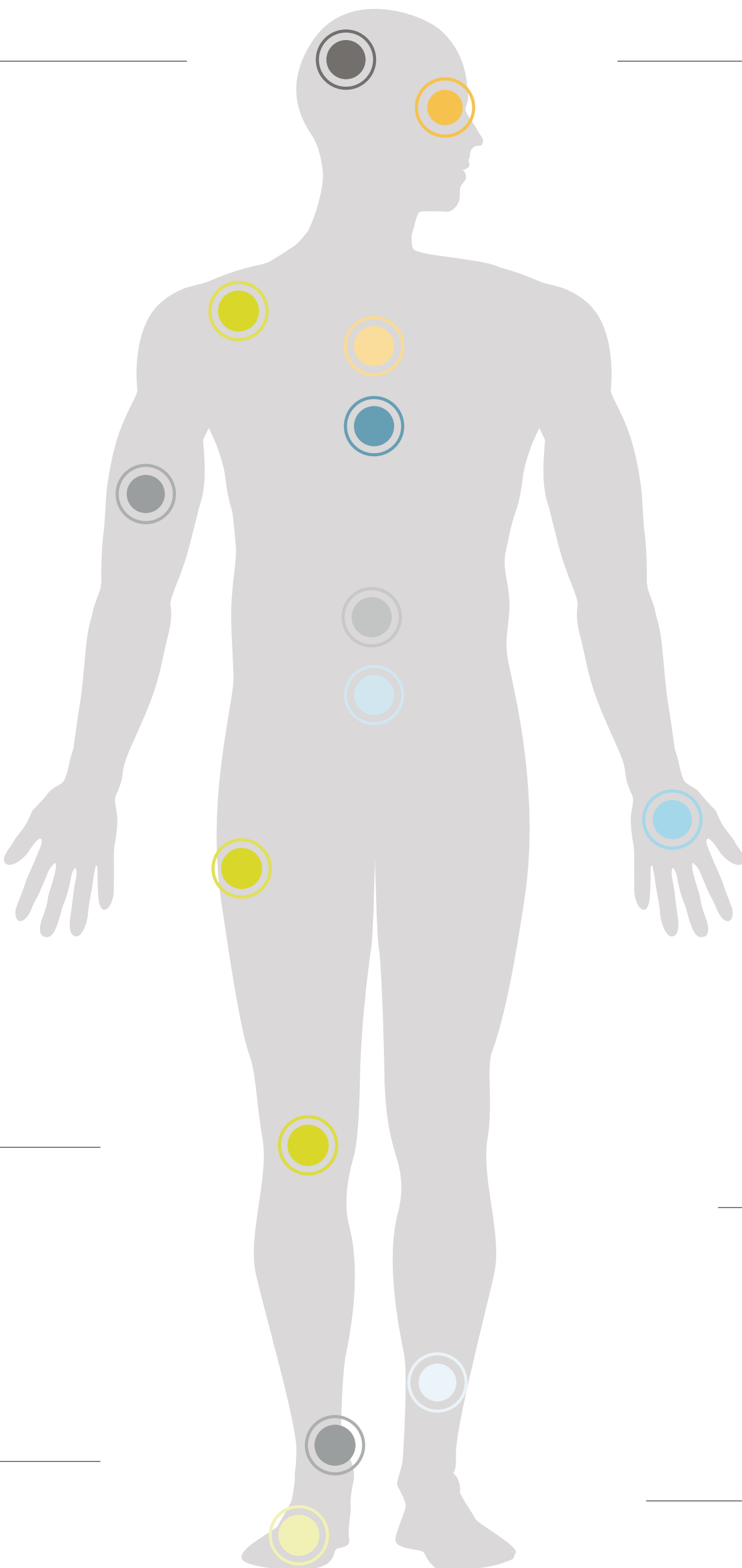
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TENDON RUPTURE
eg, biceps

Buildups of the transthyretin protein can cause the rupture of tendons even if an injury does not occur. A sudden rupture of the biceps tendon is rare, but it is a common sign of **wild-type ATTR-CM**.

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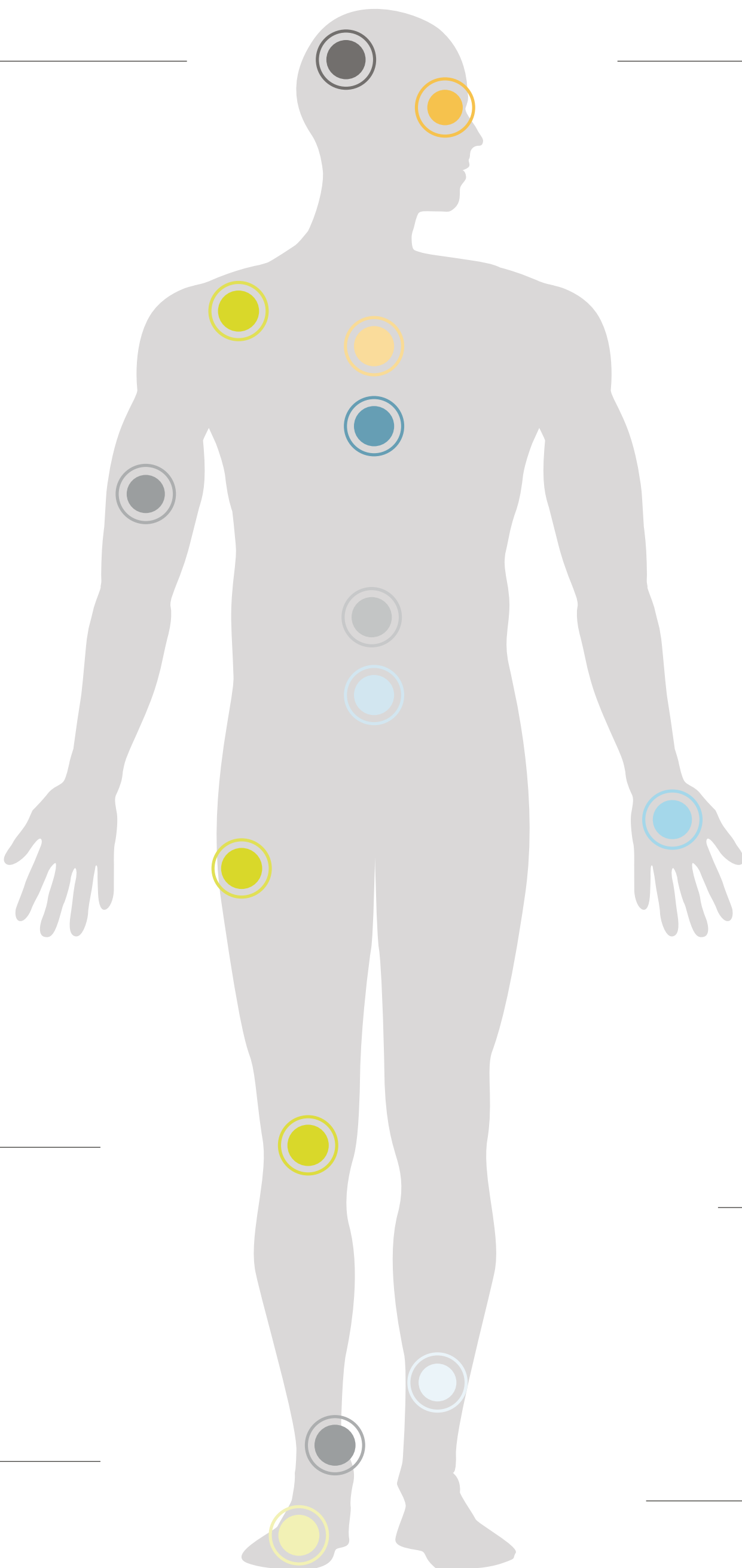
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**SHORTNESS OF
BREATH**

