



Children's Cardiomyopathy Awareness Month™

Shareable Facts on Pediatric Cardiomyopathy

During the month of September, share informative facts on social media.

- 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.
 - **Facebook:** September is Children's Cardiomyopathy Awareness Month. Pediatric cardiomyopathy is a chronic disease affecting the heart's ability to pump blood. #KnowYourHeart @CCFheartkids
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 - **Instagram:** September is Children's Cardiomyopathy Awareness Month. Pediatric cardiomyopathy is a chronic disease affecting the heart's ability to pump blood. #KnowYourHeart @CCFheartkids
- 2. There are five forms of cardiomyopathy.** Each form affects the heart muscle differently: dilated (DCM), hypertrophic (HCM), restrictive (RCM), arrhythmogenic right ventricular (ARVC) cardiomyopathy, and left ventricular non-compaction cardiomyopathy (LVNC).
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- 3. Cardiomyopathy can affect any child.** Cardiomyopathy can occur in any child regardless of age, race, gender, or socioeconomic status.
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4. **Symptoms vary among the different forms of cardiomyopathy.** Symptoms vary and include difficulty breathing, fatigue, exercise intolerance, light-headedness, chest pain, heart palpitations, and swelling in certain parts of the body.

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5. **Cardiomyopathy can be inherited genetically or acquired through a viral infection or cancer chemotherapy.** The causes for pediatric cardiomyopathy are not well understood, and up to 75 percent of diagnosed children do not have a known disease cause.

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6. **Cardiomyopathy is a chronic disease without a cure.** While there are medications and surgical procedures to treat symptoms, the damaged heart cannot be repaired. A heart transplant may be necessary if the heart continues to weaken and cannot pump effectively.

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7. **Cardiomyopathy remains a leading cause of heart transplants in children over one year of age.** Cardiomyopathies result in some of the worst pediatric cardiac outcomes, and nearly 40 percent of children with symptoms end up receiving a heart transplant or dying.
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8. **When cardiomyopathy is undiagnosed, there is a higher risk of sudden cardiac arrest, especially among young athletes.** Every year, 7,000 children under the age of 18 will have a sudden cardiac arrest. Knowing the symptoms of cardiomyopathy and your family’s cardiac history can help to prevent premature death.
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9. **Many children with cardiomyopathy face activity restrictions and psychosocial issues.** A diagnosis usually results in more frequent doctor visits, daily medication, and possibly surgical interventions. It can lead to depression and anxiety during the teen years.
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10. **Treating pediatric cardiomyopathy is complicated.** It is a variable disease with multiple causes, and an individualized treatment plan is determined by the type of cardiomyopathy, a child’s age, and his/her heart status.
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