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Heart failure patients, **IT'S TIME TO SEE THE BIGGER PICTURE**

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Carpal Tunnel Syndrome

Shortness of Breath

Irregular Heartbeat

Lower Back Pain

Your symptoms could add up to something more serious than you realize.

ATTR-CM (transthyretin amyloid cardiomyopathy) is a serious, underrecognized and underdiagnosed type of amyloidosis that affects the heart and is associated with heart failure.

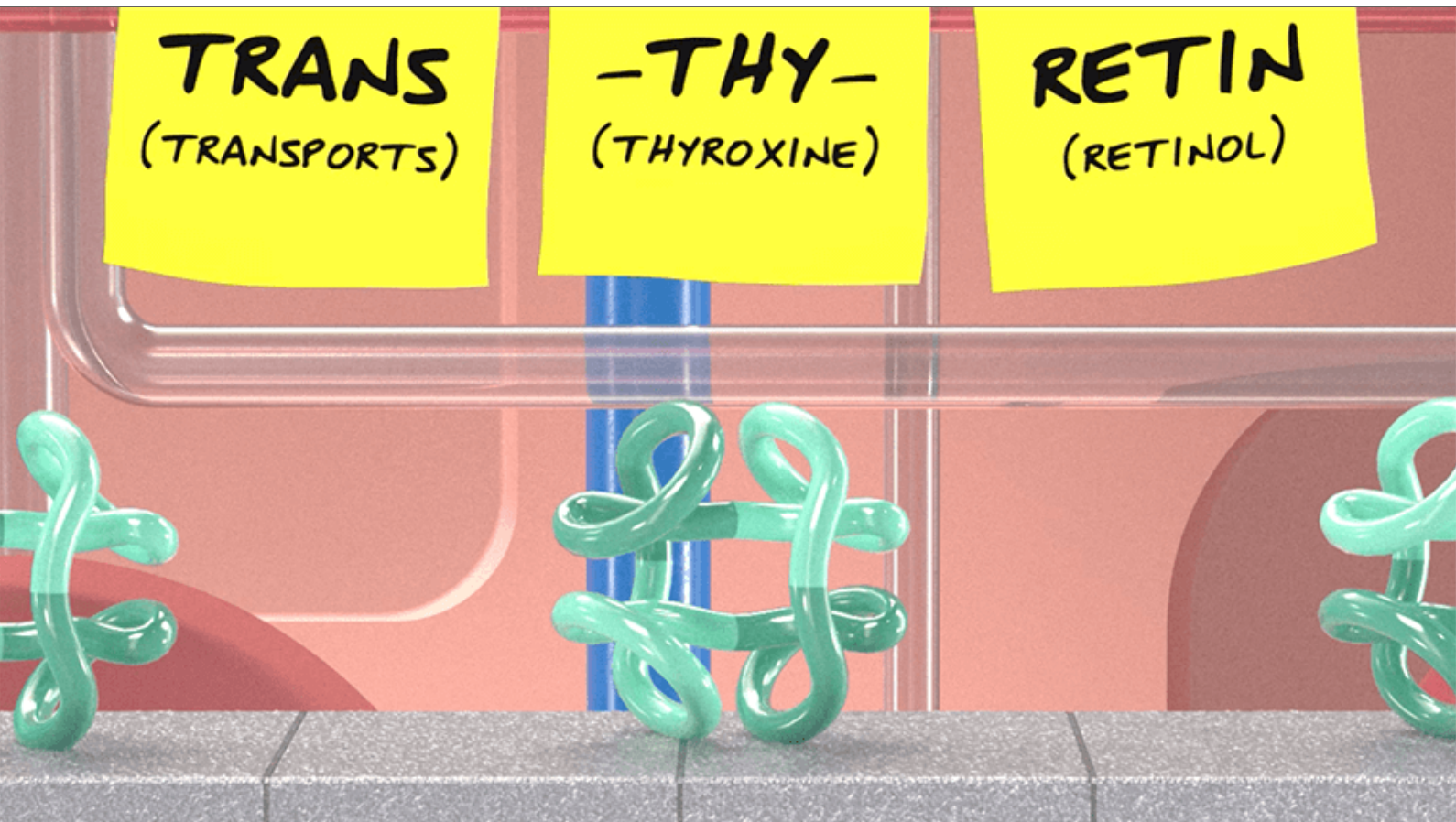


WHAT IS ATTR-CM?

