

There are two types of HCM. The most common type is obstructive HCM. Two-thirds of the people with HCM have this type. In it, the thickened part of the heart muscle, usually the wall (septum) between the two bottom chambers (ventricles), blocks or



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We have many other fact sheets to help you make healthier choices to reduce your risk of heart disease,
manage your condition or care for a loved one. Visit [aahq.org](#) to learn more.