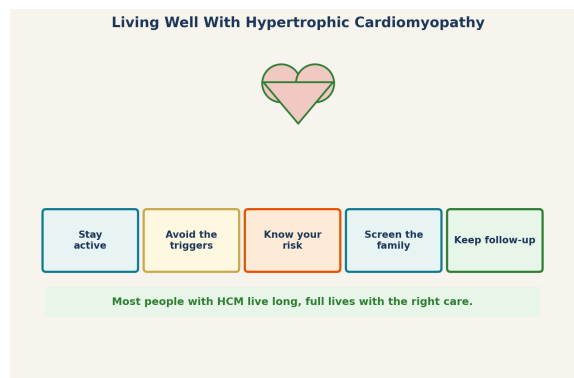


Living With Hypertrophic Cardiomyopathy

Exercise, daily life, family, and pregnancy with HCM

Most people with HCM live long, full lives - with the right care.



Online: <https://go.riasalimd.com/hcm-living-guide>

Rias KS Ali, MD FACC

Board Certified in Interventional Cardiology & Cardiovascular Disease

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 |
RiasAliMD.com

Last Updated: August 2026



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>

1 of 24 | Page



Save
Contact Info

Names & Terms You Will Hear

Term	Meaning
Hypertrophic cardiomyopathy (HCM)	A condition where part of the heart muscle grows too thick. This guide is about living well with it - what to do day to day. To learn what HCM is and how it is treated, see our HCM guide.
Living with HCM	Managing your daily life with HCM - staying active, avoiding triggers, knowing your risk, screening your family, and following up - so you can live a long, full life.
Outflow obstruction (LVOT obstruction)	When the thick muscle partly blocks blood leaving the heart. Some daily habits make it better or worse. Our LVOT obstruction guide explains it in full.
Sudden cardiac death (SCD) risk	A small risk, in some people with HCM, of a dangerous fast heart rhythm. Your team measures your personal risk. For higher-risk people, an ICD is protective.
ICD (implantable cardioverter-defibrillator)	A small device that watches the heartbeat and can stop a dangerous rhythm. It protects higher-risk people with HCM. See our pacemaker and ICD guide.
Shared decision-making	You and an HCM specialist deciding together - for example, about high-intensity sport - weighing the benefits and the risks for your own situation.
First-degree relatives	Your parents, brothers and sisters, and children. Because HCM often runs in families, they should be offered heart screening and genetic testing.
Surveillance (follow-up)	Your regular HCM check-ups - an echo, an EKG, sometimes a heart monitor or MRI - to keep an eye on your heart over time, even when you feel well.

This is the daily-living companion to our HCM guide. It does not re-explain what HCM is or how it is treated - for the disease itself, diagnosis, and treatments like mavacamten and septal procedures, see our [Hypertrophic Cardiomyopathy guide](#). Here we focus on living well: exercise, avoiding triggers, your risk and the ICD, family screening, pregnancy, and day-to-day life.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Living With Hypertrophic Cardiomyopathy?

- This is a daily-life guide. It is about living well with HCM. To learn what HCM is and how it is treated, see our HCM guide.
- The big message is hopeful. Most people with HCM live long, full lives. Good daily habits and regular care make that happen.
- Five things help the most: stay active the right way, avoid triggers, know your risk, screen your family, and keep your visits.
- Exercise advice has changed. The old advice was to avoid almost all sport. The new advice is the opposite. For most people, moderate activity is good for you.
- Some everyday things can worsen the block. These include getting dry, standing up too fast, heavy alcohol, and getting too hot. Knowing them helps you avoid them.
- A small number of people have a higher risk of a dangerous rhythm. They benefit from an ICD. Your team measures your own risk and talks it through with you.
- HCM often runs in families, so close relatives should be screened. Most women with HCM can have a safe pregnancy with planning.

