

SUNDAY MORNING Health Corner

Hypertrophic cardiomyopathy (HCM)

Hypertrophic cardiomyopathy, or HCM, is a heart condition that occurs when the heart muscle thickens, making it difficult for the heart to pump blood to the rest of the body. Many people don't even know they have it because its symptoms can be similar to other conditions, which can make it difficult to diagnose.

Common HCM symptoms can include:

- Shortness of breath
- Unexplained tiredness
- Chest pain
- Rapid heartbeat
- Dizziness
- Fainting

People with HCM may experience additional symptoms not represented here. Symptoms can be representative of many conditions. Only a healthcare provider can determine whether these symptoms indicate HCM or another condition.

- HCM affects an estimated **1 in 500** people and possibly as high as **1 in 200***
- It has been estimated that **~700,000** adults in the US have HCM, yet **~85%** of those adults may remain undiagnosed^
- HCM is the most common inherited heart disease and can run in families

Professional basketball player Jared Butler recently shared publicly that he is living with HCM. Jared was diagnosed as a college freshman during a physical examination required for Division 1 athletes at his school. The diagnosis put his dreams of playing professional basketball in jeopardy, but also served to strengthen his commitment to his faith. His relationship with Christ helped put his diagnosis in perspective, with the recognition that certain life events like this were out of his control. Today, Jared manages his HCM under the care of his physician and continues to play professional basketball. While Jared has been able to continue playing basketball, his experience with HCM is different from others living with the condition. He is passionate about raising awareness of this often undiagnosed heart condition.



Jared Butler: an actual patient living with HCM.

Visit CouldItBeHCM.com to learn more

*The CARDIA study (published in 1995), was a multicenter, US-population-based echocardiography study of 4111 subjects (aged 23–35), that estimated the prevalence of HCM in the general population to be 1:500 people. The 2015 Semsarian publication estimated that the prevalence of HCM-gene carriers could be as high as 1:200.

^ Based on a 2013 ICD-9 claims database analysis (N=169,089,614) that estimated/concluded: 1. ~ 600,000 patients with undiagnosed HCM (based on analysis' assumption that 1 in 500 prevalence represents clinically unrecognized cases), 2. ~100,000 patients with diagnosed HCM (based on 2013 US Census population and the ratio of 59,009 patients with a claim for HCM over the total N, stratified by age/gender), and 3. ~700,000 overall US prevalence of HCM.

Jared Butler is a paid spokesperson for Bristol Myers Squibb.

