



Spectrum Health Hypertrophic Cardiomyopathy Program

Our March 21, 2018 LEAD Learning Session featured the Spectrum Health Hypertrophic Cardiomyopathy (HCM) Program. Jeff Decker, MD and Amy Prus shared the amazing work they are doing to identify and treat patients with this rather common heart disease that could result in sudden cardiac death if left untreated. The session ended with a powerful testimonial from Nickola Nelson, who shared her HCM story—a happen-stance diagnosis—and how surgery to treat her heart condition has completely transformed her life. Following these presentations, Dr. Decker toured the group through the Jacob and Lois Mol Cardiovascular Simulation Center, showcasing the space that you, the LEAD Members, supported in 2017!

HCM is the most common inherited, single gene cardiovascular disorder. Once diagnosed, it is a chronic condition that requires specialty follow-up, medical management, and the possibility of defibrillator implantation or cardiac surgery. A diagnosis in one family member triggers screening for other family members. It is estimated that HCM affects about 1 in 500 people or between 2,000 to 4,000 people in West Michigan, however, many people are unaware of their heart condition as they are asymptomatic.



The vision for the HCM Clinic is to continue its multidisciplinary approach; providing a continuum of care for patients who have a diagnosis of HCM or those who need work-up and/or surveillance. Increased resources and services would be available, including comprehensive cardiology care, genetic testing and counseling, nursing support, care management, extensive education, outreach events and support groups.

The Spectrum Health Hypertrophic Cardiomyopathy Clinic is currently in its infancy. The reduction of sudden cardiac death as a result of HCM can only be accomplished by appropriate education, screening, diagnosis and treatment in a specialty program or clinic. None of this can be accomplished without philanthropic support. Please consider allocating your LEAD gift for 2018 to the Hypertrophic Cardiomyopathy Program, and help us reach our goal of \$606,364 to expand the program and provide more outreach and education to the community.