

If you experience:

- Persistent shortness of breath
- Swelling
- Unexplained fatigue
- Thickened heart muscle on imaging

Speak to your provider about an evaluation for cardiac amyloidosis



Heart Health Tips:

- Take medications as prescribed
- Follow a heart-healthy diet
- Stay physically active as advised
- Keep follow-up appointments
- Stay informed about your condition



Clinic Hours

Monday - Friday
8:00 AM - 5:00 PM



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UNDERSTANDING CARDIAC AMYLOIDOSIS



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Cardiac Amyloidosis is an underdiagnosed condition that occurs when abnormal proteins, called amyloid, build up in the heart. Over time, these deposits can make it harder for the heart to pump blood effectively, leading to symptoms such as:

- Shortness of breath
- Fatigue or low energy
- Swelling in the legs, ankles, or feet
- Irregular heartbeat
- Dizziness or fainting
- Chest discomfort
- Difficulty exercising

There are several types of amyloidosis, but the two most common forms affecting the heart are:

- ATTR Amyloidosis
- AL (Light Chain) Amyloidosis

Who Is at Risk?

People may be at higher risk if they:

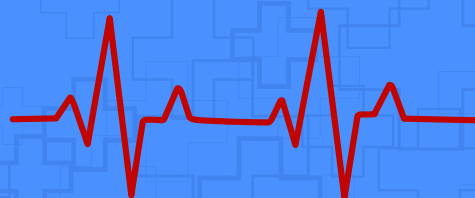
- Are over age 60
- Have heart failure with preserved ejection fraction (HFpEF)
- Have unexplained thickening of the heart muscle
- Have a family history of hereditary amyloidosis
- Have a diagnosis of multiple myeloma or monoclonal gammopathy

Diagnosis

Diagnosis may include:

- Medical history and physical examination
- Electrocardiogram
- Echocardiogram
- Cardiac MRI
- Nuclear scintigraphy
- Blood and urine testing
- Genetic testing
- Tissue biopsy

Early detection and diagnosis save lives



Treatment Options

Treatment depends on the type of amyloidosis

ATTR Amyloidosis:

- Disease-modifying medications
- Heart failure management
- Rhythm management
- Lifestyle modifications

AL Amyloidosis:

- Chemotherapy
- Stem cell transplantation (select patients)
- Supportive cardiac care

Patients benefit from a multidisciplinary care team that may include:

- Your cardiologist
- Hematologist
- Neurologist
- Genetic counselors