Exercise With HCM: A Green, Amber, Red Guide

GREEN For almost everyone Regular MODERATE activity. Walking, easy cycling, swimming, light jogging, doubles tennis, gardening. Good for your heart - do it.	AMBER Decide together Vigorous and competitive sport, heavy weightlifting, burst sprints. Reasonable for many, but plan it WITH an HCM specialist first.	RED Stop and call Do not push through chest pain, fainting, or feeling lightheaded. Avoid extreme exertion if you have high-risk features.
--	--	--

The old blanket ban is gone. Moderate exercise is recommended; the high-intensity choice is made with your HCM team.

The modern, individualized approach to exercise with HCM. Regular moderate activity is recommended for almost everyone; vigorous and competitive sport is planned with an HCM specialist; stop and call for chest pain, fainting, or lightheadedness.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Exercise advice has changed - for the better. For most people with HCM, the old blanket ban on activity is gone. Regular **moderate** exercise is now recommended and good for you. Vigorous and competitive sport is **reasonable for many people**, decided together with an HCM specialist after a yearly check. A large study (LIVE-HCM) found vigorous exercise was **not** linked to more dangerous events in people with HCM.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Why It Matters

- How you live day to day shapes how you feel and how well you do. It is not all decided by the diagnosis.
- Staying active the right way protects your heart, your mood, and your health. Sitting still 'to be safe' is usually the wrong move.
- Avoiding triggers can stop symptoms before they start. These include breathlessness, chest pressure, and feeling lightheaded.
- Knowing your sudden-death risk turns a scary unknown into a clear plan. You also learn whether an ICD is right for you.
- Screening your family can find HCM early in a relative. Often this is before any symptoms, when it is easiest to manage.
- Knowing the warning signs - above all, fainting - and getting checked fast keeps small problems from becoming big ones.

Avoid the Triggers That Tighten the Block

Getting dry (dehydration) Less fluid means a tighter block. Sip water through the day.	Standing up too fast A sudden stand can drop your pressure. Rise slowly, in stages.	Heavy alcohol Widens vessels and dries you out - both worsen the block. Go easy.	Getting overheated Hot weather, hot tubs, and saunas dry you out. Stay cool.	Big, heavy meals Pull blood to the gut and can worsen symptoms. Eat smaller meals.	Some BP pills Pure vasodilators can worsen the block. We pick safer ones.
--	---	--	--	--	---

These HELP: drink enough water, rise slowly, stay cool, eat smaller meals, and take only the medicines we choose for you.

Everyday things that can tighten the outflow block and bring on symptoms - and the simple habits that help instead. Knowing your triggers lets you head off symptoms before they start.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

The Five Pillars of Living Well With HCM

Stay active • Moderate exercise, regularly • Intense sport: plan it with us • Sitting still is not safer	Avoid triggers • Stay hydrated; rise slowly • Go easy on alcohol; keep cool • Check new medicines with us	Know your risk • Ask for your SCD risk score • An ICD protects higher-risk people • Fainting always needs a check	Screen family • HCM often runs in families • Parents, siblings, children • Offer screening + genetic tests
---	--	--	---



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Risk Factors

Some patients are more likely to develop this condition. Knowing your risk helps your care team take extra precautions.

Risk Factor	Why It Increases Risk
Getting dehydrated	Less fluid in the body means less blood filling the heart, which can tighten the outflow block and bring on symptoms.
Standing up too quickly	A fast stand can briefly drop your blood pressure and worsen the block, causing lightheadedness - rising slowly helps.
Heavy alcohol	Alcohol both widens blood vessels and dries you out, and both effects can worsen the block and trigger symptoms.
Getting overheated	Hot weather, hot tubs, and saunas make you lose fluid, which can tighten the block - staying cool and hydrated protects you.
Extreme or sudden bursts of exertion	Very intense or competitive burst activity raises rhythm risk in some people - it should be planned with an HCM specialist, not done blindly.
Certain blood-pressure medicines	Pure vasodilator pills can worsen the outflow block. Your team chooses heart medicines that are safe for HCM and reviews any new prescription.
Skipping follow-up or stopping medicines	Missing surveillance visits or stopping beta-blockers or other HCM medicines can let problems go unnoticed or symptoms return.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Treatment Options

