Inherited cardiac conditions clinic
Information for you

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You have been given an appointment to attend your local nurse led clinic because you or a close relative has been diagnosed with Hypertrophic Cardiomyopathy (HCM) (an inherited disease of the heart muscle, where the wall of the heart becomes thickened). If HCM is found in your family we are able to monitor and offer treatment at the clinic.

This is a nurse led clinic and you will be seen by a British Heart Foundation (BHF) cardiac nurse. Your nurse is part of a team of specialist staff to look after you. Your nurse will work closely with the wider team locally and the regional inherited cardiac conditions clinic in Glasgow.

**What to expect**

Your appointment could take up to one hour.

If you have recently had a test, such as an ECG or echocardiogram (echo), we will talk to you about your results at the clinic.

If you need any further tests we will arrange this for you. This might include an exercise test or ECG monitor.

We will ask you what you know about your family history. Some families share information with relatives. Others prefer to keep it private. We will not share information about your medical condition with other members of your family.
Your nurse may recommend that other family members are tested for HCM. If so, your nurse can give you a letter for your family member to fill out and return. This is normal and there is no need to worry.

Sometimes we may need to see you at our specialist site based at the Queen Elizabeth University Hospital in Glasgow. If your nurse recommends this, they will talk to you about this at the clinic.

**What should I bring?**

Please bring with you:

- A list of any medication that you take
- Any questions that you may have
- A close family member or friend, if you would like to.

**Cardiac tests**

**Electrocardiogram (ECG).** Tracing of your heart. Some sticky pads are placed on your chest and attached to a computer. This records your heart rhythm and heart rate.

**Echocardiogram (Echo).** This is a painless procedure that uses ultrasound waves to give an image of your heart.

Other tests and bloods may be recommended. We will talk to you about this at the clinic if needed.
Contact us
Please get in contact if you have any questions:

Name

BHF Miles Frost Nurse

Telephone:

Days of work:
For specific questions about clinical genetics:
Denise Oxnard, Genetic Counsellor (West of Scotland)
Telephone: 0141 354 9256
Day of work: Monday to Friday (9am to 5pm)

Useful information
British Heart Foundation (BHF)
https://www.bhf.org.uk/informationsupport/conditions/cardiomypathy/hypertrophic-cardiomypathy
Telephone: 0300 330 3311

Cardiomypathy UK
https://www.cardiomypathy.org
Telephone: 0800 018 1024

West of Scotland patient support group (meets monthly)
https://www.cardiomypathy.org/shared-experiences/west-scotland-support-group
Your notes
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Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claiistinn no ríoichd eile a tha sibh airson a thaghadh.

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