Shortness of breath is one of the most common symptoms of **ATTR-CM**. Patients may feel as if they can't catch their breath during normal activities or have difficulty breathing when lying down.

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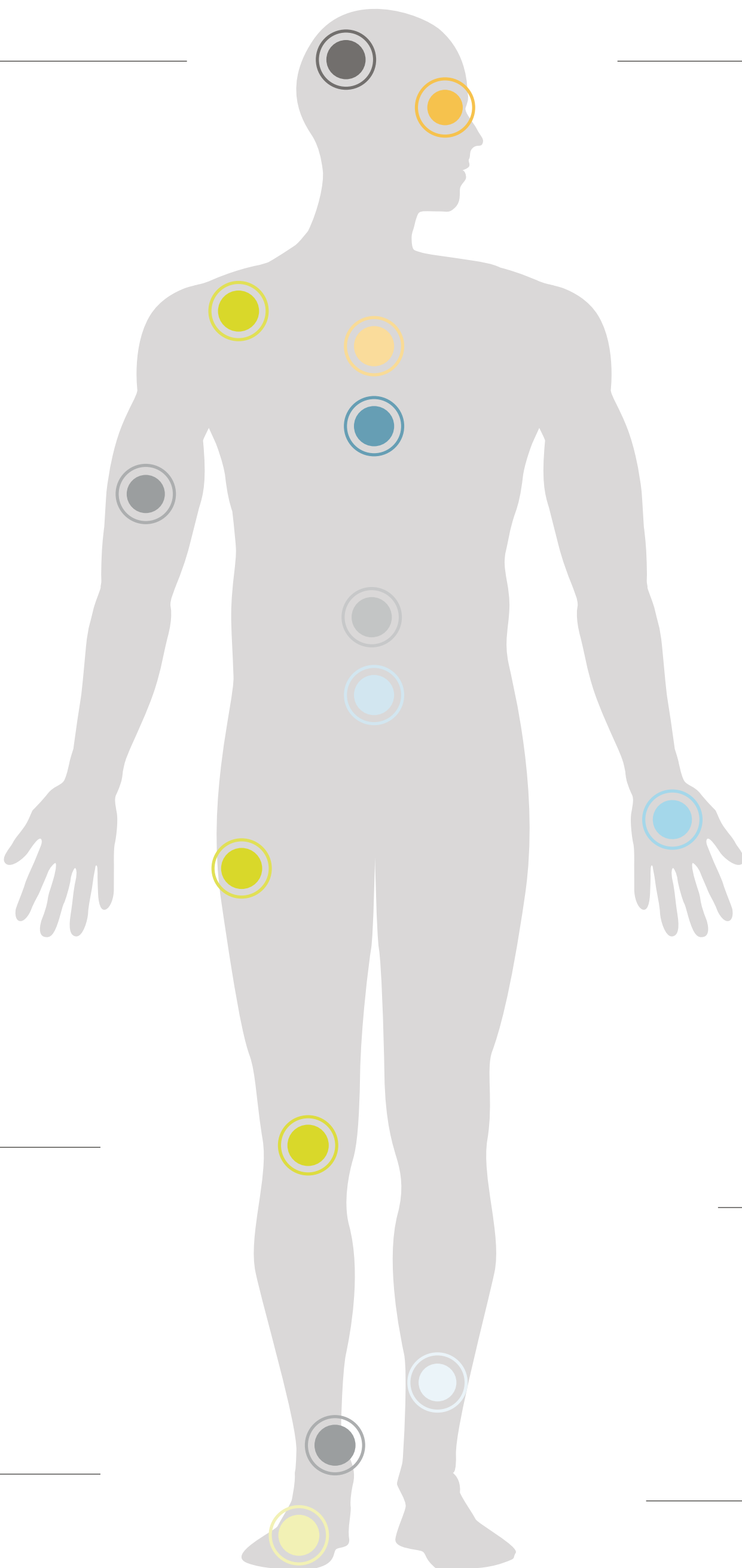
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IRREGULAR HEARTBEAT
cardiac arrhythmia

