

Navigate the **ATTR** Road Ahead



Could your symptoms be **ATTR** amyloidosis?

If you or someone you know has been experiencing symptoms that might be associated with **ATTR amyloidosis**, we are here with information and resources to help you make informed decisions.

What is **ATTR** amyloidosis?



ATTR (transthyretin amyloidosis) is a condition where a protein called transthyretin (TTR) misfolds and clumps together. These clumps, called amyloid, can build up in organs and tissues throughout the body and make it harder for them to do their jobs. **TTR** is produced mostly in the liver that is found in everyone's body. Its job is to transport important molecules throughout the bloodstream.

Transthyretin amyloidosis is pronounced *trans-thy-RET-in am-ih-loy-DOE-sis*.

Here is a simple breakdown of what **ATTR** stands for:

- A** **myloidosis** (group of diseases caused by misfolded proteins) of
- T** **ransthyretin** (protein that transports)
- T** **hyroxine** (thyroid hormone) and
- R** **etinol** (vitamin A)

ATTR is an often-misdiagnosed disease with symptoms that can appear in different ways and affect your entire body over time.

Symptoms that may affect your entire body include:



Nerves



Digestive system



Heart



ATTR amyloidosis **can be inherited or develop spontaneously as a result of age.**



Hereditary ATTR amyloidosis is passed down through family members (genetically inherited). In hereditary ATTR, a gene variant (a change in DNA) results in an abnormal TTR protein that misfolds and forms amyloid deposits throughout the body.

If one parent has the gene variant, there is a 50% chance their child will inherit it.



Wild-type ATTR amyloidosis is NOT passed down through family members. It happens when TTR proteins become less stable, misfold, and form amyloid deposits throughout the body due to age-related factors.



What are the **symptoms?**

ATTR amyloidosis can cause multiple symptoms that may seem unrelated and may include:

POLYNEUROPATHY (NERVE-RELATED SYMPTOMS)

Autonomic neuropathy (damaged nerves that control involuntary body functions)

- Drop in blood pressure when standing up
- Sexual dysfunction

Peripheral neuropathy (damaged nerves outside brain and spinal cord)

- Rapidly progressive, painful neuropathy in hands and feet
- Muscle weakness, difficulty walking, and balance disorder

Digestive

- Constipation, diarrhea, nausea
- Weight loss
- Feeling full quickly when eating

