What is familial hypertrophic cardiomyopathy?

Familial hypertrophic cardiomyopathy is a genetic condition that causes the heart's muscles to become thicker and less effective. This can lead to symptoms such as shortness of breath, chest pain, and palpitations. 

How likely are my relatives to have the DNA difference that is linked to a higher chance of developing cardiomyopathy?

You have two copies of most of your genes, one from each of your parents. Each child has a 1 in 2 chance of having the condition. Each of your children and siblings has a 1 in 2 chance of having it as well.

If you only do one thing, do this:

Share your physician report with a healthcare provider as soon as possible. Catching heart problems like cardiomyopathy should be aware of:

- Shortness of breath
- Chest pain or discomfort
- Palpitations
- Fainting

These tests may include an electrocardiogram, or ECG, which measures your heart's electrical activity. A specialist may order tests like an echocardiogram to check how the thickness of your heart muscle affects its function.

We encourage you to set up a private, one-on-one session with a PWNHealth genetic counselor. You can also submit a question for a reply via a secure platform.

In some instances, this can be fatal, in others, it can cause problems ranging from shortness of breath to, in some cases, Sudden cardiac arrest. In these cases, you should not make any health, treatment, lifestyle, or dietary changes based on your result. Your result should be discussed with a healthcare provider. They may refer you to a cardiologist or other specialist.

Your result

This information about your genes is only as accurate as the DNA differences your test looked for. There are also certain references your test looked for may vary. There are also certain genes that your chances are higher than typical. This does not mean you have or will develop cardiomyopathy — just whether you have a DNA difference linked to a higher chance of developing cardiomyopathy. Each of your children and siblings has a 1 in 2 chance of having it as well.

What else can you do?

- Download physician report
- Check out the reference
- Set up a one-on-one session
- Ask a genetic counselor a question

Access to these resources is included with your AncestryHealth® purchase and provided by the independent clinician network of board-certified physicians at PWNHealth. The tests are not cleared or approved by the U.S. Food and Drug Administration. AncestryHealth® includes laboratory tests developed and performed by an outside laboratory.