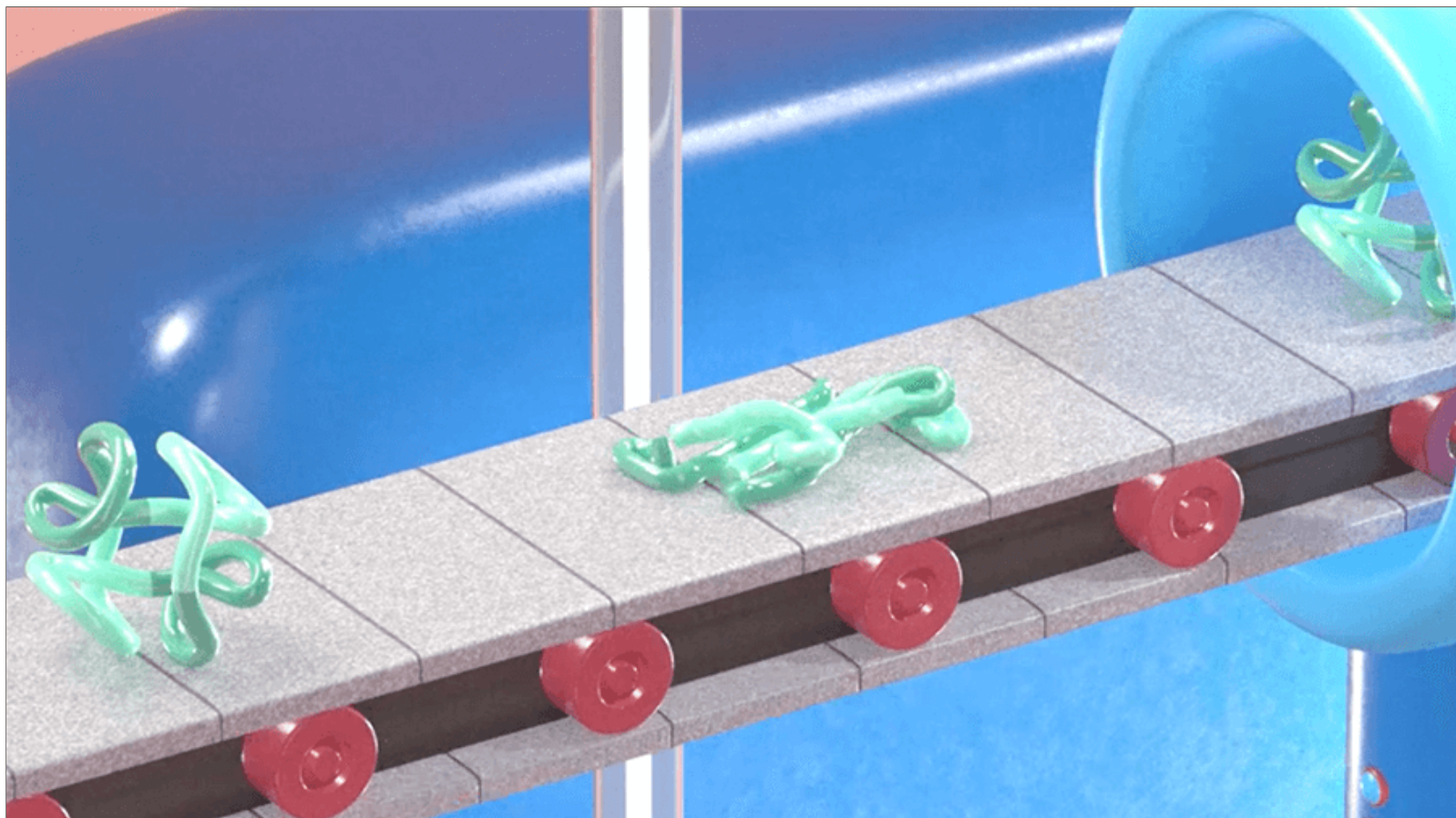
Amyloidosis is a group of diseases in which certain proteins change shape, or “misfold,” and can build up in different parts of the body. When these misfolded transthyretin proteins build up in your heart, it may lead to ATTR-CM, a serious and often underdiagnosed condition that is associated with heart failure.

Here’s what happens inside the body with ATTR-CM

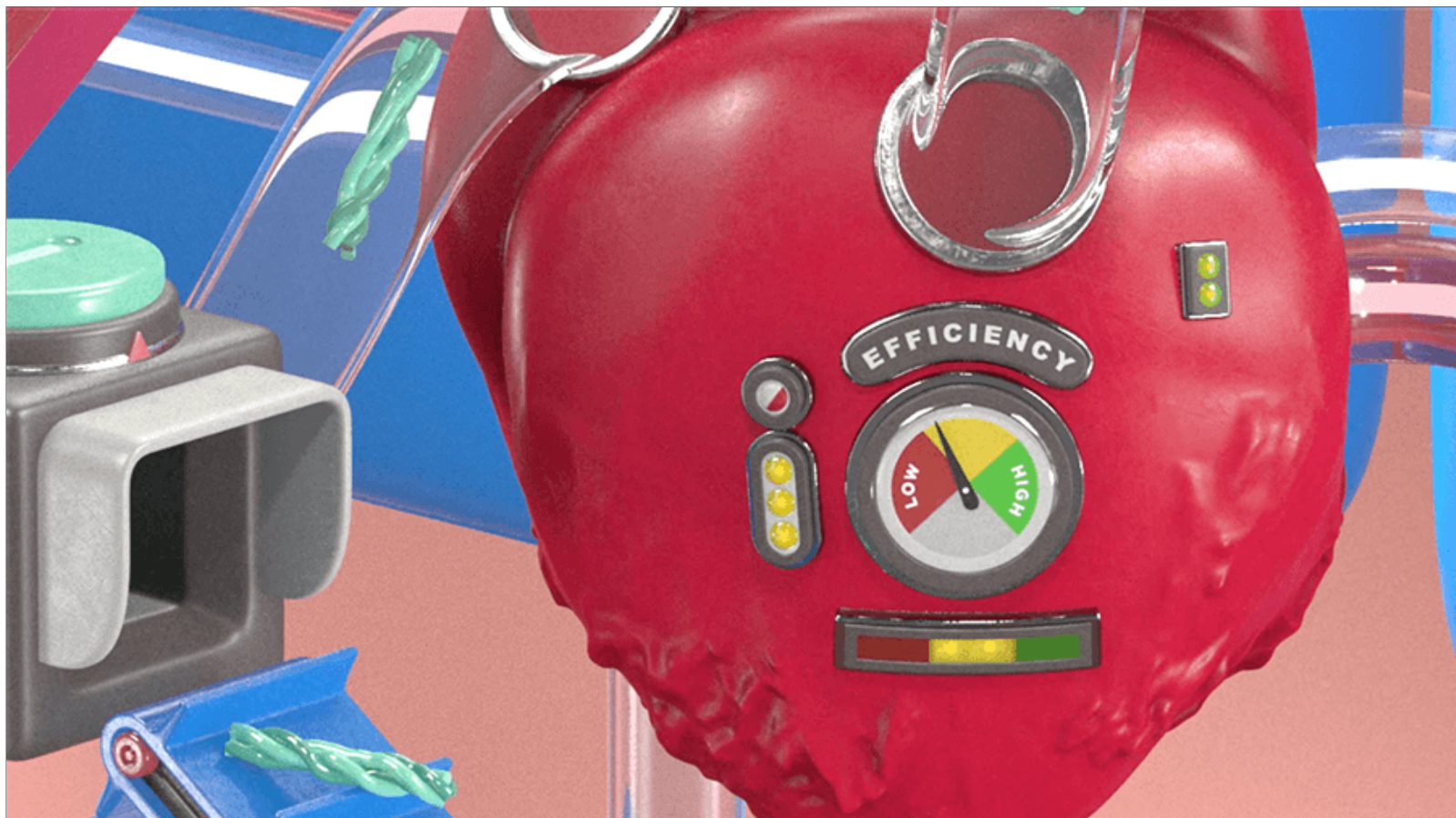
Imagine your body as a factory, composed of many systems working together to maintain your health. The liver is just one part of that system, but it carries out many important jobs that can affect your entire body, including the heart.



