

Mayo Clinic Minute: Know the warning signs of hypertrophic cardiomyopathy

VIDEO	AUDIO
	"So this is our patient's heart. We're looking at the heart by an echocardiogram."
Jason	Hypertrophic cardiomyopathy is a genetic condition that causes the heart muscle to thicken, making it harder to pump blood and sometimes causing an irregular heart rhythm.
06:30 Said Alsidawi, M.D. Cardiovascular Medicine Mayo Clinic	"So right now, what we think in the United States, we've only diagnosed 1/7 of the people who have hypertrophic cardiomyopathy. So we're trying to increase the awareness in the community about this disease."
Jason	Mayo Clinic's Dr. Said Alsidawi says patients are born with a genetic mutation. The disease can start at a young age or later in life — many times with no symptoms.
04:32 Dr. Alsidawi	"We know the patients that we lose to this condition, the majority of them are young, active and athletes. So high-level athletic exercise can put you at higher risk of sudden cardiac death."
Jason	He says it's important to seek medical attention if you have any symptoms, especially with exertion ...
00:58 Dr. Alsidawi	" ... including shortness of breath, chest pain, lightheaded, dizzy or passing out."
Jason	If diagnosed, the good news is hypertrophic cardiomyopathy can be treated with medications, surgery, implanting a defibrillator that monitors the heart or, in severe cases, heart transplantation.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.