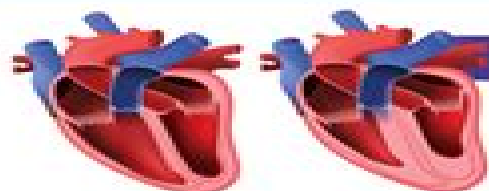




Exercising with Hypertrophic Cardiomyopathy (HCM)



What is HCM?

- HCM = Hypertrophic Cardiomyopathy
- Affects 1 in 200 - 500 people worldwide
- HCM is a genetic heart condition that causes thickening of the heart muscle
- HCM can result in abnormal heart function, reduced blood flow out of the heart or an abnormal heart rhythm



Exercise and HCM

Exercise is encouraged for people with HCM, even in those with ICDs.¹

Mild to moderate physical activities improve fitness, quality of life, and lowers traditional cardiac risk factors (high blood pressure, high cholesterol), even in those with HCM.²

High intensity activity/ competitive sports may be possible after evaluation and guidance by an expert HCM cardiologist.

See your doctor: Physician expert provides a personal exercise prescription



A comprehensive EAP is required to manage a possible cardiac emergency (including player gear removal such as football, hockey)



Proper hydration and replenishment of electrolytes for exercise
Increase hydration for hotter days and longer activities



SAFE PERFORMANCE STRATEGIES



Make AEDs accessible and usable within 3-5 min



CPR and AED training is imperative for coaches, officials, and athletic medical staff (all key stakeholders in athletics)



WHEN TO WORRY

Worsening shortness of breath
Dizziness or fainting
Chest pain
Heart palpitations or fluttering

5 Things to Remember For Your Student Athlete

①

Each HCM patient requires an individualized exercise program.

②

Some HCM patients may need a defibrillator.

③

Avoid dehydration and advise no medicines with stimulants and no exercise during viral illnesses.

④

Initiate and maintain communication with the patient and the treating cardiologist.

⑤

HCM patients' 1st degree relatives are at risk to have HCM.

Abbreviations:

ICD: Implantable Cardioverter-Defibrillator
EAP: Emergency Action Plan
AED: Automated external defibrillators
CPR: Cardiopulmonary resuscitation

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Heart And Exercise A Practical Guide For The Clinician

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