

Is it oHCM?

A PATIENTS GUIDE TO UNDERSTANDING HYPERTROPHIC CARDIOMYOPATHY (HCM) VS. OBSTRUCTIVE HYPERTROPHIC CARDIOMYOPATHY (OHCM)



WHAT IS HYPERTROPHIC CARDIOMYOPATHY HCM?

HCM is a condition where the heart muscle becomes thicker than normal, which makes it harder for the heart to pump blood properly. The thickening usually affects the septum, the wall between the left and right sides of the heart.



WHAT IS OBSTRUCTIVE HYPERTROPHIC CARDIOMYOPATHY OHCM?

oHCM is a specific type of HCM. In oHCM, the thickened heart muscle blocks blood flow out of the heart. This blockage can cause more symptoms and complications than HCM without obstruction.

HOW TO TELL THE DIFFERENCE



DIAGNOSIS OF HCM

- **Echocardiogram:** An ultrasound that shows the thickened heart muscle.
- **MRI:** Provides detailed images of the heart's structure.
- **Genetic Testing:** Can identify if you have the gene that causes HCM.



DIAGNOSIS OF OHCM

- **Echocardiogram with Doppler:** Shows both the thickened heart muscle and how well blood is flowing.
- **Exercise Stress Test:** Helps find out how severe the blockage is during exercise.
- **Cardiac Catheterization:** Measures pressure inside the heart to check how much blood flow.

SYMPTOMS: HCM VS. OHCM



HCM SYMPTOMS

- **Chest Pain:** Often felt during or after physical activity.
- **Shortness of Breath:** Difficulty breathing, especially when active.
- **Palpitations:** Feeling like your heart is racing or pounding.
- **Fatigue:** Feeling very tired or exhausted.
- **Dizziness or Fainting:** Can happen if the brain isn't getting enough blood.



OHCM SYMPTOMS

- **All HCM Symptoms:** Including chest pain, shortness of breath, palpitations, fatigue, and dizziness or fainting.
- **Increased Shortness of Breath:** The blockage makes it harder for the heart to pump blood.
- **Frequent Chest Pain:** The heart has to work harder to pump blood past the blockage.
- **Exertional Syncope:** Fainting during or after exercise because the heart can't pump enough blood.



HCM TREATMENT

- **Medications:** Beta-blockers, calcium channel blockers, and other drugs to help with symptoms.
- **Lifestyle Changes:** Eat a healthy diet, exercise regularly (but avoid heavy exercise), and don't smoke.



OHCM TREATMENT

- **Medications:** Similar to HCM, but with more focus on reducing the blockage.
- **Cardiac myosin inhibitors:** help by calming down the muscle, so the heart doesn't squeeze so forcefully. This helps the heart relax better and makes it easier for blood to flow in and out.

LIVING WITH HCM AND OHCM

Both conditions require regular visits to your heart doctor, taking medications as prescribed, and making lifestyle changes. Since these conditions can be passed down in families, it's important to consider genetic counseling and have family members screened.

Procedures:

- **Septal Myectomy:** Surgery to remove part of the thickened heart muscle.
- **Alcohol Septal Ablation:** A non-surgical procedure where alcohol is injected to shrink the obstructed area.
- **Implantable Devices:** Pacemakers or defibrillators to control heart rhythm problems.



SUPPORT AND RESOURCES

- **Support Groups:** Connect with others who have HCM or oHCM for support.
- **Educational Resources:** Stay informed about treatments and research.
- **Advocacy:** Get involved in raising awareness and supporting research.



HEARTLIFE ACADEMY

For more information on HCM and oHCM and other support please visit us at heartlife.ca/academy/



HeartLife FOUNDATION

Canada's patient-led heart disease charity
"It's About Life, Not Failure™"



join us at heartlife.ca

Our Mission

The HeartLife Foundation is a patient-driven charity whose mission is to transform the quality of life for people living with cardiovascular diseases by engaging, educating, and empowering a global community. We aim to create lasting solutions, drive innovation, and build healthier lives for patients, caregivers, and families worldwide.