



## Indications for referral to cardiovascular genetics



A personal or family history of:

### Cardiomyopathy:

- Hypertrophic cardiomyopathy (HCM)
- Familial or idiopathic dilated cardiomyopathy
- Arrhythmogenic right ventricular dysplasia/cardiomyopathy (ARVC/D)
- Peripartum cardiomyopathy
- Left ventricular non-compaction
- Restrictive cardiomyopathy
- Familial amyloidosis

### Arrhythmia:

- Long QT syndrome (LQTS)
- Brugada syndrome
- Catecholaminergic polymorphic ventricular tachycardia (CPVT)
- Familial atrial fibrillation
- Progressive conduction system disease
- Unexplained sudden death
- Unexplained cardiac arrest
- Short QT Syndrome

### Vascular diseases:

- Aortic aneurysm and/or dissection (<50 years old)
- Marfan syndrome
- Loeys-Dietz syndrome
- Vascular Ehlers-Danlos (IV)

### Other:

- Familial hypercholesterolemia
- Heritable heart defects (e.g. conotruncal defects, left ventricular outflow tract defects)
- Multiple relatives with congenital heart defects
- Familial or idiopathic pulmonary arterial hypertension

> 1/200 people have an inherited cardiovascular disease

A cardiovascular genetics evaluation is recommended for families with hereditary heart conditions by HRS, HFSA, AHA, and ACC.

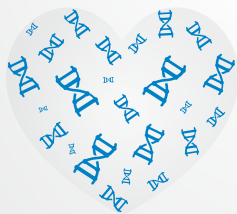
# Family history suggestive of a hereditary cardiovascular condition:

- Unexplained cardiac arrest(s) or sudden death ★★★
- Unexplained syncope, syncope with exercise or emotional distress★★
- Unexplained seizures, seizures with normal neurological evaluation★
- ICD/Pacemaker (<50 years)★★
- Heart failure (<60 years)★★
- Heart transplant (<60 years)★
- Cardiomyopathy or "enlarged heart"★
- Arrhythmia or "irregular heartbeat"★
- Exercise intolerance★
- Early "heart attack", coronary artery disease, or stroke (Males <55 years; Females <65 years)★★
- Aortic aneurysm/dissection (< 50 years)★
- Sudden infant death syndrome (SIDS)★
- Unexplained accidents (i.e. drowning, single car accident, etc.)★★★★
- Untreated LDL ≥190★

★ Cardiomyopathy ★ Arrhythmia ★ Vascular disease ★ Familial hypercholesterolemia

Inherited cardiovascular diseases are the leading cause of sudden death in young people

Identifying at-risk patients and family members is often life-saving



To find a cardiovascular genetic counselor in your area go to:

[FindAGeneticCounselor.com](http://FindAGeneticCounselor.com)

National Society of  
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