The liver produces **transthyretin**, a transport protein that carries the hormone thyroxine and vitamin A (retinol) throughout the bloodstream, including the heart.



When someone has ATTR-CM, either due to aging (wild-type) or an inherited genetic variant (hereditary), the protein **becomes unstable and misfolds**.



Over time, the misfolded proteins **join together and build up in the body**, including in the heart (causing the heart muscle to thicken and stiffen, eventually leading to heart failure).

WATCH MOD VIDEO >



TYPES OF ATTR-CM

There are 2 types of ATTR-CM

Types of ATTR-CM



WILD-TYPE ATTR-CM

(wtATTR)

- **Associated with aging**
- Most often affects white men over the age of 60
- May be the most common form of ATTR-CM



HEREDITARY ATTR-CM

(hATTR)

- **Caused by a change (or “mutation”) in one of your genes**
 - Passed down from a relative
 - Affects both men and women, with symptoms beginning as early as 50 to 60 years old
 - There are more than 120 known mutations that cause hATTR; the most common mutation in the United States is **V122I**
- HEART TALKS: PATIENT STORIES

Types of ATTR-CM



4%

V122i ALMOST EXCLUSIVELY AFFECTS AFRICAN AMERICANS

In the United States, the V122i mutation is found almost exclusively in individuals of African ancestry. Approximately 3-4% of African Americans in the US are thought to be carriers of the mutation. However, not all individuals with the V122i mutation develop symptoms of hereditary ATTR-CM.

UNDERSTAND THE SIGNS AND SYMPTOMS OF ATTR-CM

Did you know that some seemingly unrelated signs and symptoms could be caused by ATTR-CM? Your body may be sending you a message.

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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

