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

*Note: Embargoed until Tuesday February 1, 2022 at 11:00 a.m. eastern

The Ohio State University Wexner Medical Center		
Produced by: MediaSource www.mediasourcetv.com	To download broadcast-quality video and other multimedia elements: <u>https://bit.ly/3GbyibM</u> .	
Package Length: 1:49	Content provided by: The Ohio State University Wexner Medical Center	
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	

	STAGES.
CG: Greg Ruf Dilated cardiomyopathy patient	<i>"There's a million people plus in the United States that are dealing with this, many don't know, of course."</i> :05
Shots of researchers collaborating	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
CG: Dr. Ray Hershberger Ohio State Wexner Medical Center	<i>"With a new diagnosis of dilated cardiomyopathy in a patient, their family members are at risk." :06</i>
Shots of patient receiving an echocardiogram	THE STUDY TESTED PARENTS, SIBLINGS AND CHILDREN OF DILATED CARDIOMYOPATHY PATIENTS. AND BASED ON THE RATE OF DISEASE IN RELATIVES WHO WERE TESTED, RESEARCHERS
Graphic: Dilated cardiomyopathy among	ESTIMATE THE OVERALL PREVALENCE TO BE ABOUT THIRTY PERCENT.
relatives -30% overall prevalence	THE RATE OF D-C-M WAS MUCH HIGHER AMONG BLACK FAMILIES AT THIRTY-NINE PERCENT,
-39% among Black families -28% among white families	COMPARED TO TWENTY-EIGHT PERCENT AMONG WHITE FAMILIES.
Shots of Balck patient receiving an echocardiogram	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
Dr. Hershberger (CG'd earlier)	<i>"It's all about risk, identifying risk and then dialing in either medicines or other preventive strategies to prevent advanced disease." :08</i>
Shots of Balck patient receiving an echocardiogram	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
Dr. Hershberger (CG'd earlier)	<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>
Shot of Greg looking at family photos	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

Greg Ruf (CG'd earlier)	<i>"If you start the drug therapy early enough, you can greatly slow down the disease where they might be able to live with the disease their entire life." :08</i>
Shot of Greg looking at family photos (PACKAGE END) ANCHOR TAG	AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03 WHILE THERE ARE EFFECTIVE TREATMENTS TO SLOW THE ADVANCEMENT OF DILATED CARDIOMYOPATHY WHEN IT'S DIAGNOSED EARLY, RESEARCHERS ARE HOPING TO DEVELOP THERAPIES IN THE FUTURE THAT ACTUALLY CORRECT THE GENE MUTATIONS THAT CAN CAUSE THE DISEASE.

SOCIAL MEDIA

Share it! Suggested tweet:	A new study by <u>@OSUWexMed</u> helps identify families with an inherited trait that puts them at risk for a dangerous heart condition. Testing family members and treating the condition early can prevent the disease from advancing and save lives. <u>https://bit.ly/3GbyibM</u> .
Suggested post:	Many don't know they have an inherited heart condition called dilated cardiomyopathy until it advances to heart failure. Now, a new study by <u>The Ohio State University</u> <u>Wexner Medical Center</u> estimates those with a family history have about a 30% chance of developing the disease, with prevalence of the disease nearly double among Black families compared to white families, highlighting the need to screen those with a family history and begin treatment early to prevent the disease from advancing. <u>https://bit.ly/3GbyibM.</u>

EXTRA BITES

	Hershberger says dilated cardiomyopathy can occur at any age: <i>"Dilated cardiomyopathy can occur at almost any age.</i> <i>The usual age of onset is in the mi-forties. However, in</i> <i>our study we had age of onset from the teens up into the</i> <i>sixth and powenth generations ":17</i>
CG: Dr. Ray Hershberger Ohio State Wexner Medical Center	Hershberger states the findings on risks for first degree relatives: <i>"If a patient has a diagnosis of DCM, their first degree family members are at considerable risk of developing either DCM, about 30% chance of that overall, or some evidence of DCM, between 55% and 60% chance over their lifetime."</i>

CG: Dr. Ray Hershberger Ohio State Wexner Medical Center	Hershberger says dilated cardiomyopathy is more common among Black families: "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." :12
	Greg says treatments can slow the disease when started early: "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. :14
CG: Greg Ruf Dilated cardiomyopathy patient	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." :22</i>
	Greg says people are dying because they don't know they have the disease: "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." :12

References

¹*TPrevalence and cumulative risk of familial idiopathic dilated cardiomyopathy*, **Journal of the American Medical Association, February 1, 2022**. Online: LINK

For viewer information on this story contact:

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