



Mayo Clinic Minute: Exercising with hypertrophic cardiomyopathy

Video	Audio
	In the past, athletes and other patients with hypertrophic cardiomyopathy were told to sit on the sidelines. But it may be time to get back into the game.
Steve Ommen, M.D. Cardiovascular Medicine Mayo Clinic	"Hypertrophic cardiomyopathy should not be an automatic disqualification from pursuing sports."
	Dr. Steve Ommen says patients with HCM might benefit from being active.
	"So our current recommendations are that patients with hypertrophic cardiomyopathy participate in low to moderate intensity exercise as part of a healthy lifestyle, and that it's reasonable for them to do more vigorous activities as well."
	A new class of medications is on the roster, giving patients more options to manage their disease.
	"Usually, there's some simple medications the patient may try first, and then if that's not effective, then they will have an option of this medication, an older medication called disopyramide, an operation called surgical myectomy or a catheter-based solution called alcohol septal ablation."
	It's a good idea to check with your healthcare team before making changes to medications or daily routines.
	For the Mayo Clinic News Network, I'm Sonya Goins.