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

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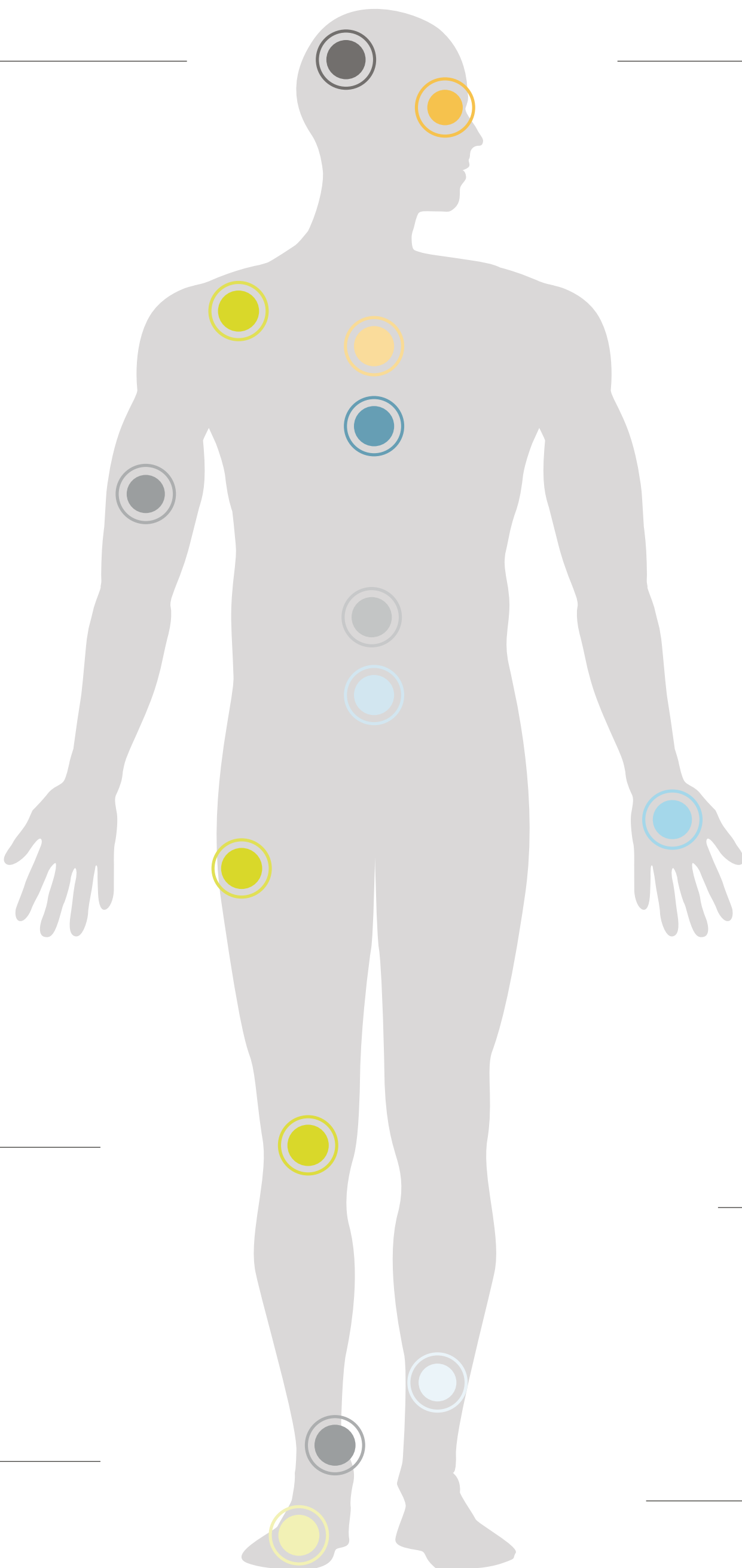
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STOMACH ISSUES

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.

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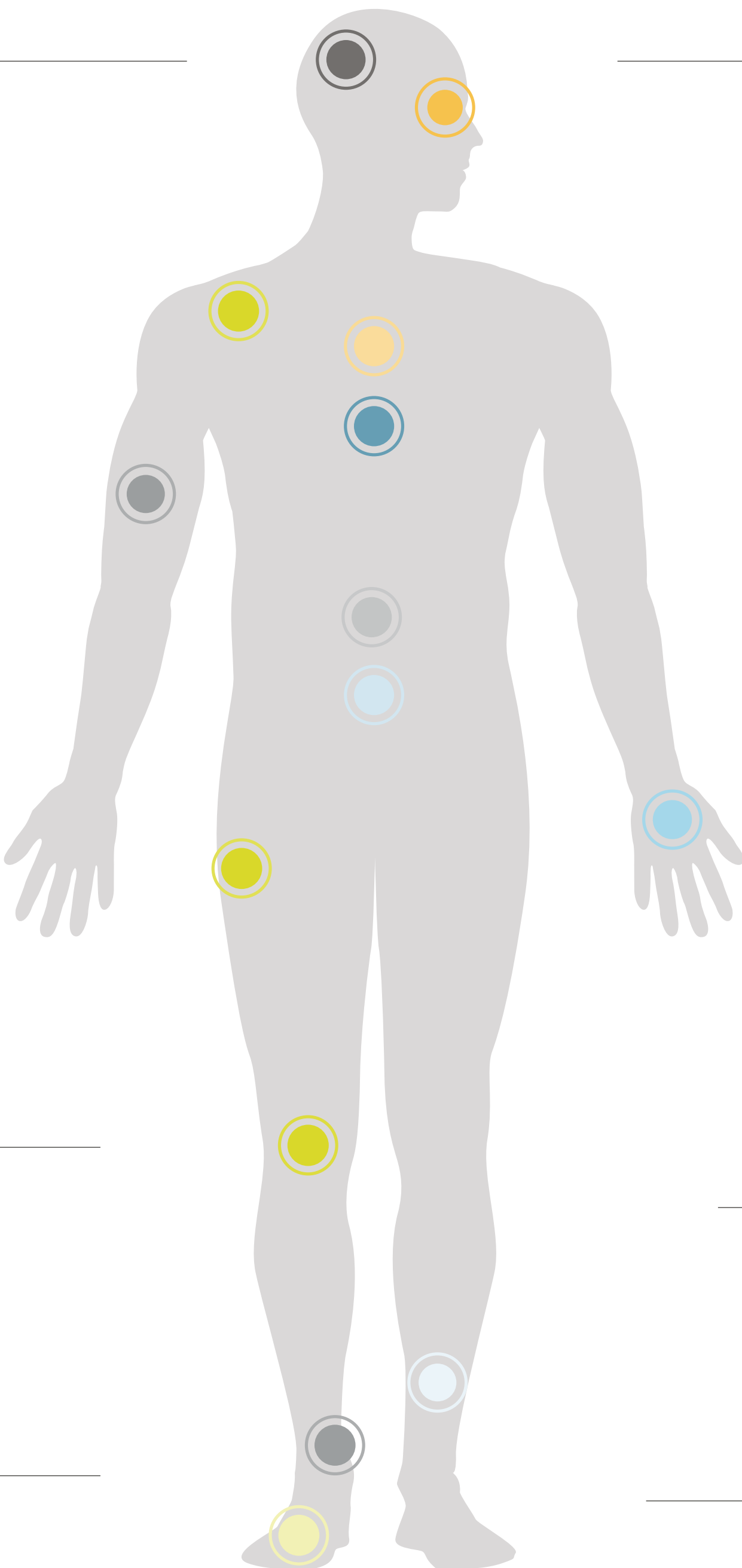
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**BILATERAL CARPAL
TUNNEL SYNDROME**