- Do regular moderate exercise. It is good for your heart, mood, and health. It is recommended for almost everyone with HCM.
- Want to do vigorous or competitive sport? Plan it with an HCM specialist first. You decide together, after a yearly check.
- Stay well hydrated. Rise from sitting or lying slowly. Keep cool in hot weather. Go easy on alcohol. All of this helps the block.
- Stay on your HCM medicines as prescribed. They ease symptoms and protect you. Do not stop them on your own.
- Keep every check-up, even when you feel well. This may be an echo, an EKG, and sometimes a heart monitor or MRI.
- Ask your team about your sudden-death risk. Ask whether an ICD is right for you. For higher-risk people it is protective.
- Have your close relatives - parents, brothers and sisters, and children - offered heart screening and genetic testing.
- Thinking about pregnancy? Plan ahead with a cardiologist and a high-risk pregnancy team. Most pregnancies go well with planning.

Know your personal sudden-death risk. Most people with HCM are at low risk, but a small number are higher risk and benefit from an **ICD** - a device that can stop a dangerous fast rhythm. Ask your team for your own risk assessment and whether an ICD is right for you. Learn more in our [Pacemakers and ICDs guide](#).



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Comfort Measures at Home (No Medication Needed)

These simple steps support healing and ease symptoms. Use them alongside any medication your doctor prescribes.

- Keep a water bottle with you and sip through the day, especially when it is hot or you are exercising.
- Stand up in stages - sit on the edge of the bed or chair for a moment before you rise fully.
- Warm up gently before exercise and cool down slowly afterward rather than stopping suddenly.
- Eat smaller, more frequent meals if large heavy meals bring on symptoms.
- Carry a list of your medicines and an alert that you have HCM, so any clinician knows what is safe for you.
- Tell your team about new or worsening symptoms early - it is easier to adjust your plan before symptoms get bad.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Common Activities and Situations - How to Handle Them With HCM

Activity or situation	Guidance	Why
Walking, easy cycling, swimming, gardening	Recommended - do it regularly	Moderate activity is good for your heart, mood, and overall health
Light jogging, doubles tennis, recreational sport	Usually fine - build up sensibly	Moderate effort is well tolerated by most people with HCM
Vigorous or competitive sport, heavy weightlifting	Plan it with an HCM specialist	Reasonable for many after a yearly check and shared decision-making
Hot weather, hot tubs, saunas	Limit and stay hydrated	Heat dries you out, which can tighten the outflow block
Alcohol	Go easy	Heavy drinking widens vessels and dries you out - both worsen the block
A new medicine from another doctor	Check with us first	Some blood-pressure pills (pure vasodilators) can worsen the block
Feeling faint, chest pain, or palpitations	Stop and get checked	These can be warning signs - fainting in particular always needs a check



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
 4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
 Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Exercise and Sports With HCM - the Modern, Individualized Approach

- For most people with HCM, regular moderate exercise is good for the heart, mood, and health. Think brisk walking, easy cycling, swimming, light jogging, and recreational sport.
- The old advice to avoid almost all activity is gone. Sitting still 'to be safe' usually does more harm than good.
- Vigorous sport, heavy weightlifting, and burst sprints are reasonable for many people. But the choice is made with you. You plan it with an HCM specialist after a yearly check.
- Do you have high-risk features? Your team may advise against extreme exertion. This is decided with you, based on your own heart. It is not a blanket rule.
- Stay hydrated. Avoid getting too hot. Warm up and cool down. Never exercise through chest pain, fainting, or feeling lightheaded. Stop and call us.
- A large study called LIVE-HCM helps explain the change. It found that vigorous exercise was not linked to more dangerous events in people with HCM.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Protecting Yourself - Avoiding Triggers and Knowing Your Risk

