

Your ATTR-CM Doctor Discussion Guide



You can use this guide to help you talk with your cardiologist about your symptoms and about transthyretin cardiac amyloidosis (ATTR-CM) during your next visit.

- The guide includes a list of possible questions you can ask your cardiologist to get the discussion started.
- The presence of the selected symptoms below is not necessarily an indication of ATTR-CM, so it is important to discuss any symptoms you may experience with your doctor.
- As a reminder, this summary is provided for informational purposes only and is not intended to replace discussions with a healthcare provider.

Responses

Age

- ☐ 18 - 49 years
- ☐ 50 - 60 years
- ☐ 61 - 70 years
- ☐ Over 70

Sex assigned at birth

- ☐ Male
- ☐ Female
- ☐ Prefer not to say

Have you ever been diagnosed with heart failure?

- ☐ Yes
- ☐ No

Do you have a family history of heart failure?

- ☐ Yes
- ☐ No

Symptoms

- ☐ **Carpal tunnel syndrome**
(numbness, tingling, or pain in fingers)
- ☐ **Decreased or strange tingling sensation/pain in toes/feet** (peripheral neuropathy)
- ☐ **Eye disorders** (e.g., glaucoma)
- ☐ **Fatigue** (excessive tiredness)
- ☐ **Irregular heartbeat** (cardiac arrhythmia)
- ☐ **Pain or numbness in lower back/legs due to narrowing of lower spine** (lumbar spinal stenosis)
- ☐ **Shortness of breath**
- ☐ **Shoulder, hip, and/or knee pain**
- ☐ **Stomach issues** (e.g., diarrhea, constipation, nausea, or feeling full quickly)
- ☐ **Swelling in lower legs** (peripheral edema)
- ☐ **Tendon rupture** (e.g., biceps, Achilles tendon)
- ☐ **None of the above**

Medications

Please list any medications you are currently taking:

Additional notes

Questions to ask your doctor

I understand that ATTR-CM could affect me in different ways. Should I seek additional specialists to be a part of my care team?

How quickly could this condition progress? How about the hereditary form of ATTR-CM?

As a possible cause of my heart failure, based on my family history, do you think I should explore ATTR-CM further?

Do you have experience with genetic testing and counseling for ATTR-CM, or can you recommend a local specialist?

If you've had any tests like an electrocardiogram (ECG) or echocardiogram (ECHO), consider sharing those results during this conversation. Previous heart surgeries may also prohibit certain types of testing for ATTR-CM, so be sure to note if you've had any procedures or device implantations. Please share any family history of any relatives you know who have had heart failure and/or ATTR-CM.

Resources

Learn more about ATTR-CM

<https://www.pfizerforall.com/attr-cm>

Find an ATTR-CM specialist

[https://amyloidosis.org/
resources#treatment-centers](https://amyloidosis.org/resources#treatment-centers)

Amyloidosis Support Groups

<https://www.amyloidosisupport.org>

Amyloidosis Research Consortium

<https://arci.org>

Amyloidosis Foundation

<https://amyloidosis.org>

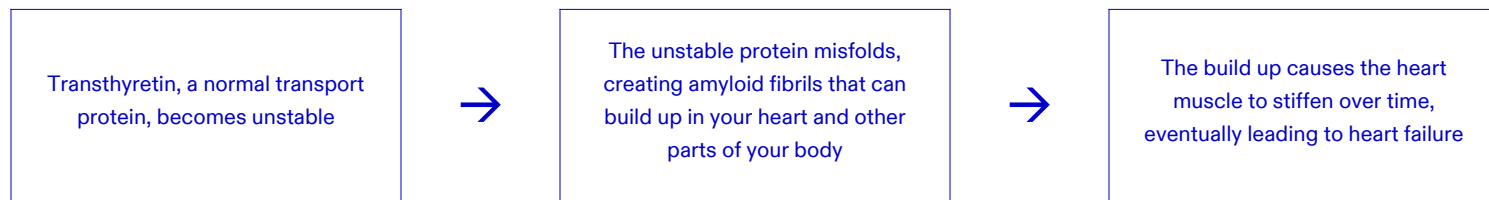
About ATTR-CM

ATTR-CM stands for transthyretin amyloid cardiomyopathy, a type of cardiac amyloidosis.

ATTR-CM is a rare but life-threatening condition that affects the heart and is associated with heart failure. It's the result of misfolded proteins that build up in the heart and body over time, eventually leading to heart failure.

Awareness of ATTR-CM is low, even among some healthcare professionals. Symptoms of ATTR-CM can often mimic common symptoms of heart failure, such as shortness of breath and swelling in the lower legs and feet.

When you have ATTR-CM:



Types of ATTR-CM

Wild-type ATTR-CM (wtATTR)

is associated with aging and is thought to be the most common form of ATTR-CM, usually affecting men over the age of 60.

Hereditary ATTR-CM (hATTR)

may be inherited from a relative and affects both men and women, with symptom onset occurring in people as early as their 50s or 60s. In the US, the most common type (V122I) is found almost exclusively in people of African American descent.

Signs & Symptoms of ATTR-CM

Because of the impact ATTR-CM has on the heart, the disease often presents with symptoms of heart failure, such as:

- shortness of breath
- fatigue
- swelling in the lower legs and feet
- other symptoms related to buildup of amyloid fibrils throughout the body

While these signs and symptoms don't necessarily indicate that you have ATTR-CM, if you have heart failure, it is important to speak with your cardiologist about your full health condition.

ATTR-CM is an underdiagnosed cause of heart failure, so if the symptoms described above sound familiar to you—or to someone you're researching for—talk to a cardiologist.