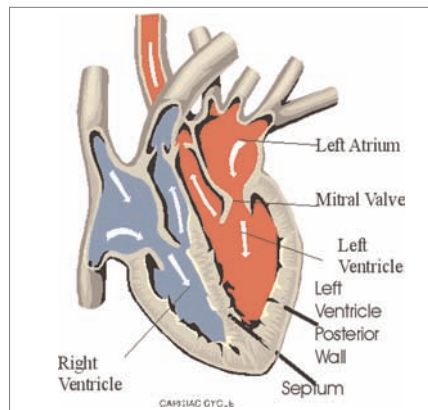




# Hypertrophic Cardiomyopathy

Hypertrophic cardiomyopathy is a disorder of the muscle cells of the heart, producing overly thick areas in the chamber walls. The most commonly affected areas of the heart are the apex of the heart and the central column of muscle (called the septum) with or without thickening of the posterior wall of the left ventricle.



Hypertrophic cardiomyopathy (HCM) is the preferred name for this disorder, but it may also be called asymmetric septal hypertrophy (ASH) or idiopathic subaortic stenosis (IHSS).

Persons with HCM can appear outwardly healthy, active, and fit. Nothing is visible on physical examination although some may have a soft murmur. If symptoms are present at all, they are usually mild - such as mild shortness of breath, mild chest pain, and palpitations. Abnormalities are often seen on electrocardiogram, including high voltage, T wave changes, and abnormal rhythms or premature beats. The best test is the echocardiogram which provides a more exact evaluation of chamber wall thickness, ventricular function and pressure, and valve status. A useful measurement taken from the echocardiogram is the septal-to-left ventricular posterior wall ratio.

$$\frac{\text{Septal thickness}}{\text{Left ventricular posterior wall thickness}} = \text{Ratio}$$

If the ratio is over 1.3, HCM is likely present.

In those with bothersome shortness of breath or palpitations, medication may help. In particularly worrisome cases, the attending cardiologist may recommend that a pacemaker or defibrillator be placed to control heart rhythm; and extreme cases may require surgical removal of excess heart muscle through a procedure called a myomectomy.

This material is intended for insurance informational purposes only and is not personal medical advice for clients. This marketing material includes an expiration date and use of this material must be discontinued as of the expiration date.

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## Hypertrophic Cardiomyopathy - Ask "Rx" pert underwriter (ask our experts)

Producer \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

Client \_\_\_\_\_ Age/DOB \_\_\_\_\_ Sex \_\_\_\_\_

If your client is known to have a history of Enlarged Heart, please answer the following:

1. Please list date of diagnosis: \_\_\_\_\_

2. Have any of the following symptoms occurred?

fainting or dizziness  yes  no

palpitations  yes  no

shortness of breath  yes  no

chest pain  yes  no

3. Has an echocardiogram been done?

yes, (please submit a copy of the report)

no

4. Is your client on any medications?

yes, please give details \_\_\_\_\_

no

5. Has treatment other than medication (please note above) been given? (check all that apply)

pacemaker

defibrillator

heart surgery

6. Has your client smoked cigarettes in the last 12 months?

yes

no

7. Does your client have any other major health problems (ex: cancer, etc.)?

yes, please give details \_\_\_\_\_

no

After reading the *Rx for Success* on HCM, please feel free to use this *Ask "Rx" pert underwriter* for an informal quote.

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