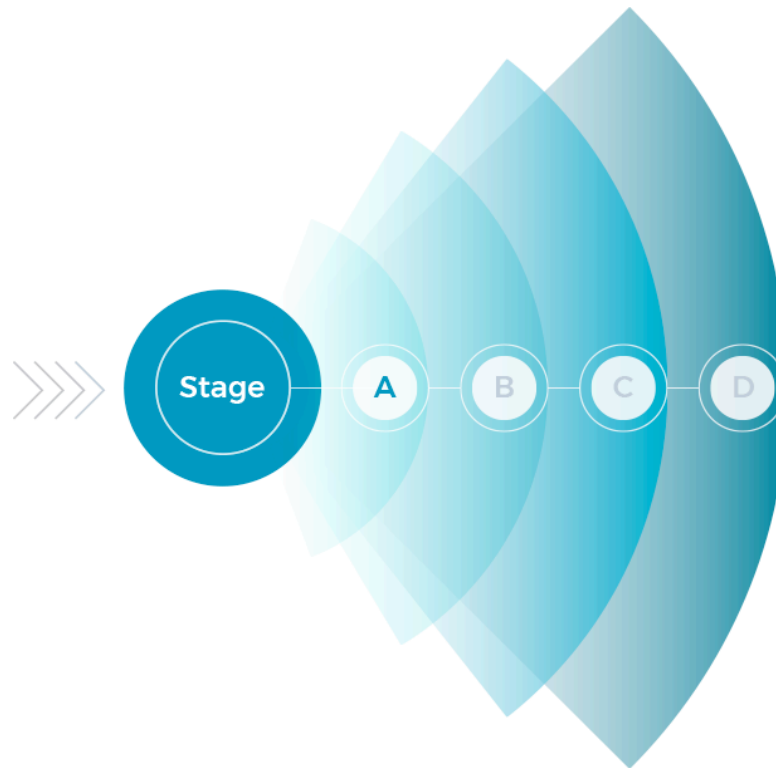




# Stage A Heart Failure



*Heart failure is a constellation of signs and symptoms that can be caused by DCM. There are many disease conditions that can cause DCM and other types of cardiomyopathy. Symptom severity of heart failure is classified and categorized by the New York Heart Association classification I, II, III, IV, which refer to symptoms of heart failure. Symptoms can improve, or they can worsen, so one can move back and forth across the classes. This classification does not necessarily correspond to the types of changes the heart has undergone or is undergoing.*

*The stages of heart failure describe changes to the heart structure. There are four stages of heart failure, named A, B, C and D. You are currently exploring Stage A.*



## What is Stage A heart failure?

Stage A is pre-heart failure, which means that you are at high risk for developing heart failure if you have one or more of the following conditions:

- Family history of cardiomyopathy or known to have a genetic mutation that can cause DCM
- Hypertension (high blood pressure)
- Diabetes
- Coronary artery disease
- Metabolic syndrome
- History of alcohol abuse
- History of rheumatic fever
- History of taking drugs that can damage the heart muscle (e.g., chemotherapy, methamphetamines)

There are no changes to the heart structure.



## What is the therapy for Stage A?

The primary goal for Stage A is to reduce your risk of developing heart failure and changes to heart structure. This means that if you have high blood pressure, then it needs to be well treated and controlled. If you have diabetes, you need to control it. If you smoke, you should stop smoking. If you have high cholesterol, it should be well treated. If you abuse alcohol or take drugs that can damage your heart muscle, you need to stop their use. If you need help to stop, you should seek help. Regular exercise is also important, as well as controlling your weight.



# DCM Foundation

Hope for People with Dilated Cardiomyopathy

Specific classes of drugs such as ACE-inhibitors, ARBs, and beta blockers to treat high blood pressure, coronary artery disease, and diabetes may further reduce risk.

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*Founded in 2017, the DCM Foundation is a non-profit organization with a mission to provide hope and support to patients and families with Dilated Cardiomyopathy through research, advocacy, and education.*