ADDITIONAL SYMPTOMS

Heart

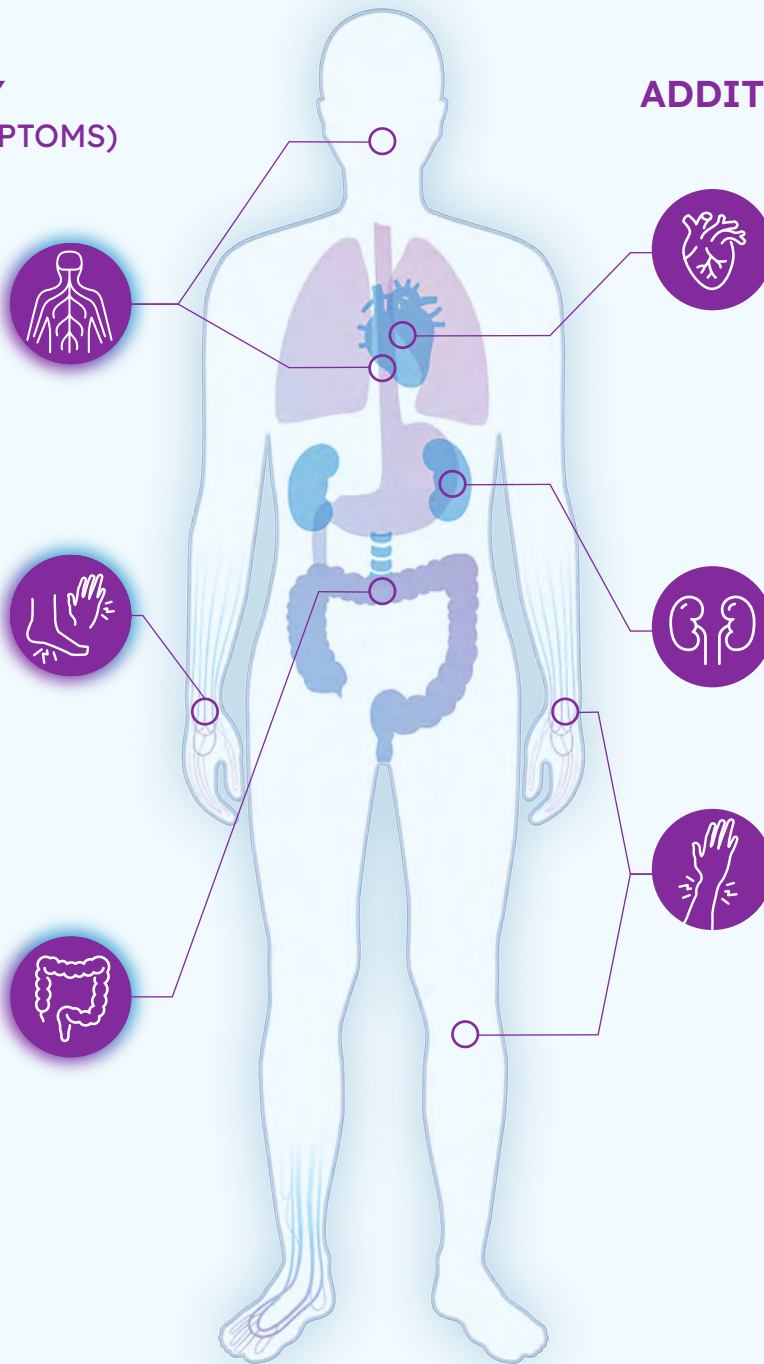
- Heart failure
- Not responding well to usual heart failure treatments
- Irregular heartbeat
- Heart rhythm issues
- Swelling in legs or feet

Kidneys

- Protein in urine
- Kidney failure

Musculoskeletal

- Carpal tunnel syndrome (nerve compression in the wrist)
- Knee or hip surgery
- Lumbar spinal stenosis (spinal canal narrowing)



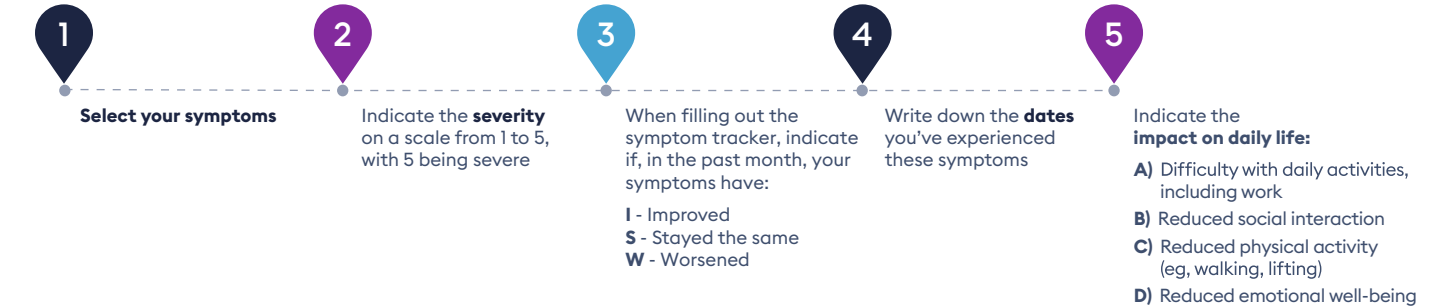
Use this page to record the day-to-day symptoms you're experiencing. **Fill it out, jot down any notes or questions for your doctor, and bring it to your next appointment.**

If you're experiencing the symptoms listed below or think you may have ATTR amyloidosis, visit myATTRroadmap.com for more detailed information.