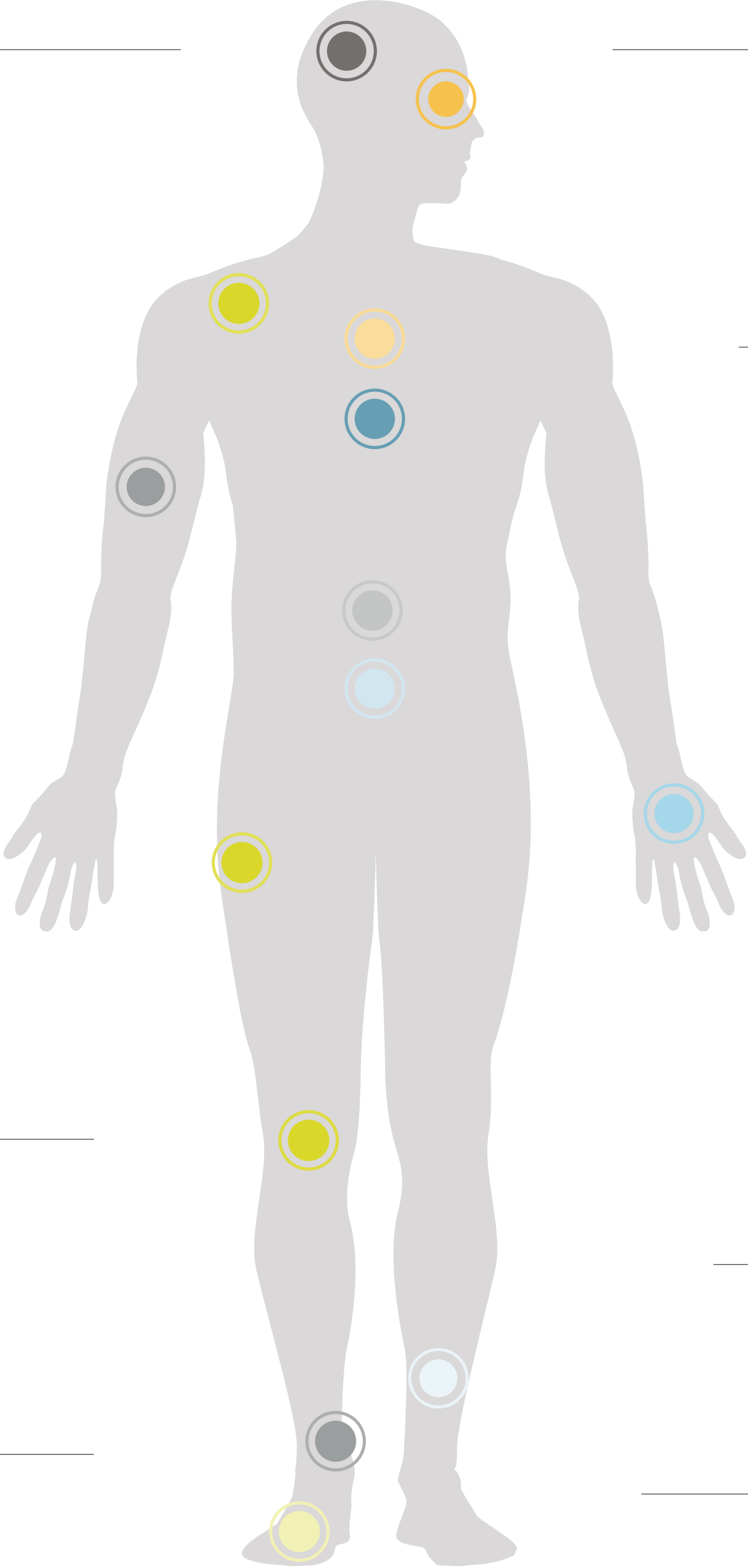
numbness, tingling, or pain in fingers

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.



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ATTR-CM can affect many organs in the body and can contribute to excessive tiredness or fatigue.

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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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TENDON RUPTURE

eg, biceps

Buildups of the TTR 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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Carpal Tunnel Syndrome

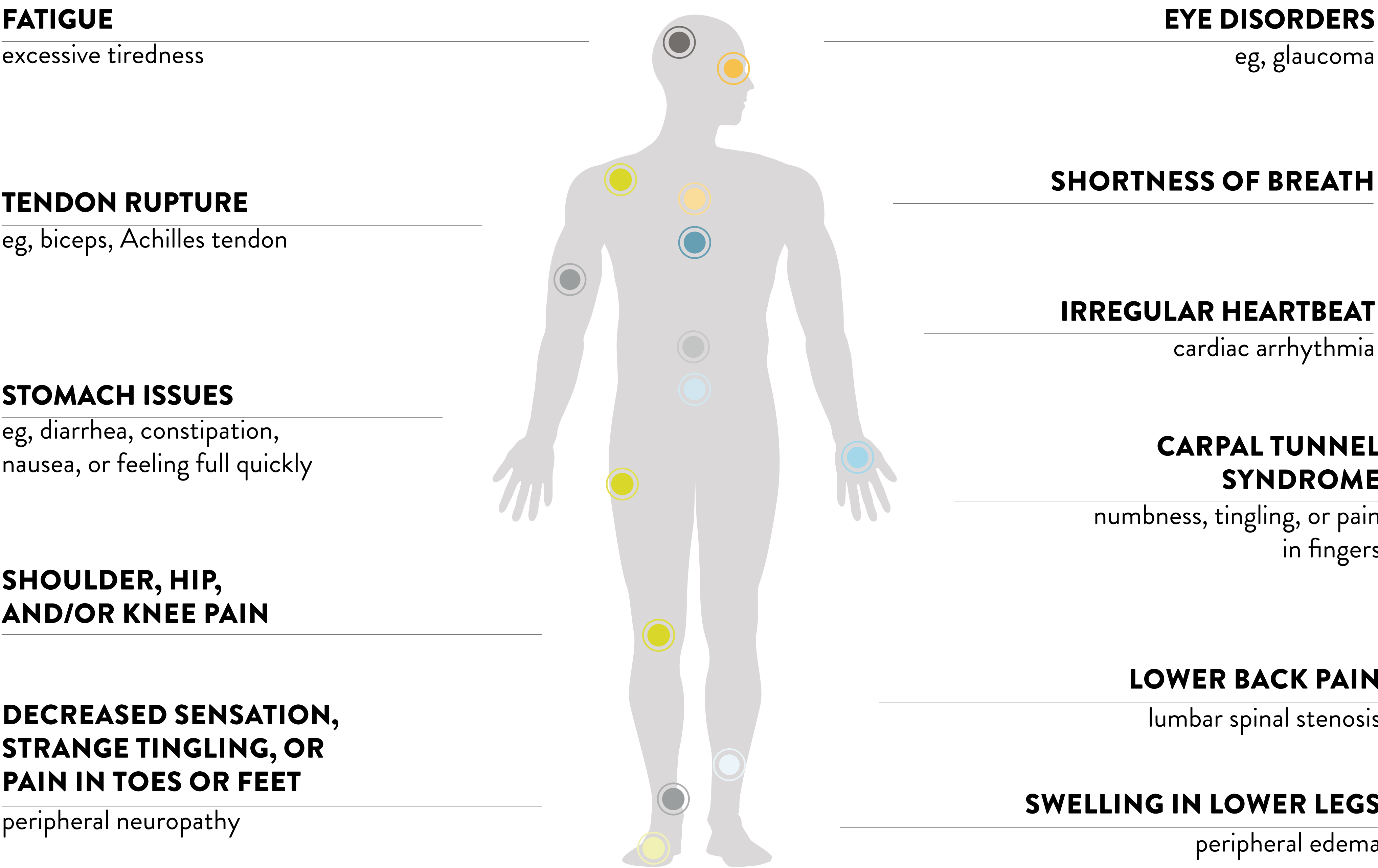
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SHORTNESS OF BREATH

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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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**.

