



Children's Cardiomyopathy Awareness Month™

Ten Facts About Pediatric Cardiomyopathy

- 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
 - **Twitter:** Pediatric cardiomyopathy is a chronic disease affecting the heart's ability to pump blood. #KnowYourHeart @CCFheartkids
 - **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 different forms of cardiomyopathy.** The different forms include: 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 may vary from none to severe. Common signs include difficulty breathing, fatigue, exercise intolerance, fainting, dizziness or light-headedness, chest pain, heart palpitations, and swelling in certain parts of the body.

- **Facebook:** September is Children’s Cardiomyopathy Awareness Month. Symptoms for cardiomyopathy may vary, but common signs are difficulty breathing, fatigue, exercise intolerance, fainting, dizziness, chest pain, heart palpitations, and swelling around legs and feet. #KnowYourHeart @CCFheartkids
- **Twitter:** Common symptoms for cardiomyopathy: difficulty breathing, fatigue, fainting, dizziness, chest pain, heart palpitations, and swelling around legs and feet. #KnowYourHeart @CCFheartkids
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5. **Cardiomyopathy can either be inherited genetically or acquired through a viral infection or cancer chemotherapy.** The genetic and molecular mechanism of the disease is still not well understood in children, and up to 75 percent of those diagnosed 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 that may improve a child’s quality of life, the damaged heart cannot be repaired. A heart transplant may be necessary if the heart continues to weaken and medical management is no longer effective.

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7. **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; nearly 40 percent of children experiencing 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 in the United States 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 related to living with the disease.** A diagnosis usually results in more frequent doctor visits, daily medication and possibly surgical interventions. Other modifications include dietary adjustments, restriction from sports, and school accommodations.
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10. **Treating pediatric cardiomyopathy is complicated.** It is a variable disease with multiple causes, and a specialized medical team and treatment plan is needed based on the type of cardiomyopathy, a child's age, and his/her heart status.

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