- Some everyday things can worsen the block. These are getting dry, standing up too fast, heavy alcohol, getting too hot, and big heavy meals. Avoiding them stops many symptoms.
- Some blood-pressure medicines (pure vasodilators) can worsen the block. Always check any new prescription with us before you start it.
- Know the signs the block is tightening: breathlessness, chest pressure, and feeling lightheaded. They often come on after a trigger. If they do, stop, rest, drink water, and tell us.
- To learn how the block works and what makes it better or worse, see our [LVOT Obstruction guide](#).
- A small number of people with HCM have a higher risk of a dangerous fast rhythm. Your team measures your own risk and reviews it with you.
- For higher-risk people, an ICD is protective. It can stop a dangerous rhythm and save your life. Ask if it is right for you, and see our [Pacemakers and ICDs guide](#).



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Family Screening, Pregnancy, and Living Day to Day

- HCM often runs in families. Your parents, brothers and sisters, and children should be offered heart screening (an echo and EKG) and genetic testing, even if they feel well.
- Screening can find HCM early in a relative, often before any symptoms. To learn how genetic testing and family screening work, see our [Inherited Heart Conditions guide](#).
- Most women with HCM can have a safe pregnancy with planning. Talk with a cardiologist and a high-risk pregnancy team before you conceive. Then your care and medicines can be planned.
- Stay on your HCM medicines as prescribed, such as beta-blockers or mavacamten. They ease symptoms and protect you. Never stop them on your own.
- To learn how the newer medicine mavacamten works and how it is monitored, see our [Mavacamten guide](#).
- Keep every check-up, even when you feel well. Carry a list of your medicines and a note that you have HCM. Reach out early about new symptoms or stress. Support is part of your care.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Risks, Benefits, and Alternatives

Every choice has trade-offs. Use this table to start the shared decision conversation.

Option	Risks	Benefits	Alternatives
Regular moderate exercise	Very small for most people; rarely, intense bursts can trigger a rhythm in higher-risk patients - which is why intensity is individualized.	Protects the heart, lifts mood, helps weight, blood pressure, and sleep, and keeps you living a full, active life.	A supervised or lighter program if you are higher risk; vigorous sport planned with an HCM specialist after a yearly check.
Avoiding outflow-obstruction triggers	Almost none - it is mostly about sensible habits like hydration and rising slowly.	Prevents breathlessness, chest pressure, and lightheadedness before they start, so you feel steadier day to day.	Treating symptoms after they happen instead - less comfortable than preventing them, and not as safe.
An ICD for higher-risk people	A device procedure with small risks, and the chance of a shock; it does not change the HCM itself.	Can stop a dangerous fast rhythm and save your life - the main protection against sudden death in higher-risk HCM.	Close monitoring without a device for lower-risk people; the choice is made with your risk assessment - see our pacemaker/ICD guide.
Family screening and genetic testing	Can cause worry, and a gene result may be uncertain; it does not by itself cause any harm to your heart.	Can find HCM early in a relative - often before symptoms - so it can be watched and managed from the start.	Choosing not to test; relatives can still be watched with periodic heart checks - see our inherited-conditions guide.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Common Misconceptions

Myth	Reality
People with HCM should avoid all exercise to be safe.	Not anymore. For most people, regular moderate exercise is good for the heart. The old blanket ban is gone. Only the high-intensity choice is planned with a specialist.
If I feel fine, I can stop my medicines and skip my check-ups.	Feeling well is good, but HCM is lifelong. Medicines and regular check-ups keep you well. They catch changes early, even when you have no symptoms.
Fainting is no big deal. I just need to sit down.	With HCM, never ignore fainting. It can be a warning sign of a dangerous rhythm. It always needs a prompt check by your team.
An ICD is a sign things are hopeless.	The opposite is true. An ICD is protective. For higher-risk people it can stop a dangerous rhythm and save a life. It lets you live actively, with a safety net.
HCM is not really genetic, so my family does not need testing.	HCM often runs in families. Your parents, brothers and sisters, and children should be offered screening and genetic testing, even if they feel fine.
Women with HCM should never get pregnant.	Most women with HCM can have a safe pregnancy. The key is to plan ahead with a specialist team, not to avoid pregnancy out of fear.
A little dehydration or a few extra drinks will not matter.	With HCM they can. Getting dry or drinking heavily can tighten the block and bring on symptoms. Staying hydrated and going easy on alcohol really helps.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Possible Complications

Knowing what can go wrong helps you spot problems early. Most complications are uncommon, especially with treatment.