< TYPES OF ATTR-CM

4

TALKING TO YOUR DOCTOR >

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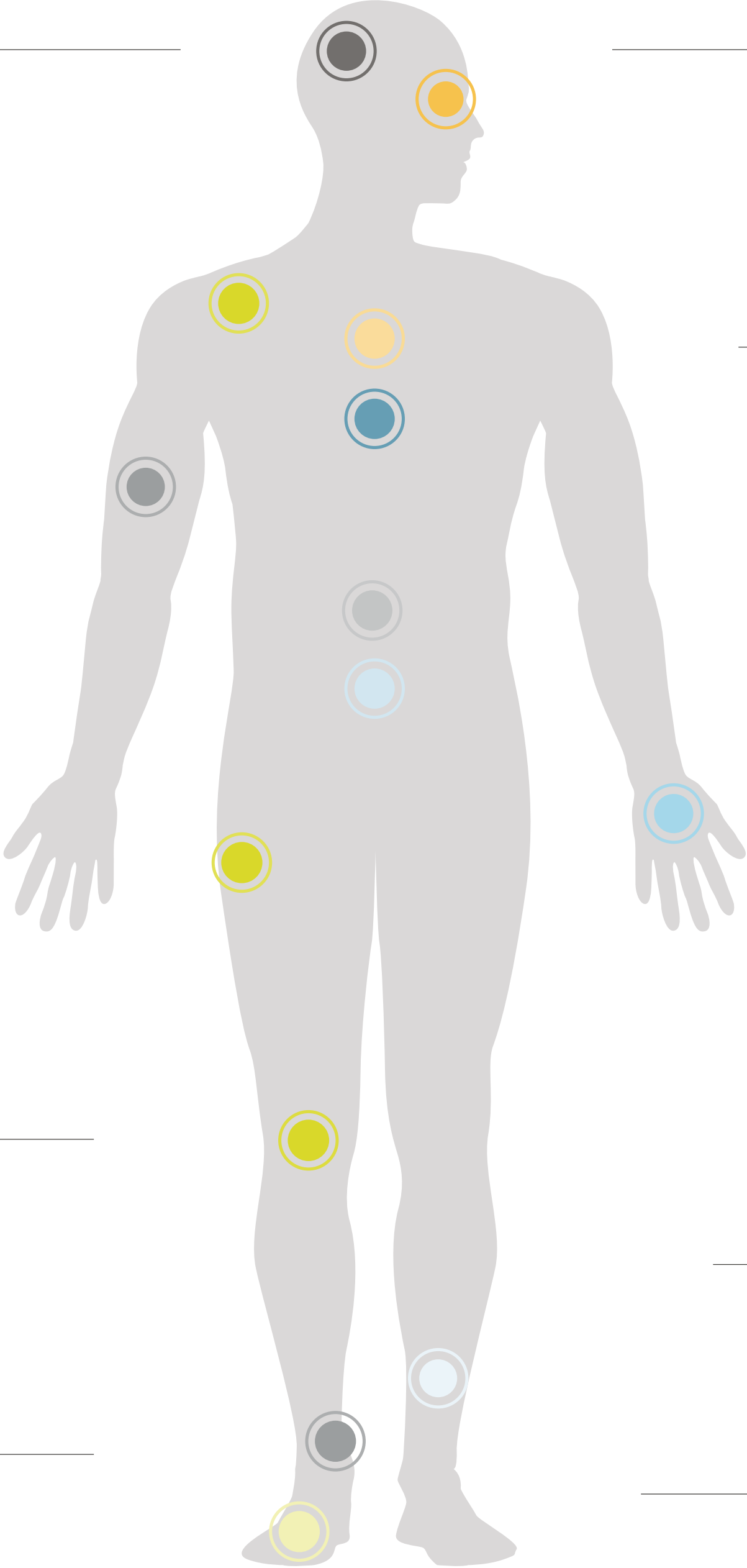
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STOMACH ISSUES

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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.