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.

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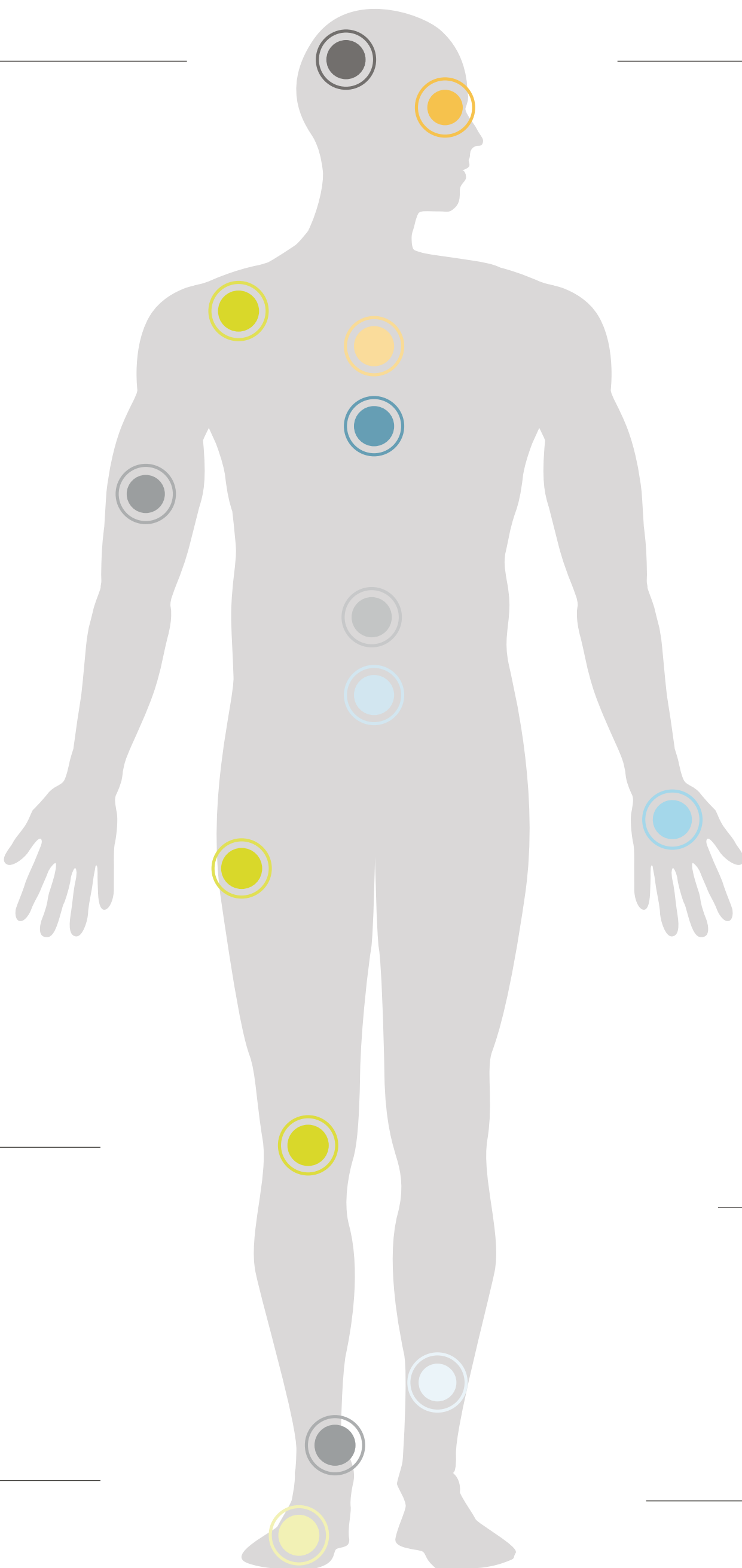
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**SHOULDER, HIP,
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TTR protein can build up in ligaments, tendons, cartilage, and soft tissue. This can cause joints to become stiff due to the hardening of the soft tissue around the joints, causing pain in the shoulders, hips, or knees. This may require surgery, such as a hip or knee replacement.