This symptom tracker is not a substitute for reporting symptoms to your doctor. Report any symptoms that concern you right away.

Fill out in 5 easy steps

START



☒ Example symptom	1 2 3 4 5	I S W	6 / 3 - 7 / 3	A B C D
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Symptoms in the hands, arms, legs, and feet

☐ Tingling or pain in your hands or feet	1 2 3 4 5	I S W	/ - /	A B C D
☐ Aching pain in both hands and/or forearms	1 2 3 4 5	I S W	/ - /	A B C D
☐ Reduced grip	1 2 3 4 5	I S W	/ - /	A B C D
☐ Loss of sensitivity to touch or temperature	1 2 3 4 5	I S W	/ - /	A B C D
☐ Numbness or weakness in the legs and feet	1 2 3 4 5	I S W	/ - /	A B C D
☐ Difficulty walking or moving around	1 2 3 4 5	I S W	/ - /	A B C D

Symptoms related to the heart, blood vessels, and circulation

☐ Abnormal heartbeat	1 2 3 4 5	I S W	/ - /	A B C D
☐ Shortness of breath	1 2 3 4 5	I S W	/ - /	A B C D
☐ Fatigue	1 2 3 4 5	I S W	/ - /	A B C D
☐ Swelling in the feet or ankles	1 2 3 4 5	I S W	/ - /	A B C D
☐ Dizziness upon standing	1 2 3 4 5	I S W	/ - /	A B C D
☐ Lightheadedness	1 2 3 4 5	I S W	/ - /	A B C D

Fill out in 5 easy steps

START

1

Select your symptoms

2

Indicate the **severity** on a scale from 1 to 5, with 5 being severe

3

When filling out the symptom tracker, indicate if, in the past month, your symptoms have:

I - Improved
S - Stayed the same
W - Worsened

4

Write down the **dates** you've experienced these symptoms

5

Indicate the **impact on daily life:**

- A)** Difficulty with daily activities, including work
B) Reduced social interaction
C) Reduced physical activity (eg, walking, lifting)
D) Reduced emotional well-being

Symptoms related to digestion, nutrition, and weight

☐ Diarrhea	1	2	3	4	5	I S W	/ - /	A B C D
☐ Constipation	1	2	3	4	5	I S W	/ - /	A B C D
☐ Loss of bowel or bladder control	1	2	3	4	5	I S W	/ - /	A B C D
☐ Reduced appetite	1	2	3	4	5	I S W	/ - /	A B C D
☐ Unintended weight loss	1	2	3	4	5	I S W	/ - /	A B C D

Other symptoms

☐ Blurry vision	1	2	3	4	5	I S W	/ - /	A B C D
☐ Eye floaters	1	2	3	4	5	I S W	/ - /	A B C D
☐ Sexual dysfunction	1	2	3	4	5	I S W	/ - /	A B C D
☐ Anxiety and/or depression	1	2	3	4	5	I S W	/ - /	A B C D

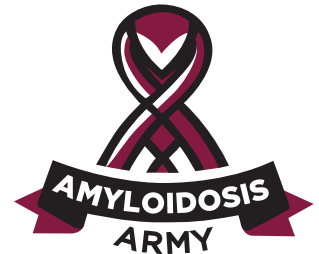
Use the space below to write any additional notes, such as:

- Additional symptoms not captured in the spaces above
- More details about symptoms and their impact on daily life
- Questions for your healthcare team

With organizations and communities ready to offer support, **you don't have to navigate the road ahead alone.**



These independent organizations are dedicated to supporting people with various forms of amyloidosis, including ATTR amyloidosis.



Visit myattrroadmap.com to learn more about these organizations and how to get in touch with them.





Supporting you at every step of your **ATTR amyloidosis journey**

Sign up for helpful resources and ongoing support at
myattrroadmap.com