< TYPES OF ATTR-CM

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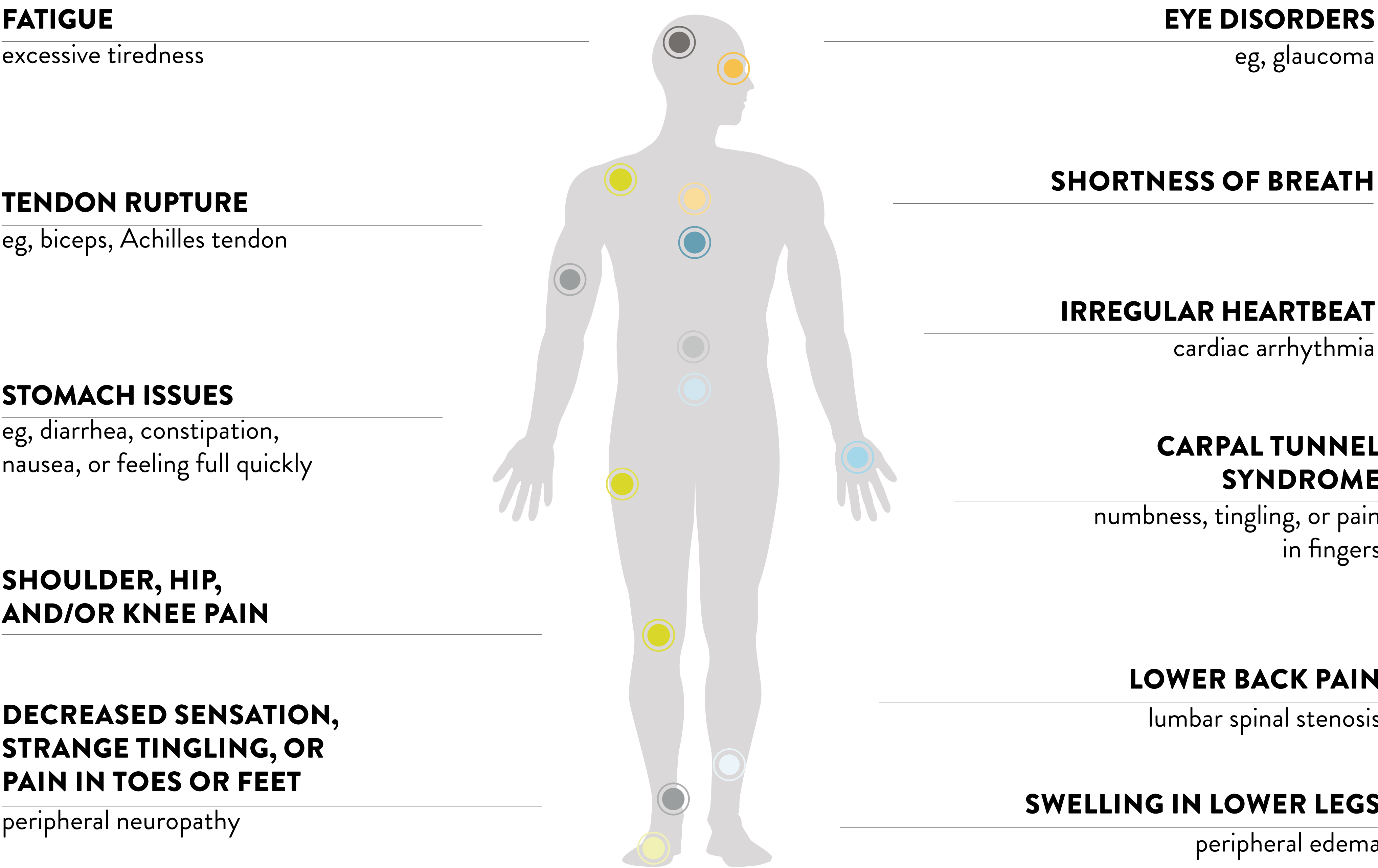
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BILATERAL CARPAL TUNNEL SYNDROME

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.

Heart Failure

Carpal Tunnel Syndrome

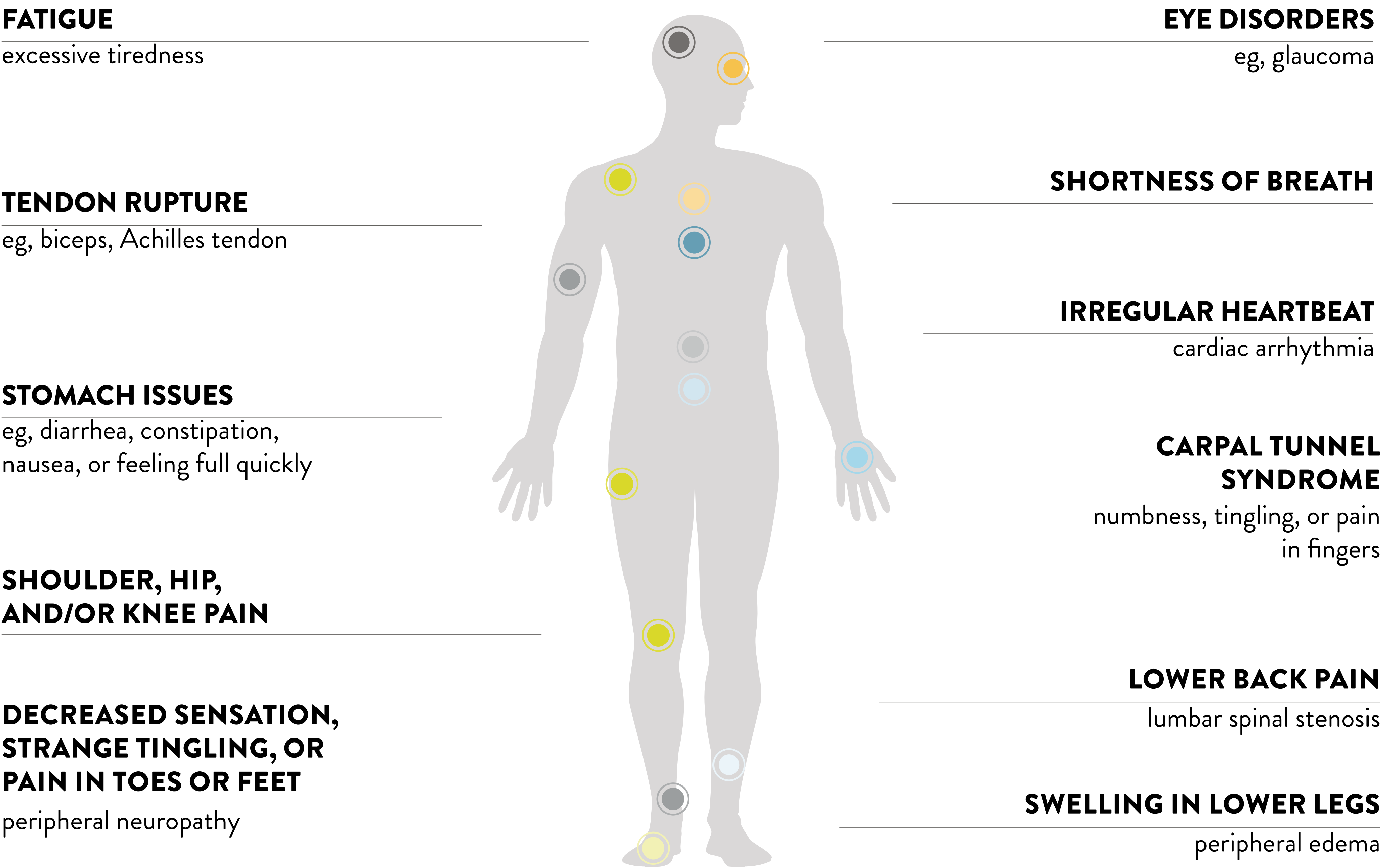
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SHOULDER, HIP, AND/OR KNEE PAIN