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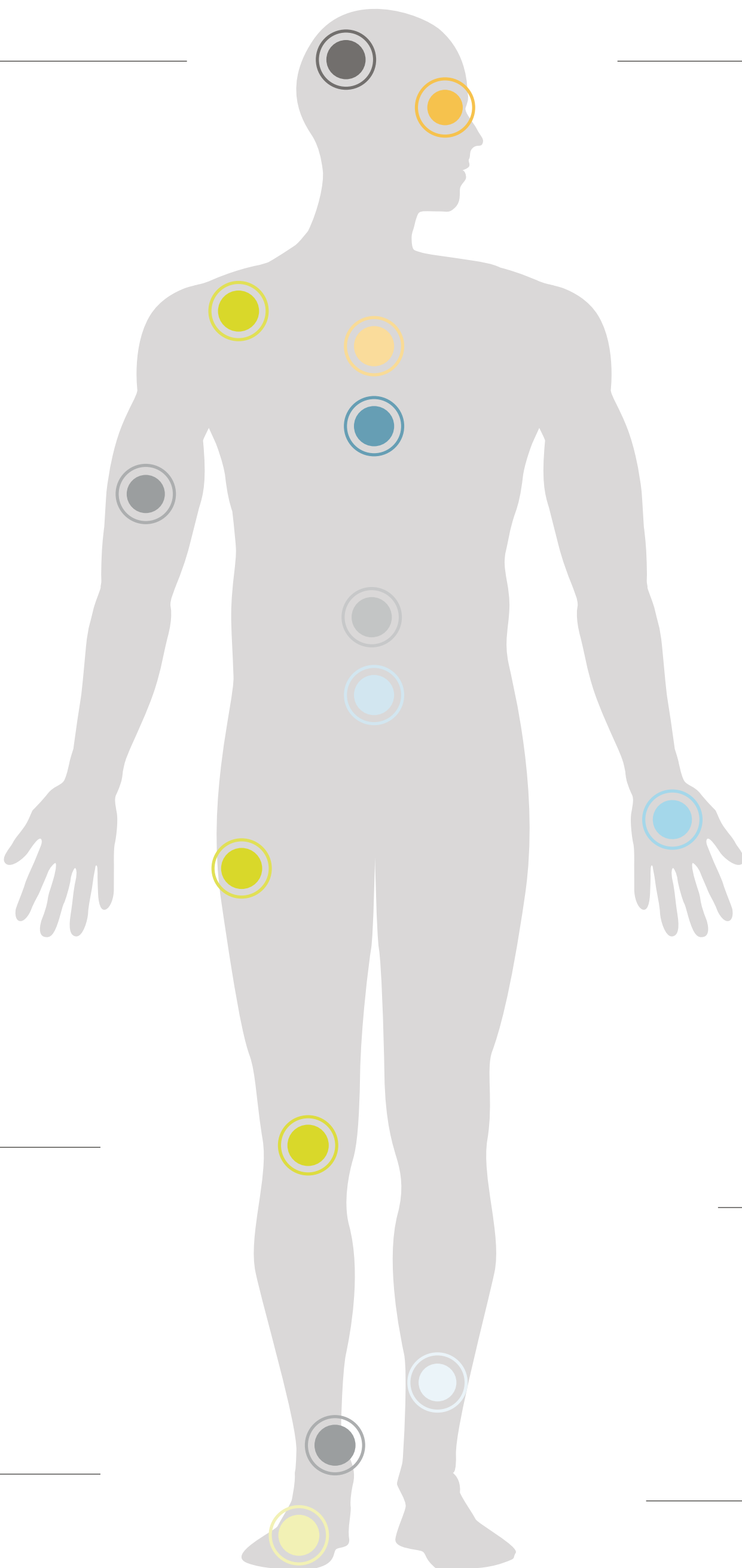
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**PAIN OR NUMBNESS IN LOWER
BACK/LEGS DUE TO NARROWING
OF THE LOWER SPINE**

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)**.

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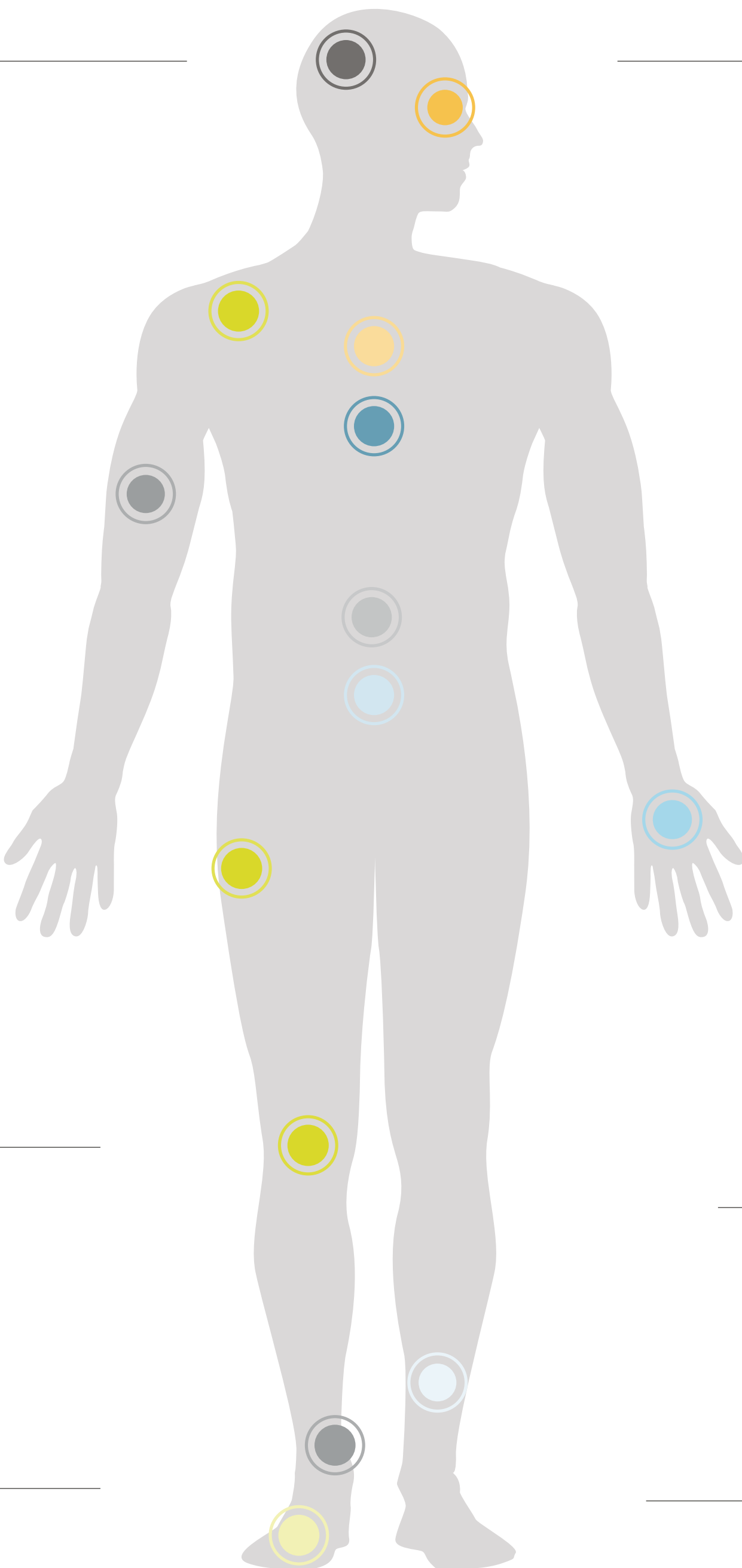
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**DECREASED SENSATION, STRANGE
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peripheral neuropathy

