

**Mayo Clinic Minute: What is hypertrophic cardiomyopathy?**

VIDEO	AUDIO
	Hypertrophic cardiomyopathy is a thickening of the heart muscle, making it more difficult to pump blood.
	Dr. Steve Ommen is a Mayo Clinic cardiologist who specializes in the disease. He says shortness of breath or chest pain, especially during exercise, are common symptoms.
<b>Steve Ommen, M.D. Cardiovascular Disease Mayo Clinic</b>	"It's completely compatible with a normal life span and a normal quality of life."
Dr. Ommen	"There are risky things we need to look out for, but that really affects the minority of people."
	Many people with the disease won't have any significant health problems. But there are cases that require treatment.
Dr. Ommen	"The first is we do some risk assessment to make sure patients aren't at high risk for dangerous heart rhythms, in which case we might consider offering them an implantable defibrillator device to serve as a safety net."
	If a patient has symptoms that affect quality of life, the disease is treated with medications. Surgery or other procedures also may be necessary in some cases.
Dr. Ommen	"We can mechanically thin down the heart muscle where it's getting in the way of blood flow either through a catheter-based procedure or with a well-established surgical procedure called surgical septal myectomy."
	For the Mayo Clinic News Network, I'm Jason Howland.