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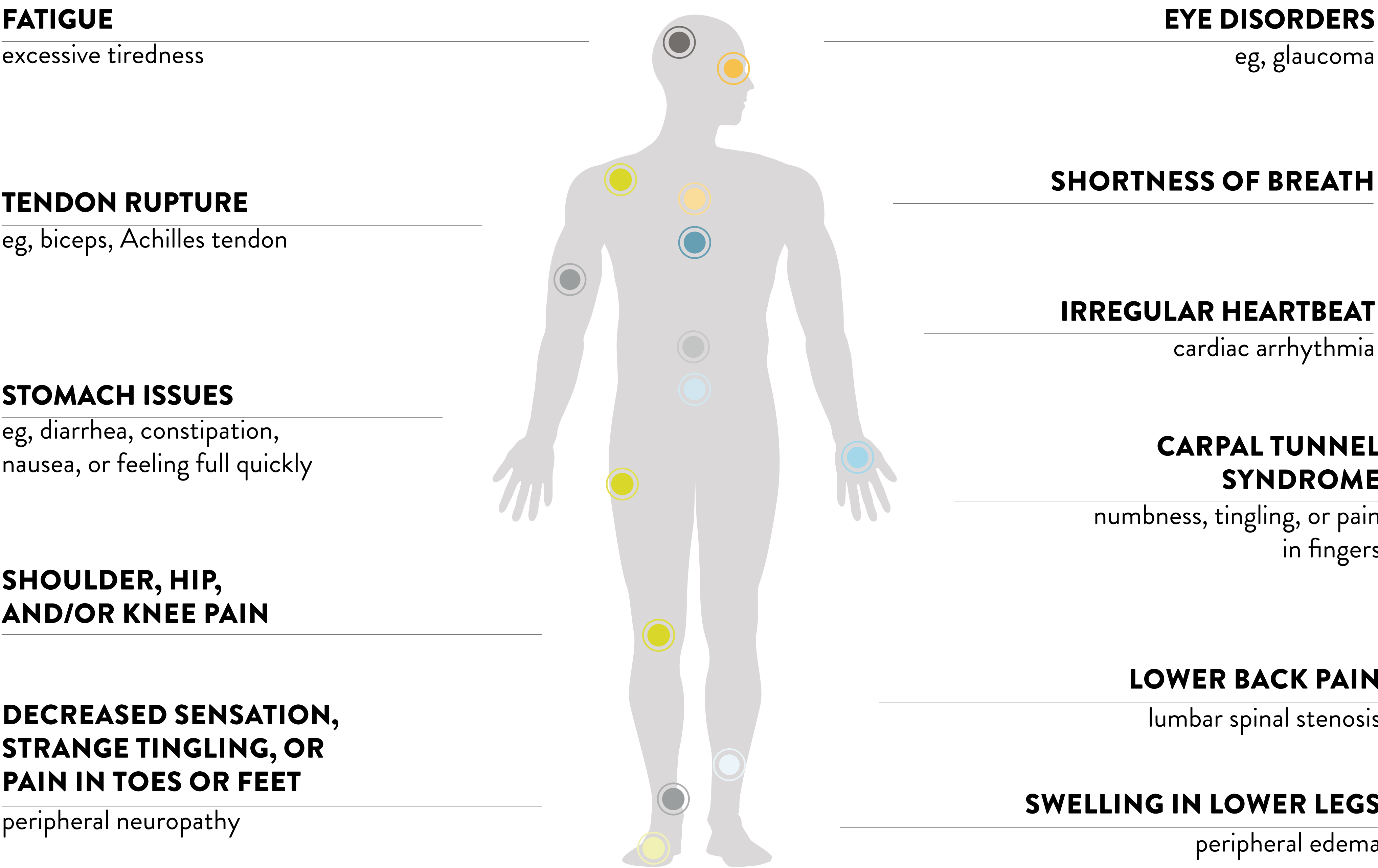
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PAIN OR NUMBNESS IN LOWER BACK/LEGS DUE TO NARROWING OF THE LOWER SPINE

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

peripheral neuropathy

Patients with **wild-type or hereditary 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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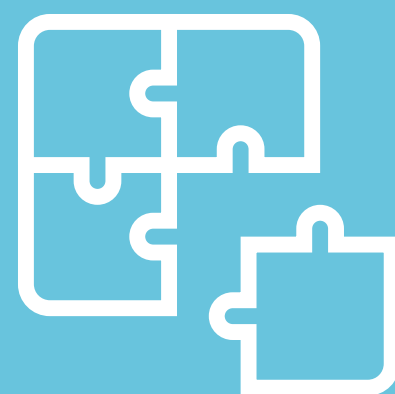
peripheral edema

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**.



