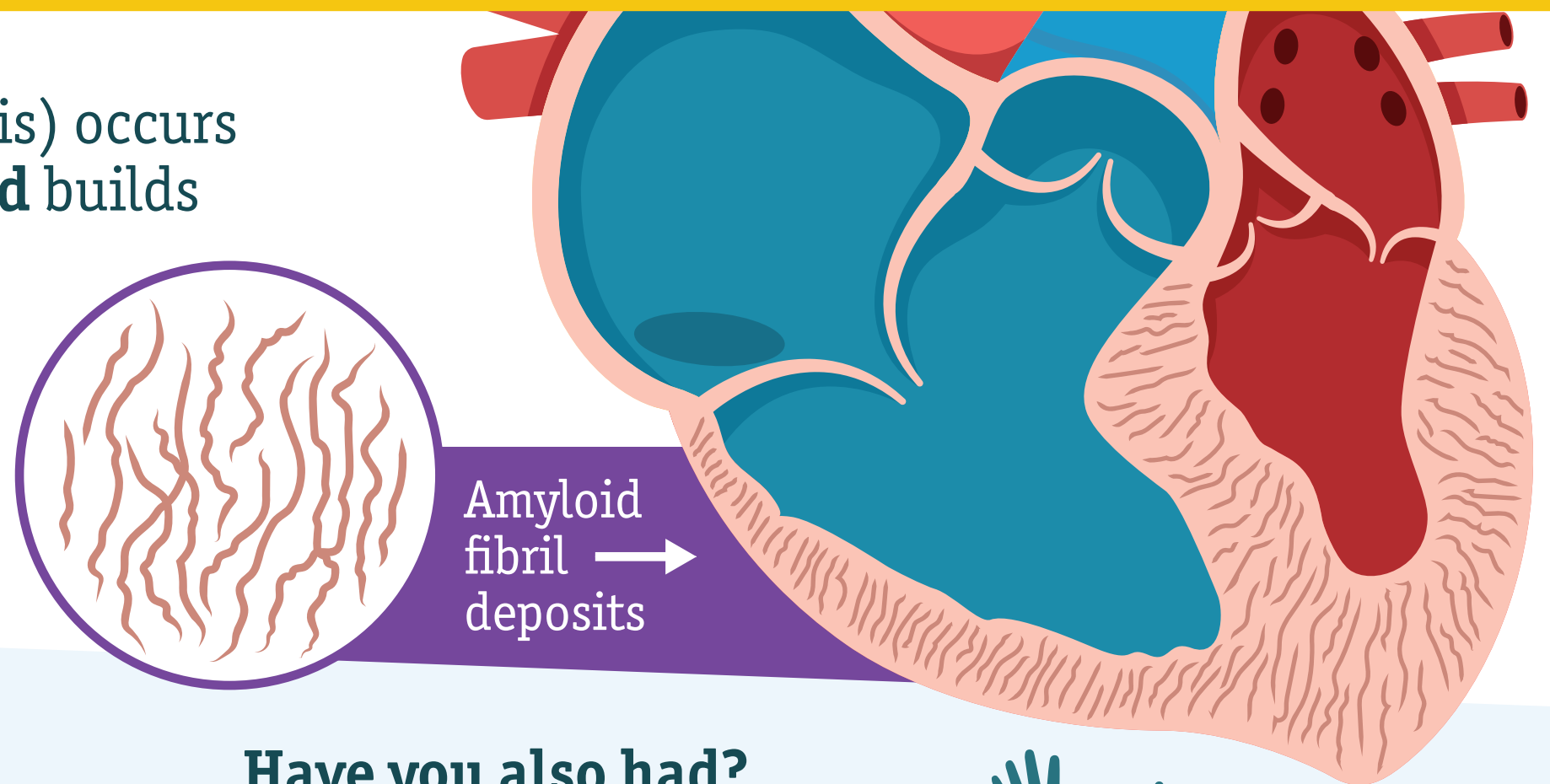


**Cardiac amyloidosis** (A-muh-loy-DOH-sis) occurs when an abnormal protein called **amyloid** builds up in the heart. As a result, the heart:

- ▶ Becomes thick
- ▶ Doesn't fill or pump well



## What it looks and feels like

### Heart signs and symptoms

- Fatigue
- Swelling in legs/feet
- Shortness of breath
- Atrial fibrillation



### + other clues

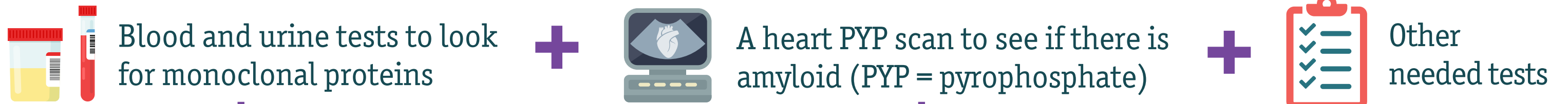
### Have you also had?

- Carpal tunnel – in both hands
- Weakness, numbness, pain mostly in feet
- Lower back pain from spinal stenosis
- Family history of amyloidosis, neuropathy



## Get the right tests

To determine which type you have and what treatment you need. Two main types of amyloidosis affect the heart.



If found, it may be light chain (**AL**) amyloidosis – a medical emergency

- A blood specialist (hematologist) treats this



If yes, it's likely transthyretin (**ATTR**) amyloidosis

- A cardiologist treats this
- Genetic testing is needed



## How to treat ATTR amyloidosis

Starting treatment early helps keep the disease from getting worse.



**Medications** can prevent more abnormal proteins from building up in the heart. Other types of medications are being studied that may:

- Stop the liver from making amyloid
- Remove amyloid deposits in the heart



**Healthy lifestyle**, including **limiting salt** (sodium) and **being active**.



For more information, visit [CardioSmart.org/CardiacAmyloidosis](https://www.cardiosmart.org/CardiacAmyloidosis)  
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