



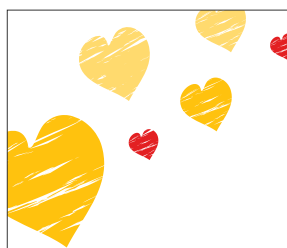
American Heart Month

HIGHLIGHTING PEDIATRIC CARDIOMYOPATHY

February is American Heart Month—a time to put a spotlight on pediatric cardiomyopathy. It is not a well understood disease in children and is often underdiagnosed. Join the Children's Cardiomyopathy Foundation (CCF) in educating others about this complex heart condition that affects children of all ages.

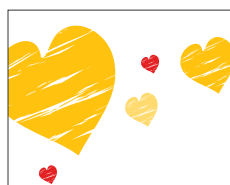
HEART FACTS TO SHARE ABOUT PEDIATRIC CARDIOMYOPATHY

HEART FACT #1



Cardiomyopathy is a chronic disease of the heart muscle, which affects how the heart pumps blood.

HEART FACT #2



Pediatric cardiomyopathy is a rare and serious disease affecting approximately 1 in 100,000 children under 18 years old.

HEART FACT #3

There is no surgery or treatment that can cure the disease, although some procedures may help with symptoms.

HEART FACT #4

While cardiomyopathy can be inherited, many children do not have a known genetic cause.

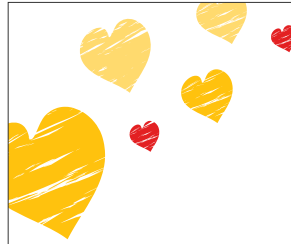
HEART FACT #5



There are multiple forms of cardiomyopathy, each affecting the heart muscle differently:

- Dilated cardiomyopathy
- Hypertrophic cardiomyopathy
- Restrictive cardiomyopathy
- Left ventricular non-compaction
- Arrhythmogenic cardiomyopathy

HEART FACT #6



Cardiomyopathy can progress to heart failure, and it is a leading cause of heart transplantation in children.

HEART FACT #7

Myocarditis, an inflammation of the heart muscle commonly caused by a virus, can lead to cardiomyopathy.

HEART FACT #8

Childhood cancer survivors are at risk of developing cardiomyopathy and heart failure because of their cancer therapy.

HEART FACT #9



Common symptoms of cardiomyopathy in children include:

- Fatigue
- Chest pain or shortness of breath with exercise
- Irregular or rapid heartbeat
- Dizziness or fainting
- Poor appetite and difficulty gaining weight

HEART FACT #10



Cardiomyopathy can be life-threatening if not treated and a risk factor for sudden cardiac arrest in certain children.

Visit [CCF's website](#) for more information about pediatric cardiomyopathy and to download additional social media resources for American Heart Month.

A Cause for Today. A Cure for Tomorrow.

The Children's Cardiomyopathy Foundation (CCF) is a national nonprofit focused on genetic and non-genetic pediatric cardiomyopathies. For more than 20 years, CCF has provided families with support resources and advocated for earlier diagnosis, access to expert healthcare providers, and comprehensive medical care for children with cardiomyopathy.