Where / What	What Can Happen
Outflow obstruction symptoms	When the thick muscle blocks blood leaving the heart, you can feel breathless, have chest pressure, or feel lightheaded - often worse after triggers like dehydration or a big meal. Avoiding triggers and treatment help. See our LVOT obstruction guide.
Dangerous fast heart rhythms	A small number of people with HCM are at higher risk of a dangerous fast rhythm, which is the main cause of sudden death. Your team measures your risk, and for higher-risk people an ICD is protective.
Atrial fibrillation	HCM makes an irregular rhythm called atrial fibrillation more likely. It can cause palpitations and raises stroke risk, so it is treated with rhythm or rate control and often a blood thinner.
Fainting (syncope)	Fainting with HCM can come from the outflow block or a rhythm problem. It is never normal and always needs a prompt check - it can be an important warning sign.
Heart failure symptoms over time	In some people the heart becomes stiff or, rarely, weakens over the years, causing breathlessness and tiredness. Regular surveillance catches this early so treatment can be adjusted.
Pregnancy needing a specialist plan	Most women with HCM do well in pregnancy, but it adds stress to the heart and needs planning with a cardiologist and a high-risk obstetric team, with medicines reviewed for safety.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

This Is Part of a Bigger Picture - Where to Read Next

- Living well with HCM connects to several other topics, and we have a separate guide for each piece.
- What HCM is, how it is diagnosed, and the treatments: see our [Hypertrophic Cardiomyopathy guide](#).
- The outflow block and what makes it better or worse: see our [LVOT Obstruction guide](#).
- The newer medicine for obstructive HCM and its monitoring: see our [Mavacamten guide](#).
- Screening your family and genetic testing: see our [Inherited Heart Conditions guide](#).
- Whether an ICD is right for you and living with one: see our [Pacemakers and ICDs guide](#).



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Points to Know

If you remember nothing else, remember these key points.

- Most people with HCM live long, full lives. Good daily habits and regular care are what make that happen.
- Regular moderate exercise is recommended for almost everyone with HCM; vigorous or competitive sport is planned with an HCM specialist.
- Avoid the triggers that tighten the block: dehydration, standing up too fast, heavy alcohol, and getting overheated.
- Know your personal sudden-death risk. For higher-risk people an ICD is protective - ask your team if it is right for you.
- Stay on your medicines and keep every surveillance visit, even when you feel completely well.
- HCM often runs in families - have your parents, siblings, and children offered screening and genetic testing.
- Most women with HCM can have a safe pregnancy with planning and a specialist team.
- Fainting is never normal with HCM. Get checked promptly, and call 911 for fainting, chest pain that does not ease, or severe breathlessness.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

When to Call Us - and When to Call 911

If you are not sure, call. We would rather hear from you twice than miss a real problem.

- Fainting or passing out, even once: call us promptly. Fainting is never normal with HCM and always needs a check.
- Chest pain or pressure that does not ease, or severe trouble breathing: call 911. Do not drive yourself.
- If you have an ICD and it shocks you: call us right away; if you feel unwell or it shocks more than once, call 911.
- New or worsening shortness of breath, or a drop in what you can do day to day: call us the same week.
- A racing, pounding, or skipping heartbeat, especially with lightheadedness: stop, rest, and call us.
- Symptoms during exercise - chest pain, severe breathlessness, dizziness: stop right away and call us; do not push through.
- Planning a pregnancy, or newly pregnant: call us early so we can plan your care with a specialist team.

