Transthyretin Amyloid Cardiomyopathy (ATTR-CM):
Getting to the Heart of the Matter

The Facts

ATTR-CM is a rare, progressive disease caused when transthyretin, a transport protein that naturally circulates in the blood, becomes unstable and misfolds.\(^1,2\)

The misfolded protein can build up in the heart as amyloid fibrils, which causes the heart muscle to become stiff, eventually resulting in heart failure.\(^1,2\)

Once diagnosed, the average life expectancy for people with ATTR-CM is approximately 2 to 6 years.\(^4,5\)

A Difficult Road to Diagnosis

It is believed that less than 1% of people with ATTR-CM are diagnosed.\(^6\)

Awareness of the disease is low, and symptoms of ATTR-CM are similar to those of heart failure.\(^7\)

How is ATTR-CM diagnosed?

Once ATTR-CM is suspected, based on the signs and symptoms presented, a number of tests can be used to help diagnose the disease or identify people at risk.

These include:\(^9,10\)

- ECHO, ECG, OR CARDIAC MRI
- PYP SCINTIGRAPHY (DIAGNOSTIC TEST TO CONFIRM PRESENCE OF AMYLOID IN THE HEART)
- GENETIC TEST
- CARDIAC BIOPSY

People with ATTR-CM may not receive a definitive diagnosis, and if they do, typically remain undiagnosed for many years until the disease has significantly progressed.\(^8\)

Treatment Challenges

Currently, there are no approved pharmacologic treatment options for the treatment of ATTR-CM.

Management options include symptom management and in select cases, heart and/or liver transplants.\(^2\)

Education, awareness, and treatment options are critical to improving the diagnosis and care of people affected by ATTR-CM.

Symptoms May Include:

- SHORTNESS OF BREATH
- FATIGUE
- PERIPHERAL EDEMA (E.G., LOWER LEG SWELLING)
- DIZZINESS/FAINTING

People with ATTR-CM can either be hereditary, also known as variant, which is caused by a mutation in the transthyretin gene, or with no mutation and associated with aging, known as the wild-type form (ATTRwt).\(^3\)

Facts about Transthyretin:

<table>
<thead>
<tr>
<th>Transthyretin (transport protein)</th>
<th>unstable protein</th>
<th>formation of amyloid fibrils</th>
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Artistic rendering for visual affect only.


Rapezzi C, Quarta CC, Riva L, et al. Transthyretin-related amyloidoses and the heart: a clinical overview. Nat Rev Cardiol. 2010;7:398-408.


Ruberg FL, Maurer MS, Judge DP, et al. Prospective evaluation of the morbidity and mortality of wild-type and V122I mutant transthyretin amyloid cardiomyopathy: The Transthyretin Amyloidosis Cardiac Study (TRACS). Am Heart J. 2012(164)2:222-228.


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