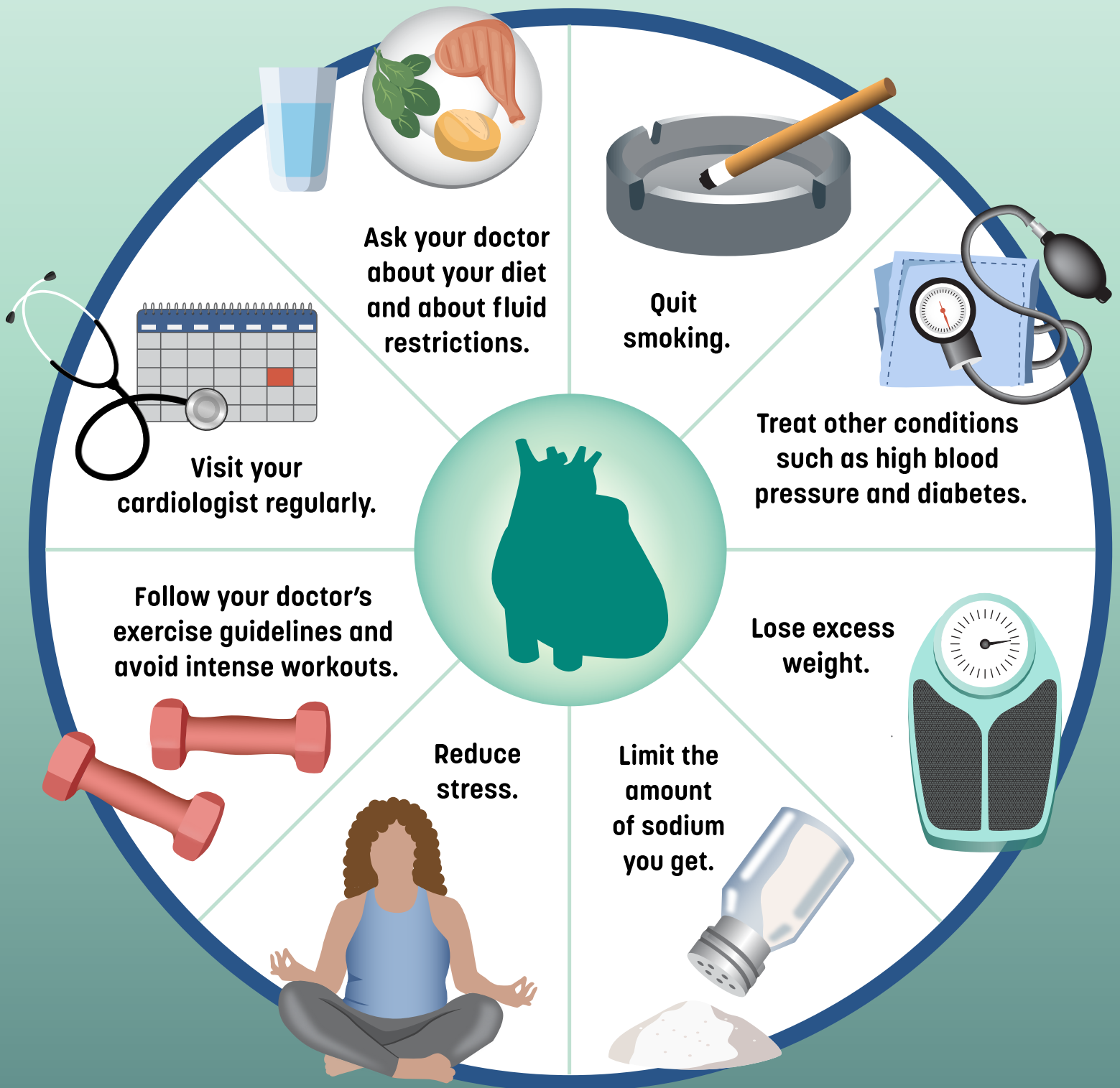


LIFESTYLE CHANGES

to Help Manage Hypertrophic Cardiomyopathy



SOURCES: American Heart Association: "Prevention and Treatment of Cardiomyopathy."
NYU Langone Health: "Lifestyle Changes for Hypertrophic Cardiomyopathy."

Medical review by Brunilda Nazario, MD on 10/17/23