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

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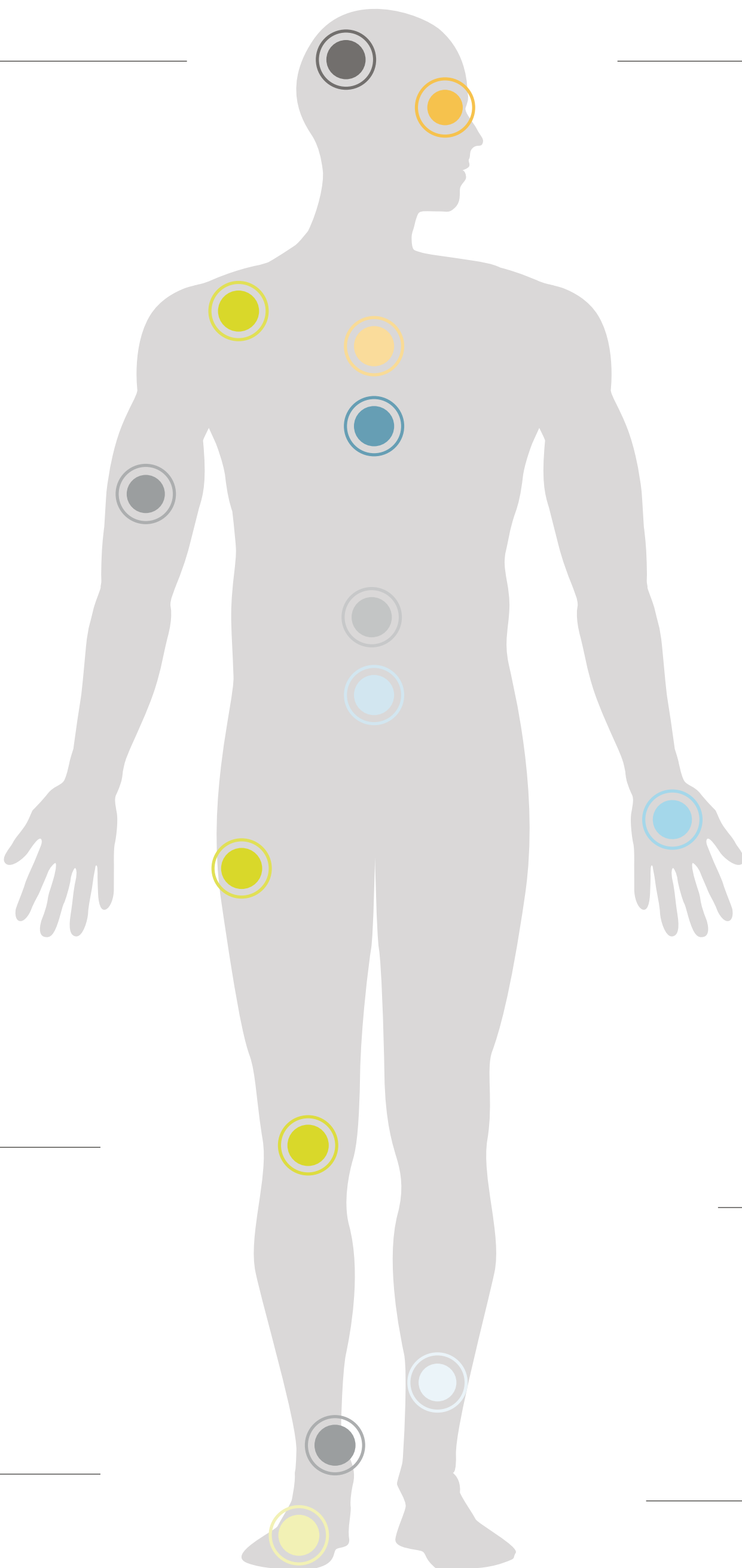
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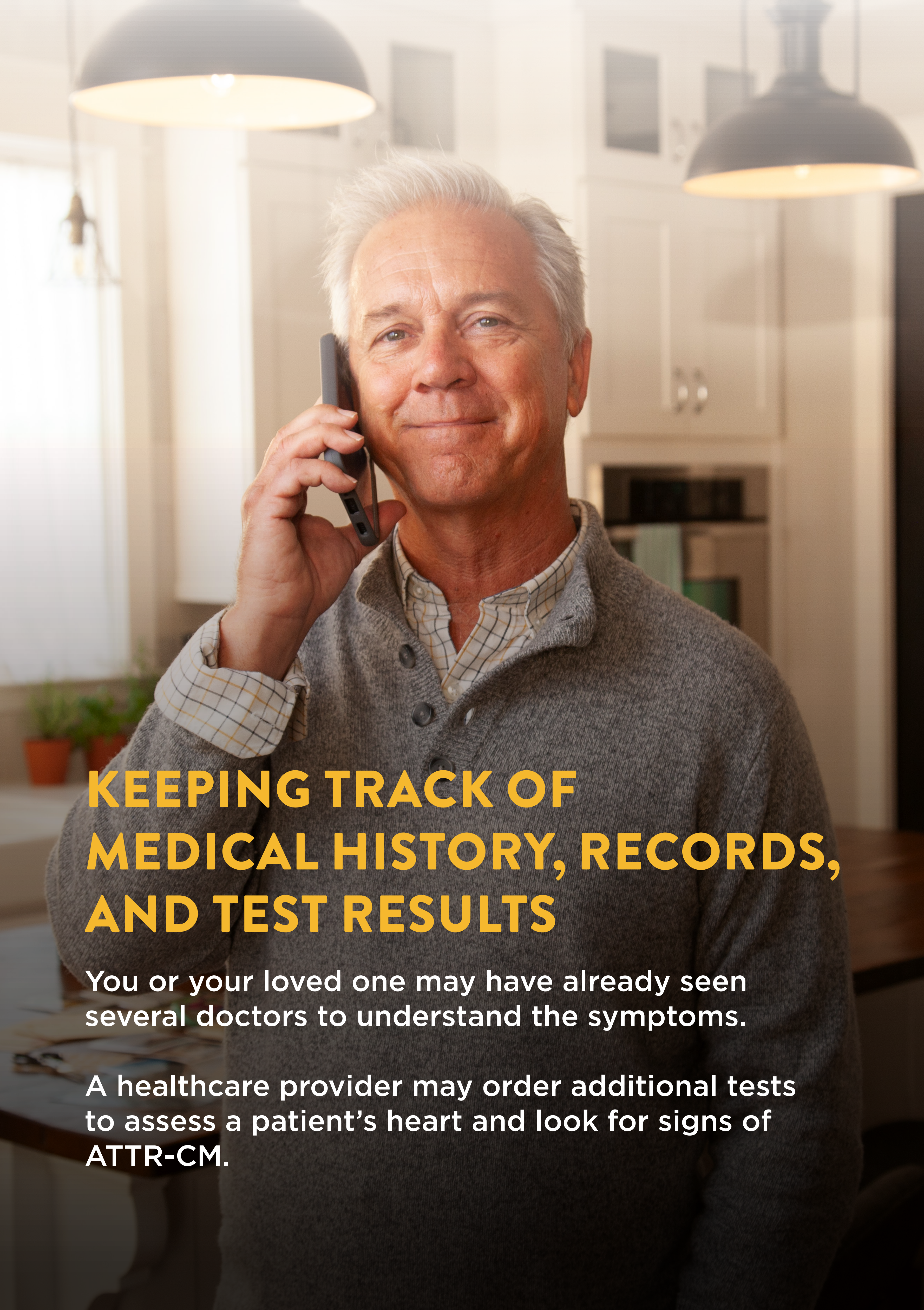
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SWELLING IN LOWER LEGS

