

FAMILY HEALTH TREE



RON SR & DON, living
with hATTR amyloidosis

A look at your genetic history

Map your family's history of
hereditary ATTR (hATTR) amyloidosis

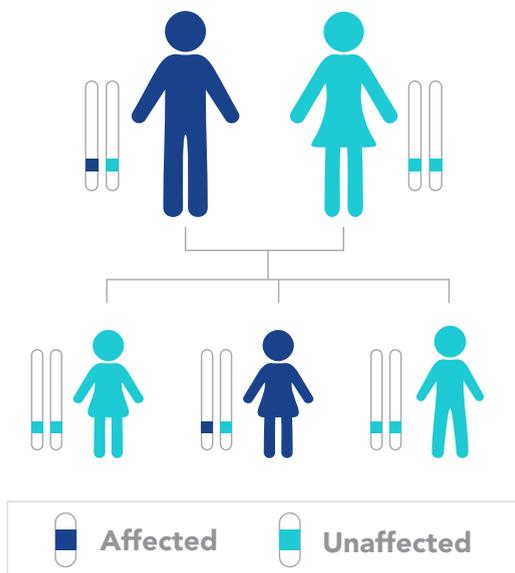
the
BRIDGE[®]
hATTR amyloidosis

Chart your family's health history

This worksheet can help you map your family's health history to see who may be at risk for hATTR amyloidosis.

hATTR amyloidosis—an inherited condition

hATTR amyloidosis is a rare, inherited condition, with initial symptoms typically appearing from the mid-20s to the mid-60s. Individuals with hATTR amyloidosis can have a range of symptoms that may not seem connected. Symptoms can **vary widely** among people with the condition, even within families. If one parent has hATTR amyloidosis, each child will have a **50% chance of inheriting the genetic variant**, or change, that may cause this condition.



A family member may inherit the transthyretin (TTR) gene variant, but having the variant does not necessarily mean that they will develop hATTR amyloidosis.

Completing this worksheet with your family members can help educate them about hATTR amyloidosis and how it is passed down through generations. You can use the other materials within The Bridge® Kit to learn about the cause and symptoms of the condition.

Here is an example of how to fill out each family member's "branch":

Mother

Experienced symptoms of hATTR amyloidosis? Yes No

List symptoms:

Carpal tunnel, consistent dizziness when standing up, leg swelling

Age diagnosed: *Not diagnosed*

Other major medical conditions:

Heart condition

Father

Experienced symptoms of hATTR amyloidosis? Yes No

List symptoms:

Age diagnosed: *Not diagnosed*

Other major medical conditions:

Diabetes



You can use the completed worksheet to start a conversation with your doctor to see whether you or your family may be at risk for hATTR amyloidosis. They may recommend you work with a genetic counselor, who can help you and your family learn more about the testing process and if a genetic test may be right for you.

Grandmother
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Grandfather
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Grandmother
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Grandfather
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Aunt/Uncle
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Aunt/Uncle
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Mother
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Father
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Aunt/Uncle
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Aunt/Uncle
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Sister/Brother
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Sister/Brother
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

You
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Spouse
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Child
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Child
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Child
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Child
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Child
 Experienced symptoms of hATTR amyloidosis? Yes No
 List symptoms:

 Age diagnosed: _____
 Other major medical conditions:

Keep track of your family's health history
 Use this space to record any important notes from conversations with your family members, including details about your family's history and follow-up steps.
 TTR gene variant:

 Notes:



Learn more about hATTR amyloidosis
at www.hATTRbridge.com.



The Bridge is a registered trademark of Alnylam Pharmaceuticals, Inc.
© 2021 Alnylam Pharmaceuticals, Inc. All rights reserved. NP-USA-00140-V3

