

Harsh Systolic Ejection Murmur

Harshly Squeezing-heart to Eject Merman

Patients with HCM display a harsh systolic ejection murmur. This murmur is intensified with maneuvers that decrease filling volume of the ventricles, such as valsalva. Activities such as sustained hand grip cause a decrease in the murmur intensity.

S4 Heart Sound

(S) Snake and (4) Fork Heart

A nonspecific finding on clinical exam of patients with hypertrophic cardiomyopathy is the presence of an S4 heart sound, which corresponds to atrial systole and is auscultated just prior to the first heart sound (S1).

Treatment

Beta Blocker

Beta-fish with Blocks

Beta blockers are considered first-line agents to treat HCM. In patients with severe outflow obstruction, the heart rate must be slowed, which is why beta blockers are so helpful. Patients are also advised to stop high intensity activity.

Non-dihydropyridine Calcium Channel Blocker

Nun-dice-hydra-pyramid Blocking Calcium-cow at Channel

Verapamil, a non-dihydropyridine calcium channel blocker, can be used in patients with HCM who cannot tolerate beta-blockers.