



Top Ten Things to Know About Pediatric Cardiomyopathy

Share these facts on social media during National Heart Month to help educate others About pediatric cardiomyopathy. Post your information and photos with the hashtag #CCFHeartsAcrossAmerica.

1. **Cardiomyopathy is a chronic disease of the heart muscle that affects the heart's ability to pump blood.** The disease can present in different forms and may, in severe cases, lead to heart failure and/or sudden death.

Tweet: Pediatric cardiomyopathy is a chronic disease affecting the heart's ability to pump blood #KnowYourHeart @CCFheartkids

2. **There are different forms of cardiomyopathy.** The World Health Organization recognizes four forms: dilated (DCM); hypertrophic (HCM); restrictive (RCM); and arrhythmogenic right ventricular (ARVC) cardiomyopathy. Left ventricular non-compaction cardiomyopathy (LVNC) increasingly is being recognized as another form.

Tweet: There are different forms of cardiomyopathy. Learn more: <http://ow.ly/AmDh9> #KnowYourHeart @CCFheartkids

3. **Cardiomyopathy is a leading cause of sudden cardiac arrest in young people.** Every year, approximately 7,000 children under the age of 18 in the United States will have a sudden cardiac arrest. SCA is the top cause of death on school property. Only 10.7 percent of students who suffer a cardiac arrest survive.

Tweet: Cardiomyopathy is leading cause of sudden cardiac arrest in the young #KnowYourHeart @CCFheartkids

4. **Cardiomyopathy remains the leading cause of heart transplants in children over one year of age.** Cardiomyopathies result in some of the worst pediatric cardiac outcomes, with nearly 40 percent of children with symptoms receiving a heart transplant or dying.

Tweet: Cardiomyopathy is leading cause of heart transplants in children over 1. #KnowYourHeart @CCFheartkids

5. **Cardiomyopathy can affect any child.** Cardiomyopathy can occur in any child regardless of age, race, gender or socioeconomic background.

Tweet: Cardiomyopathy can affect any child regardless of age, race, gender #KnowYourHeart @CCFheartkids

6. **There is tremendous variation in symptoms among the different types of cardiomyopathy.** Common symptoms include difficulty breathing, fatigue, exercise intolerance, fainting, dizziness or light-headedness, chest pain, heart palpitations, and swelling in the ankles, feet, legs, abdomen, and veins in the neck.

Tweet: Common cardiomyopathy symptoms: trouble breathing, fatigue, fainting, dizziness, chest pain, heart palpitations #KnowYourHeart @CCFheartkids

7. **Cardiomyopathy can be inherited genetically or acquired through a viral infection or cancer chemotherapy.** Not all is understood about the genetic and molecular mechanism of the disease in children, and up to 75 percent of those diagnosed do not have a known disease cause.

Tweet: Cardiomyopathy in kids is either inherited or acquired (viral infection or cancer chemotherapy) #KnowYourHeart @CCFheartkids

8. **Currently there is no cure.** While there are surgical and medical treatments that may improve quality of life, the damaged heart cannot be repaired in most cases. A heart transplant may be necessary if the heart continues to weaken and medical management is unable to prevent the heart from failing.

Tweet: There is no cure to repair the damaged heart or stop the disease progression in cardiomyopathy #KnowYourHeart @CCFheartkids

9. **Knowing your family cardiac history is essential to preventing premature death.** A discussion of your family's heart health with a geneticist, cardiologist, or pediatrician can help assess your child's risk for cardiomyopathy.

Tweet: Know your family cardiac history and determine if any unexpected cardiac deaths in family members under age 50 #KnowYourHeart @CCFheartkids

10. **Many children with cardiomyopathy have activity restrictions and psychosocial issues related to living with a chronic illness.** A diagnosis usually results in more frequent doctor visits, daily cardiac medication, and possibly surgical interventions. Other modifications include dietary adjustments, restriction from competitive and contact sports, and school accommodations.

Tweet: Cardiomyopathy changes lives forever. Restricts kids from sports and can lead to depression/anxiety #KnowYourHeart @CCFheartkids

For more information please visit www.childrenscardiomyopathy.org or contact Patty Macias at pmacias@childrenscardiomyopathy.org