



Arrhythmogenic (Right Ventricular) CardioMyopathy (ACM)



- INFORMATION
- MEET-UPS
- ADVICE
- NETWORKING
- PATIENT ADVOCACY
- FUTURE PERSPECTIVES



Our Heartfelt Goal:

**Moving Forward Together**



[www.arvc-selbsthilfe.org](http://www.arvc-selbsthilfe.org)

## What is ARVC?

ARVC, or more generally ACM, is a primarily hereditary heart disease in which heart muscle cells are replaced with fat and/or connective tissue.

This replacement process can lead to cardiac arrhythmias, and more rarely, to heart failure or even sudden cardiac death.

## POSSIBLE SYMPTOMS

- Palpitations, skipping or racing heartbeat
- Dizziness or fainting
- Pressure or pain in the chest
- Shortness of breath, breathlessness
- Fatigue or exhaustion

## DIAGNOSIS

The presence of disease may be indicated by ECG, echocardiogram, or MRI results, or if there is a family history of sudden cardiac arrest or death. Genetic testing may help to confirm the diagnosis and identify at-risk relatives. Not every carrier of a genetic mutation will develop clinical symptoms within his or her lifetime.

## TREATMENT

The symptoms of ARVC can be treated with medication and/or with a catheter ablation procedure. To reduce the risk of sudden cardiac death, an implanted defibrillator is recommended for patients with high-risk profiles.



*"Receiving the diagnosis of ARVC can have an enormous impact on one's life. We're committed to ensure that those affected receive comprehensive care, and we provide resources that support them throughout their challenging journey."*

Ruth Biller, Chairperson ARVC-Selbsthilfe e.V.

## IN SHORT:

### ACM, AVC, AC

Umbrella term for all types, including biventricular

### ARVC, ARVD

Typical right-dominant presentation

### ALVC

Left-dominant variant



**A= Arrhythmogenic**  
Arrhythmia-causing

**V= Ventricular**  
Ventricle-affecting

**C(M)= Cardiomyopathy**  
Disease of the heart muscle

**D= Dysplasia**  
Malformation (outdated term)

**R= right**

**L= left**

## We're here for you!



## LOCAL CONTACT PARTNERS

Across Germany, members of our group are available for conversation and communication. In some regions, there are also in-person meet-ups.

**For the most up-to-date contact information, please visit our website.**

## ARVC-HOTLINE & E-MAIL

For questions about the disease, or the organisation

**+49 163-18 47 521**

or

**[info@arvc-selbsthilfe.org](mailto:info@arvc-selbsthilfe.org)**

## ARVC-TELEPHONE HELP LINE

For a chat, if you only want to talk

**+49 176-57 799 498**

or **[austausch@arvc-selbsthilfe.org](mailto:austausch@arvc-selbsthilfe.org)**

**[arvc-selbsthilfe.org](http://arvc-selbsthilfe.org)**

## HOMEPAGE



On our website, you can find the most up-to-date event schedule, more information about ARVC, and opportunities to get on our mailing list or become a member of our association.

**[www.arvc-selbsthilfe.org](http://www.arvc-selbsthilfe.org)**

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## Our Network:



