

TIPS FOR MANAGING TRANSTHYRETIN (TTR) AMYLOIDOSIS



TTR amyloidosis is a progressive condition caused by misfolded transthyretin proteins depositing in organs—most commonly the heart and nerves. There are two main types:

- **Hereditary ATTR (hATTR):** Caused by a genetic mutation in the TTR gene. It often affects the heart, nerves, and kidneys.
- **Wild-type ATTR (wtATTR):** A non-genetic, age-related form that primarily affects the heart and sometimes the nerves.

General Tips for Both Types

- **Stay Informed:** Understanding your specific diagnosis helps you make empowered decisions.
- **Track Symptoms:** Keep a journal of fatigue, swelling, numbness, or shortness of breath to share with your care team.
- **Medication Adherence:** Therapies like Amvuttra can help stabilize or reduce TTR protein production—take them consistently.
- **Heart Health:** Follow a low-sodium diet, monitor fluid intake, and use diuretics as directed to manage heart failure symptoms.
- **Neuropathy Support:** If nerve involvement is present, ask about medications for pain and mobility aids.
- **Genetic Counseling:** For hATTR, encourage family members to get screened.
- **Regular Monitoring:** Schedule routine cardiac imaging, neurologic assessments, and lab tests to track disease progression.

FOR MORE INFO

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Tips for Hereditary ATTR (hATTR)

- **Family Screening:** Relatives may carry the same mutation—early detection can improve outcomes.
- **RNA-based Therapies:** Gene-silencing treatments like Amvuttra can reduce TTR production—ask your provider if its appropriate.
- **Liver Transplant Consideration:** In rare cases, this may be an option to halt mutant TTR production.

Tips for Wild-Type ATTR (wtATTR)

- **Age-Related Monitoring:** wtATTR often affects older adults—watch for subtle signs of heart failure or arrhythmias.
- **TTR Stabilizers** are commonly used to slow progression by stabilizing the TTR protein.
- **Fall Prevention:** If balance or strength is affected, consider physical therapy and home safety evaluations.

Lifestyle & Emotional Wellbeing

- **Stay Active:** Gentle exercise like walking or swimming can support circulation and mood.
- **Mental Health:** Chronic illness can be isolating—seek support groups or counseling.
- **Care Coordination:** Work with a multidisciplinary team—cardiologists, neurologists, geneticists, and pharmacists.

Questions to Ask Your Provider

- What type of TTR amyloidosis do I have?
- What organs are affected in my case?
- Which medications are best for my type?
- Should my family be tested?
- What symptoms should prompt urgent care?

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