The road to an ATTR-CM diagnosis can be complex and frustrating

But the more information you have, the better you'll be able to advocate for yourself on that journey.



Underdiagnosis and delayed diagnosis happen because the symptoms of ATTR-CM **mimic those of other more common causes of heart failure**



Some ATTR-CM patients report visiting **up to 5 different doctors** before receiving the correct diagnosis




Hear from patients about their journey to diagnosis

HEART TALKS: WATCH HERE >



Initial Tests

Your doctor may first order tests to assess how your heart is working and look for signs of ATTR-CM. While none of these tests are typically used to confirm an ATTR-CM diagnosis, they can help your doctor learn more about your heart and determine the need for additional diagnostic testing.



ELECTROCARDIOGRAM (ECG)

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



Your doctor must also rule out another form of cardiac amyloidosis, known as light-chain amyloidosis (AL), using blood and urine tests. This is an important step, as AL amyloidosis and ATTR-CM are managed in different ways.




SUSPECT ATTR-CM?

If your doctor suspects ATTR-CM based on clinical clues, they may conduct certain diagnostic tests for further evaluation.

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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



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CARDIAC MAGNETIC RESONANCE IMAGING (CARDIAC MRI)

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



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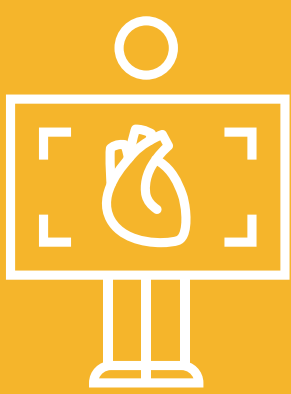


DIAGNOSING ATTR-CM

Once AL amyloidosis is ruled out, your doctor may order additional tests to help diagnose ATTR-CM.

Diagnostic tests

There are several tests that can help confirm a diagnosis of ATTR-CM or help determine whether you or a loved one are at risk.



NUCLEAR SCINTIGRAPHY a noninvasive imaging test

- A substance called a tracer is injected into your body
- After 1-3 hours, a special camera takes images of your body
- These images can help your doctor understand if transthyretin (TTR) amyloid fibrils are present in your heart
- Also referred to as a PYP (pyrophosphate) scan
 - PYP is not FDA approved for the diagnosis of ATTR-CM. Please consult individual labeling for risks

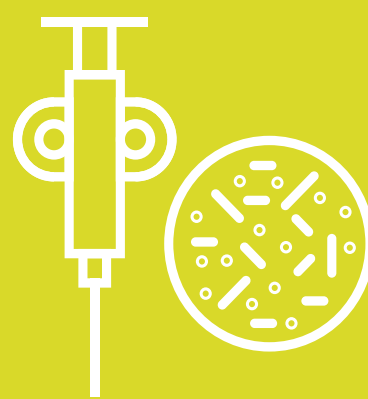


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CARDIAC BIOPSY

samples taken from your heart muscle tissue

- Your cardiologist conducts the biopsy while you are awake
- If amyloid fibrils are found in the removed tissue sample, it is sent out to a lab
- The lab can help determine if they are TTR amyloid strands or not
- Your doctor may also do biopsies from other parts of your body—but a cardiac biopsy is more accurate to detect ATTR-CM



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GENETIC TESTING

If you are diagnosed with ATTR-CM, genetic testing and counseling are recommended to determine whether you have the wild-type or hereditary form

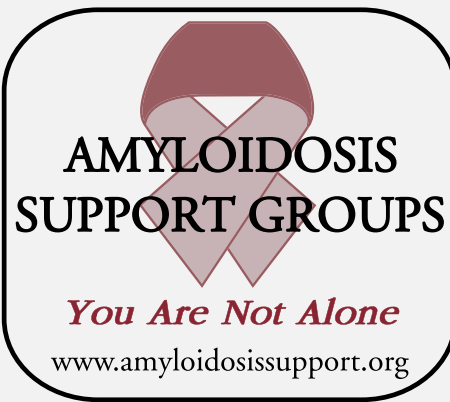
- Will help confirm or rule out the hereditary form of ATTR-CM (hATTR)
- Determines whether family members are at risk, as the mutation that causes hATTR can be inherited
- Usually performed using blood or saliva samples



YOU ARE NOT ALONE

Resources are available to help if you or a loved one have been diagnosed with ATTR-CM.

Resources



AMYLOIDOSIS SUPPORT GROUPS

- Provides education through support meetings, live in 30 cities
- Provides education through virtual webinars, as well as support groups on Facebook

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Don't miss out on important updates!

TELL ME MORE ABOUT ATTR-CM >



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AMYLOIDOSIS RESEARCH CONSORTIUM

- Provides comprehensive support and information for patients
- Accelerates development of and access to new and innovative treatments
- Drives research that will have the greatest impact on patients

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- Educates medical professionals
- Provides patients with a comprehensive range of services

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Being your loved one’s advocate

As a caregiver, you can play a vital role in every stage of your loved one’s journey with ATTR-CM, from helping identify early symptoms to assisting your loved one after a diagnosis is confirmed.



Because the symptoms are so varied, I do think as a caregiver, you have to participate. You have to be there. You have to show up. You have to take notes. I bring data, I bring dates, and I’m maybe a little pushy about it, but sometimes when Don is reticent, I’m there to speak up.

-JACKIE, Caregiver

How you can help

- Attend doctor’s appointments and take notes
- Check in with your loved one about how they’re feeling
- Talk to their doctor about any symptoms you’ve noticed
- Keep track of medical records and appointments
- Manage dietary needs and physical activity