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 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 the 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:

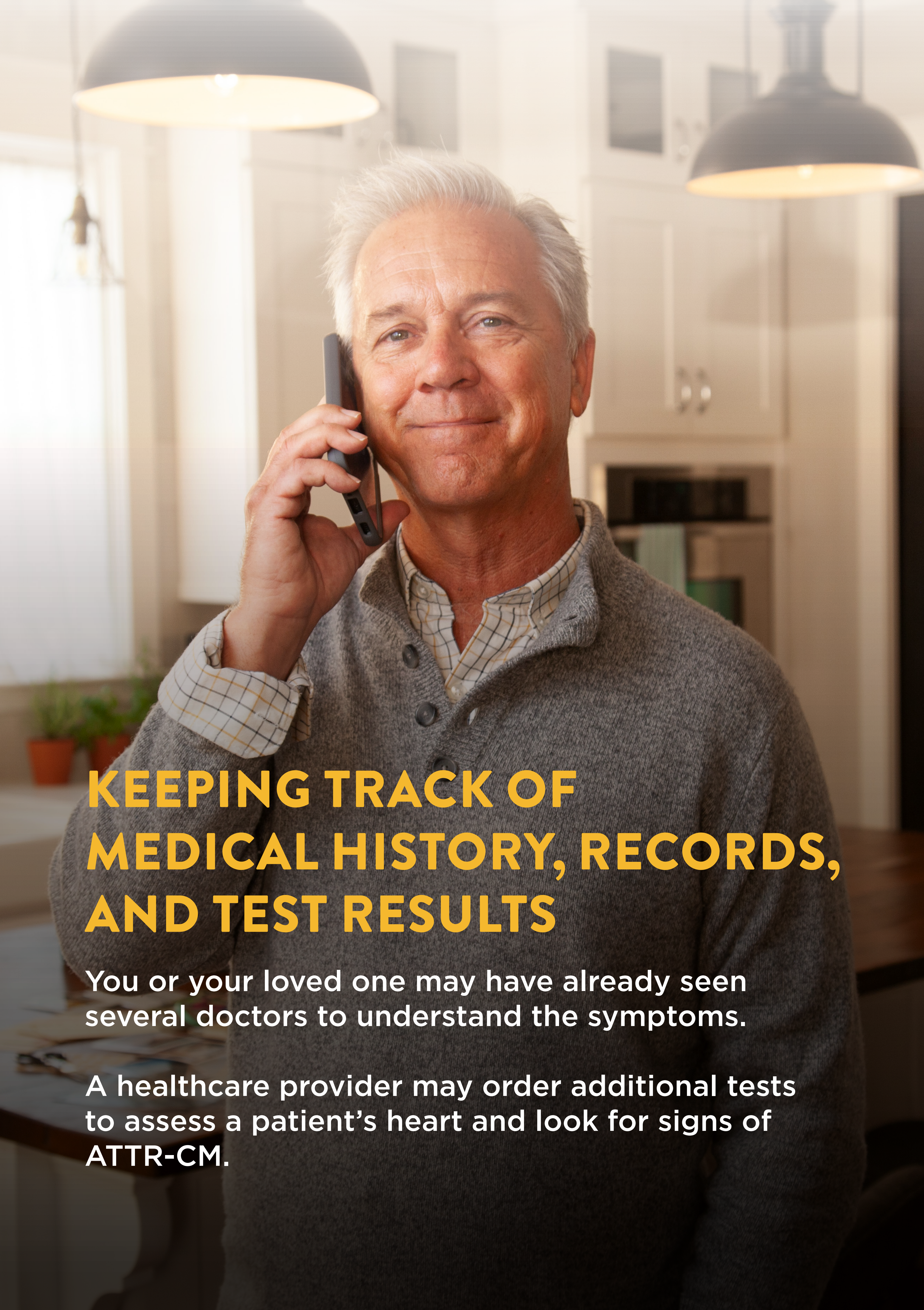


ELECTROCARDIOGRAM (ECG)

- 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.

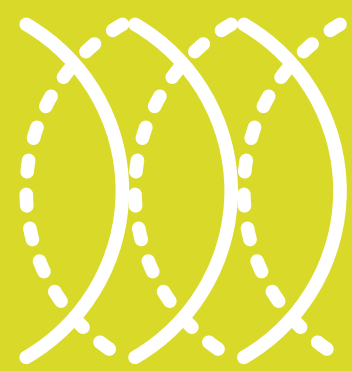
Please be sure to note if you or a loved one has any device implantations, past heart surgeries, or procedures, as they may prohibit certain types of testing.



