

Study finds Black families are at increased risk of dangerous inherited heart condition

Findings highlight need for screening and early intervention for those with family history

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The Ohio State University Wexner Medical Center

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NEWS PACKAGE

SUGGESTED TEASE	A NEW STUDY HELPS IDENTIFY THOSE WHO HAVE AN INHERITED HEART CONDITION THAT OFTEN GOES UNDIAGNOSED UNTIL IT BECOMES LIFE THREATENING. WHAT YOU SHOULD KNOW ABOUT YOUR RISKS AND WHAT YOU CAN DO TO PROTECT YOUR HEART HEALTH, COMING UP.
ANCHOR LEAD	YOUR GENES CAN DETERMINE A LOT ABOUT YOUR HEALTH AND MANY OF THOSE DIAGNOSED WITH HEART FAILURE DON'T KNOW THAT THEIR CONDITION MAY BE CAUSED BY AN INHERITED GENETIC MUTATION, A TRAIT THAT THEY CAN PASS ALONG TO THEIR CHILDREN AS WELL. NOW A NEW STUDY HELPS IDENTIFY FAMILIES WITH THIS GENETIC TRAIT TO PREVENT LIFE-THREATENING EFFECTS OF THE DISEASE BEFORE THEY START. BARB CONSIGLIO HAS THE DETAILS.
(PACKAGE START) ----- CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03 Shots of Greg and his wife looking at family pictures	(Nats - Sound) :02 GREG RUF (RUE-f) IS DOING WELL AFTER HAVING A HEART TRANSPLANT. HE SUFFERED HEART FAILURE DUE TO ADVANCED DILATED CARDIOMYOPATHY, A DISEASE THAT AFFECTS THE HEART'S ABILITY TO PUMP BLOOD TO THE REST OF THE BODY. FOR SOME, DILATED CARDIOMYOPATHY CAN BE CAUSED BY THINGS LIKE A HEART ATTACK OR ARTERY DISEASE. BUT FOR OTHERS LIKE GREG, THERE IS NO CLEAR CAUSE AND NO TELLTALE SYMPTOMS UNTIL THE DISEASE IS IN ADVANCED

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<p>CG: Greg Ruf Dilated cardiomyopathy patient</p> <p>Shots of researchers collaborating</p>	<p>STAGES.</p> <p><i>“There's a million people plus in the United States that are dealing with this, many don't know, of course.” :05</i></p> <p>BECAUSE IT'S A CONDITION THAT TENDS TO AGGREGATE IN FAMILIES, RESEARCHERS AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER LED A NATIONWIDE STUDY TO FIND OUT JUST HOW COMMON IT IS FOR THOSE WITH DILATED CARDIOMYOPATHY TO PASS IT TO THEIR FAMILY MEMBERS. :21</p>
<p>CG: Dr. Ray Hershberger Ohio State Wexner Medical Center</p> <p>Shots of patient receiving an echocardiogram</p> <p>Graphic: Dilated cardiomyopathy among relatives -30% overall prevalence -39% among Black families -28% among white families</p> <p>Shots of Balck patient receiving an echocardiogram</p>	<p><i>“With a new diagnosis of dilated cardiomyopathy in a patient, their family members are at risk.” :06</i></p> <p>THE STUDY TESTED PARENTS, SIBLINGS AND CHILDREN OF DILATED CARDIOMYOPATHY PATIENTS. AND BASED ON THE RATE OF DISEASE IN RELATIVES WHO WERE TESTED, RESEARCHERS ESTIMATE THE OVERALL PREVALENCE TO BE ABOUT THIRTY PERCENT.</p> <p>THE RATE OF D-C-M WAS MUCH HIGHER AMONG BLACK FAMILIES AT THIRTY-NINE PERCENT, COMPARED TO TWENTY-EIGHT PERCENT AMONG WHITE FAMILIES.</p> <p>IT'S DATA THAT HELPS IDENTIFY THOSE WHO ARE MORE LIKELY TO HAVE THIS DISEASE BEFORE IT BECOMES A MAJOR THREAT TO THEIR HEALTH AND THEIR LIFE. :18</p> <p><i>“It's all about risk, identifying risk and then dialing in either medicines or other preventive strategies to prevent advanced disease.” :08</i></p>
<p>Dr. Hershberger (CG'd earlier)</p> <p>Shots of Balck patient receiving an echocardiogram</p> <p>Dr. Hershberger (CG'd earlier)</p> <p>Shot of Greg looking at family photos</p>	<p>THE STUDY ALSO FOUND THAT THE YOUNGER SOMEONE IS DIAGNOSED WITH D-C-M, THE MORE LIKELY IT IS TO RUN IN THEIR FAMILY. :06</p> <p><i>“In probands who were diagnosed with dilated cardiomyopathy after age 54, the risk of family members was only 13%. However, if that proband was diagnosed, 34 years of age or younger, the risk was double that, 26%.” :16</i></p> <p>AFTER HIS OWN DIAGNOSIS, SEVERAL OF GREG'S RELATIVES TESTED POSITIVE FOR EARLY DCM, WHICH HAS EMPOWERED THEM TO PROACTIVELY PROTECT THEIR HEART HEALTH. :07</p>

<p>CG: Dr. Ray Hershberger Ohio State Wexner Medical Center</p>	<p>Hershberger says dilated cardiomyopathy is more common among Black families: <i>"We clearly document that black patients have greater risk of dilated cardiomyopathy and their family members also have greater risk of having evidence of dilated cardiomyopathy over time."</i> :12</p> <hr/> <p>Greg says treatments can slow the disease when started early: <i>"If for some reason the disease, and it may not, starts to occur, they'll be able to catch it early and they'll actually be able to give them certain drug therapies, medical therapies to greatly slow down the disease."</i> :14</p> <p>Greg says family members who test positive get screened regularly: <i>"Understanding that this may occur in my family future generations, them getting tested, them being then tested every several years to make sure there's no onset of the disease because once it onsets, they could potentially die of a sudden death, heart attack without having a pacemaker or defibrillator."</i> :22</p> <p>Greg says people are dying because they don't know they have the disease: <i>"Tens of thousands of people are dying each year because they're not getting genetically tested. The patient, the family member aren't aware that they may have the disease, or they do have the disease and they're dying because of that."</i> :12</p>
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References

¹Prevalence and cumulative risk of familial idiopathic dilated cardiomyopathy, **Journal of the American Medical Association**, February 1, 2022. Online: [LINK](#)

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