Office: (727) 943-5200



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Know Your Warning Signs - and What to Do

Call us soon - get checked

New or worse shortness of breath
Chest tightness with effort
Skipping, racing, or pounding beats
More tired than usual; less able to do your usual activity

Call 911 now

Fainting or passing out
Chest pain that does not ease
Severe trouble breathing
An ICD shock (call us; 911 if you feel unwell or it shocks again)

When in doubt, call. Fainting is never normal with HCM - it always needs a prompt check.

Know your warning signs. Some mean call us soon to get checked; others mean call 911 now. Fainting always needs a prompt check.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Trusted Resources

The links below are the trusted resources Dr. Ali used to write this guide and that he recommends you visit for more information. Each is a clickable link in the digital version and a Short.io tracked URL on the printed version.

- [American Heart Association - Hypertrophic Cardiomyopathy](#) - Plain-language guidance on living with HCM - activity, hydration, symptoms, and family screening.
- [Cleveland Clinic - Hypertrophic Cardiomyopathy](#) - Daily-life management, exercise considerations, ICD information, and quality-of-life tips for HCM.
- [Mayo Clinic - Hypertrophic Cardiomyopathy: Lifestyle and Home Remedies](#) - Activity guidance and how to avoid the triggers that worsen outflow obstruction.
- [Hypertrophic Cardiomyopathy Association \(HCMA\)](#) - Patient-led support, education, and a community for people and families living with HCM.
- [2024 AHA/ACC HCM Guideline - Key Points \(ACC\)](#) - The expert guideline behind the modern exercise advice and shared decision-making for sport.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Sources Used to Build This Guide

Every recommendation in this guide is grounded in one or more of the studies, guidelines, or trusted resources below. Short links are tracked so Dr. Ali can see which references patients are reading; nothing personally identifying is captured.

- [2024 AHA/ACC/AMSSM/HRS/PACES/SCMR Guideline for the Management of Hypertrophic Cardiomyopathy \(Ommen et al.\)](#) *[Guideline]*
Primary guideline: updated exercise and sports-participation recommendations (shared decision-making), SCD risk stratification, family screening, and pregnancy counseling for living with HCM
- [AHA — Hypertrophic Cardiomyopathy: Living and Lifestyle](#) *[Patient-Education]*
Plain-language daily-living guidance: activity, hydration, avoiding dehydration/heat, and symptom self-monitoring
- [Cleveland Clinic — Living With Hypertrophic Cardiomyopathy](#) *[Patient-Education]*
Exercise limits, ICD considerations, family screening, and quality-of-life management for HCM patients
- [Mayo Clinic — Hypertrophic Cardiomyopathy: Lifestyle and Home Remedies](#) *[Patient-Education]*
Activity guidance, avoiding LVOT-obstruction triggers (dehydration, heavy meals, alcohol), and treatment options including mavacamten and septal reduction



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

About This Guide

Rias KS Ali, MD FACC | Board Certified in Interventional Cardiology & Cardiovascular Disease

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com

Version: 2026-08-16

Reviewer note: Reviewed against the AHA, Cleveland Clinic, and Mayo Clinic living-with-HCM pages and the 2024 AHA/ACC HCM guideline. Ours adds: a green/amber/red exercise guide reflecting the modern, less-restrictive approach (and the LIVE-HCM study), an 'avoid the triggers' graphic for outflow obstruction, a warning-signs flow, an activity-by-activity table, and per-topic subsections - plus cross-links to our HCM, LVOT obstruction, mavacamten, inherited-conditions, and pacemaker/ICD guides so each piece has its own deep dive. This is the daily-living companion; it does not re-explain the disease or the procedures.

Disclaimer

This guide is for educational purposes only and does not replace medical advice from your physician. Recommendations may not apply to every patient. Always follow the specific instructions of Dr. Ali and your care team. In an emergency call 911 or go to the nearest emergency department.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info

Take This Guide With You



Scan or visit: <https://go.riasalimd.com/hcm-living-guide>

Online: <https://go.riasalimd.com/hcm-living-guide>

Office: (727) 943-5200

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/hcm-living-guide>



Save
Contact Info