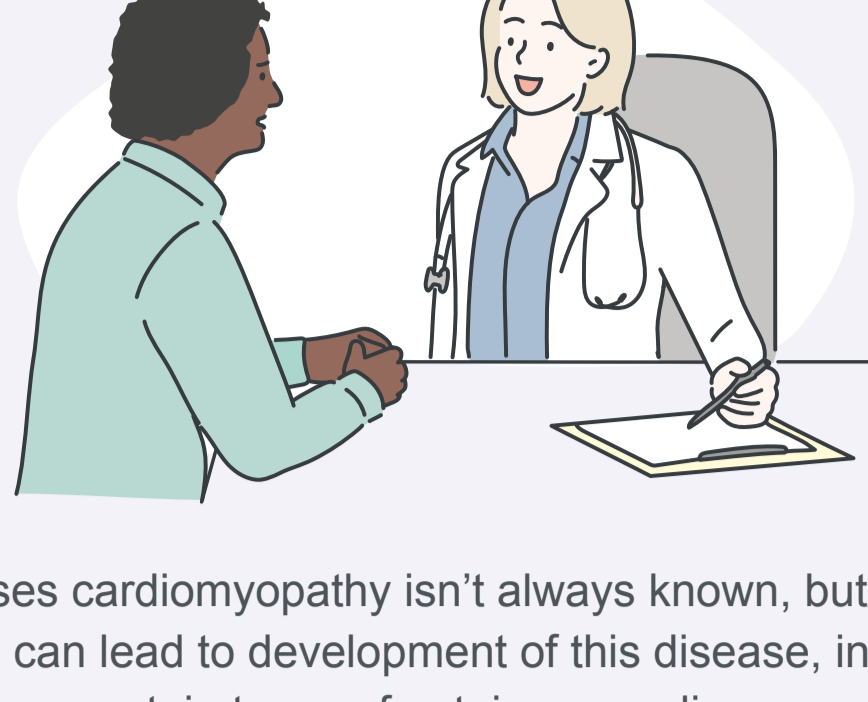


YOUR RISK FOR SERIOUS ILLNESS FROM COVID-19 IF YOU HAVE CARDIOMYOPATHY

What is Cardiomyopathy?

Cardiomyopathy is a disease of the heart muscle that makes it harder for the heart to pump blood to the rest of the body.¹ This can lead to complications including irregular heartbeats or heart failure.¹



What causes cardiomyopathy isn't always known, but certain conditions can lead to development of this disease, including family history, certain types of autoimmune disease, coronary heart disease, heart attack, thyroid conditions, diabetes, infection in the heart muscle, muscle conditions such as muscular dystrophy, and pregnancy.¹ Long-term substance abuse can also lead to cardiomyopathy.¹

While there are several types of cardiomyopathies,¹ two of the more common types are called:

- Hypertrophic – where the heart muscle becomes thicker than normal¹
- Dilated – where the heart muscle expands¹

Hypertrophic is the most common type of primary cardiomyopathy, affecting 1 in 500 people.²



Dilated cardiomyopathy most often occurs in people aged 40-59 years and affects 1 in 2500 people.²

Some things make cardiomyopathy different from other heart diseases, including³:

- It can affect young people³
- It may be associated with diseases involving either the heart or other organs³
- It tends to get worse over time, sometimes very quickly³
- It is often the result of gradual changes in the structure of the heart over time³

Cardiomyopathy and COVID-19

Heart conditions that may increase your risk of getting very sick* or going to the hospital from COVID-19 include cardiomyopathy as well as⁴:

- Heart failure⁴
- Coronary heart disease⁴

If you have one of the two main types of cardiomyopathies (hypertrophic or dilated) and you get infected by the COVID-19 virus, then you have a greater chance of being hospitalized than people who do not have your heart condition⁵.

You should also know that cardiomyopathy develops more frequently in people who have had a COVID-19 infection⁶.

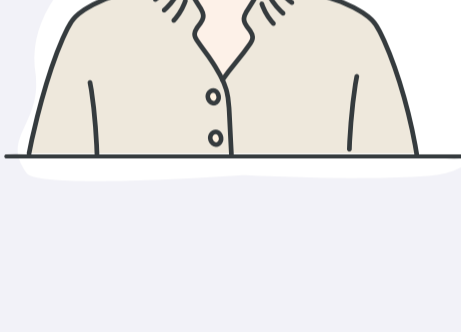
Transthyretin Amyloid Cardiomyopathy (ATTR-CM): A Rare Genetic Disorder

If you have ATTR-CM, you are more likely to become very sick* from a COVID-19 infection⁷.

Other health risks associated with ATTR-CM and COVID-19 include⁷:

- Increased risk of blood clotting⁷
- Heart problems⁷
- Digestive issues⁷
- Kidney problems⁷
- Breathing difficulty⁷
- Neurologic problems (affects your brain, spinal cord, or nerve endings in your limbs)⁷
- Vision problems⁷

If you are diagnosed with ATTR-CM and are older, have a sensitive immune system, or struggle with a preexisting medical condition like hypertension or heart failure, getting a COVID-19 infection can be harder on your body.⁷



WHAT YOU CAN DO

COVID-19 can be serious, but you can help prepare for it^{8,9}:

- Talk to your healthcare provider about getting vaccinated against COVID-19, including an updated booster if eligible¹⁰
- Understand your risk for severe COVID-19. Your risk is dependent on multiple factors, including age (50 years and older), underlying medical conditions, whether you have been vaccinated, and other risk factors. Talk to your healthcare provider about your personal risk.¹¹
- Know the signs and symptoms of COVID-19⁸
- If you have symptoms of COVID-19, get tested immediately. If you were exposed to COVID-19 and do not have symptoms, wait at least 5 full days after your exposure before testing¹²
- Talk to your healthcare provider about potential treatment options if you test positive for COVID-19 or have signs or symptoms of COVID-19¹³



ADDITIONAL REMINDERS FOR PEOPLE AT HIGH RISK FOR SERIOUS ILLNESS FROM COVID-19

The Centers for Disease Control and Prevention (CDC) provides some information on how to continue protecting your own and others' health⁴:

1

Take preventative measures

- Stay up to date with COVID-19 vaccinations
- Improve ventilation (moving air into, out of, or within a room)
- Get tested if you have symptoms
- Follow recommendations for what to do if you have been exposed
- Stay home if you have suspected or confirmed COVID-19
- Seek treatment if you have COVID-19 and are at high risk of getting very sick
- Avoid contact with people who have suspected or confirmed COVID-19
- Wear a mask or respirator (for example, N95)
- Increase space and distance (avoid crowded areas, or keep distance between yourself and others)

2

Seek care when needed

- Call your healthcare provider if you have any concerns about medical conditions or about having COVID-19. **If you need emergency help, call 911 right away.**
- Do not delay getting care for any existing medical conditions

3

Continue medications and preventative care

- Continue your medications as prescribed and do not change your treatment plan without talking to your healthcare provider
- Have at least a 30-day supply of your medications (both prescription and non-prescription)
- Follow your current treatment plan to keep your medical condition(s) under control
- Keep appointments with your healthcare provider, when possible
- Learn about stress and coping. It can be helpful to talk with a healthcare provider if you are experiencing increased stress.

4

Accommodate dietary needs and avoid triggers

- Have food options readily available that last for a long time without spoiling, and meet your needs based on your medical condition(s)
- Know the triggers of your medical condition and avoid them when possible

*Getting very sick (being severely ill) with COVID-19 means that a person is more likely to be hospitalized, need intensive care, require a ventilator to help them breathe, or die.⁴

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