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NEW RESEARCH DEMONSTRATES THE VALUE OF USING STRAIN FOR HCM RISK ASSESSMENT

Seattle, WA – After following a large sub-set of patients, researchers found that by using strain echocardiography they could accurately predict which patients were likely to have complications from Hypertrophic Cardiomyopathy (HCM). This is important because HCM is common, but often undetected, and one of the leading causes of sudden cardiac death in young adults.

“HCM is the most common inherited cardiac condition with several disabling and life-threatening complications. Global longitudinal strain was able to independently predict key outcomes in HCM and therefore has the potential to become an essential tool in HCM risk assessment,” said Hongyun Liu, MD, of the Johns Hopkins HCM Center of Excellence, Baltimore, MD. Conventional and strain echocardiography were performed in 400 HCM patients who were followed for 37 months to obtain the necessary data. Strain Echocardiography is an advanced but growing cardiovascular diagnostic technique that is a sensitive and powerful way to assess patient outcomes.

Researchers on the study, ***Global Longitudinal Strain Independently Predicts Outcomes in Hypertrophic Cardiomyopathy***, included Hongyun Liu, Iraklis Pozios, Bereketeab Haileselassie, Alexandra Nowbar, Lars Sorensen, Susan Phillip, Dai-Yin Lu, Ioannis Ventoulis, Hongchang Luo, Roselle Abraham, and Theodore Abraham from Johns Hopkins HCM Center of Excellence, Baltimore, MD.

HCM can affect people of any age and affects men and women equally. It is a disease in which the heart muscle (myocardium) becomes abnormally thick (hypertrophied). The thickened heart muscle can make it harder for the heart to pump blood. Some people who have HCM have no signs or symptoms, and the disease does not affect their lives. Others may have shortness of breath, serious arrhythmias, or an inability to exercise. Although HCM is usually inherited, it can also develop over time because of high blood pressure or aging.

Dr. Hongyun Liu will present a poster based on this research on Monday, June 13, 2016 during the American Society of Echocardiography 27th Annual Scientific Sessions at the Washington State Convention Center in Seattle. This poster will be included in a moderated session from 12:00-1:15 PM that day. This research was submitted as part of the “*Echocardiography in Systemic Disease*” topic area which aligns with the ASE’s strategic plan to focus attention on the role and application of new cardiovascular ultrasound technology in treating patients.

To schedule an interview with Dr. Hongyun Liu or Dr. Theodore Abraham, please contact [Angie Porter](#).

As the largest global organization for cardiovascular ultrasound imaging, the American Society of Echocardiography (ASE) is the leader and advocate, setting practice standards and guidelines. Comprised of nearly 17,000 physicians, sonographers, nurses, and scientists, ASE is a strong voice providing guidance, expertise, and education to its members with a commitment to improving the practice of ultrasound and imaging of the heart and cardiovascular system for better patient outcomes. For more information about ASE and the 2016 Scientific Sessions, visit ASEScientificSessions.org.

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