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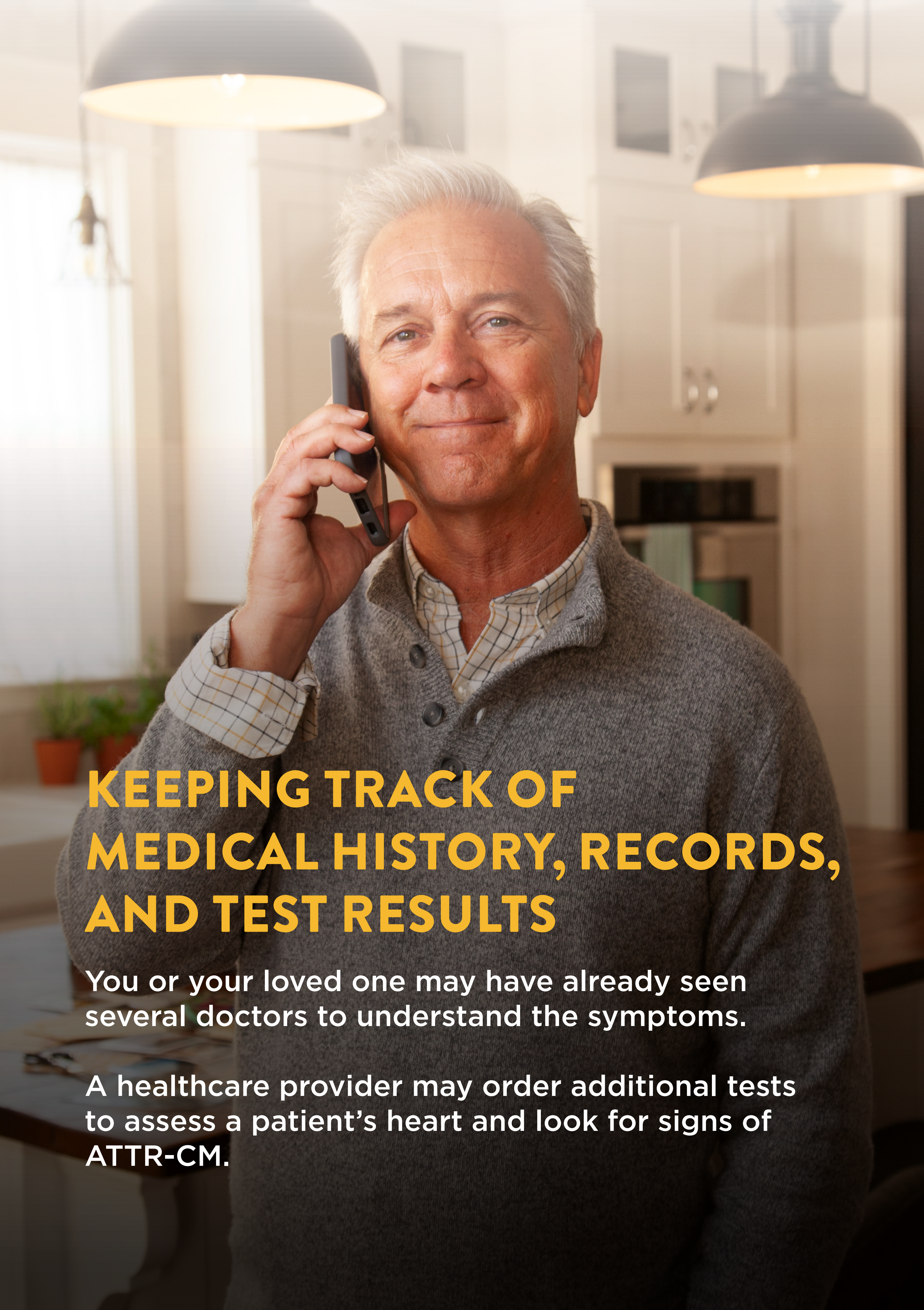


ECHOCARDIOGRAM (ECHO)

- Uses sound waves to create images of your heart
- Findings help determine the speed and direction of blood flow in the 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.

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CARDIAC MAGNETIC RESONANCE IMAGING (CARDIAC MRI)

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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?