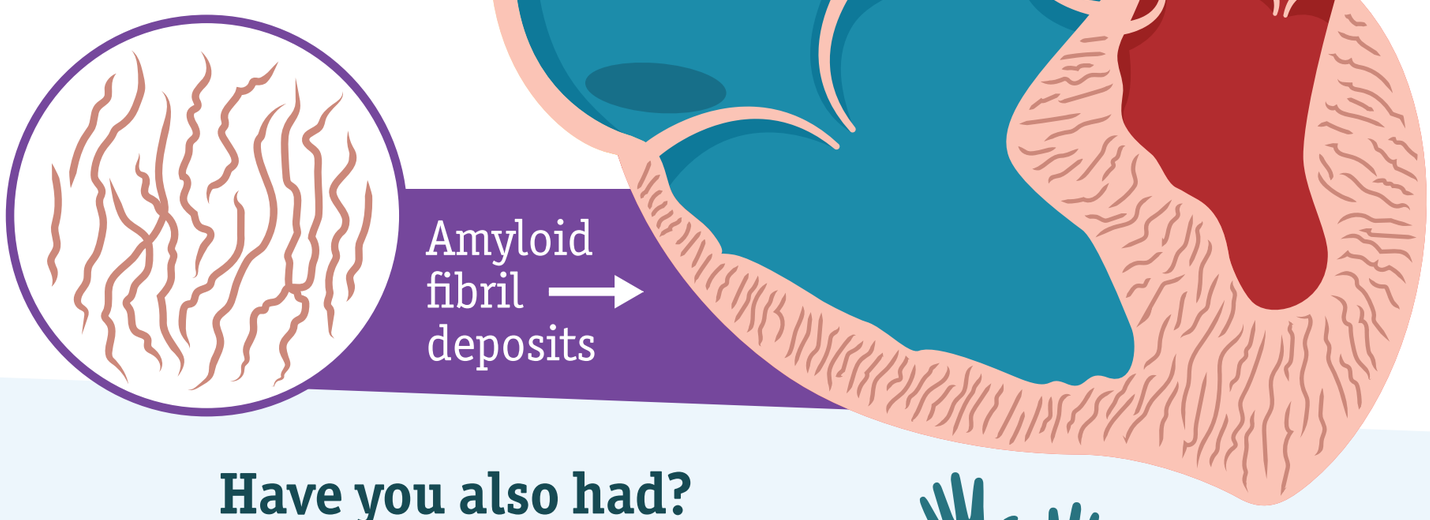
Cardiac Amyloidosis

CardioSmart
AMERICAN COLLEGE of CARDIOLOGY®

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.

Blood and urine tests to look for monoclonal proteins

If found, it may be light chain **(AL) amyloidosis** – a medical emergency
- A blood specialist (hematologist) treats this

+ A heart PYP scan to see if there is amyloid (PYP = pyrophosphate)

If yes, it's likely transthyretin **(ATTR) amyloidosis**
- A cardiologist treats this
- Genetic testing is needed

+ Other needed tests

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*

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