




HEALTH EQUITY FOR AFRICAN AMERICANS LEAGUE

**HEAAL aims to identify and address the social determinants of health affecting Black and African American communities in Orange County by collecting and sharing data, community feedback, and lived experiences; providing education; and advocating to influence decision-making at local, state, and federal levels so that historically excluded voices help shape equitable health outcomes.**



Health Equity for African Americans League (HEAAL) is a community-driven collective based in Orange County, California dedicated to improving health outcomes for Black and African American populations by addressing social determinants of health—factors like housing, healthcare access, nutrition, and education that influence well-being.

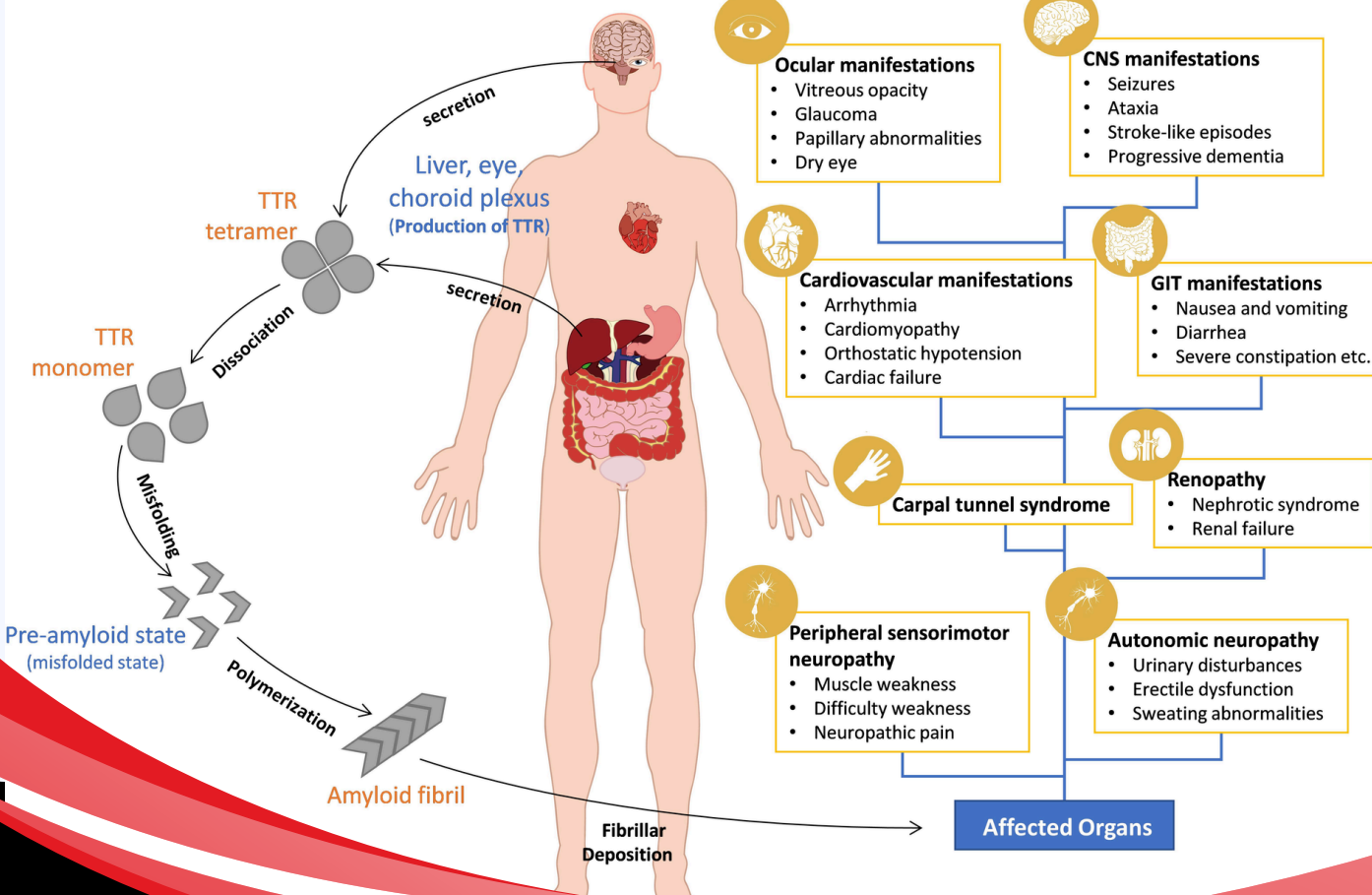
 [www.heaaloc.org](http://www.heaaloc.org)

 [info@heaaloc.org](mailto:info@heaaloc.org)

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# TRANSTHYRETIN AMYLOIDOSIS

**ATTR refers to transthyretin amyloidosis, a rare, progressive disease caused by the buildup of abnormal protein deposits in organs and tissues.**



# Lifestyle Modifications

## → Diet

Adopting a heart-healthy diet, such as the DASH diet, which is rich in fruits, vegetables, and low-fat dairy products, and limiting sodium intake are crucial. Consider having a plant-based diet once per week.

## → Physical Activity

Regular exercise, like 30 minutes of moderate-intensity activity most days of the week, can help lower blood pressure.

## → Weight Management

Losing even a small amount of weight can have a significant impact on blood pressure.

## → Alcohol Consumption

Consumption: Limiting or avoiding alcohol can also contribute to blood pressure control.

## → Stress Management

Management: Finding healthy ways to manage stress, such as through exercise, relaxation techniques, or mindfulness, is important.

**Disclaimer:** These recommendations are intended as guides and in no way are to replace the advice of a physician. HEAAL recommends you seek the attention and advice of your physician.

Because ATTR can affect how you live your life, it is important to work with your doctor to get an accurate diagnosis as soon as possible.

Misdiagnosis or delays in diagnosing ATTR are common because the varying symptoms can be mistaken for other conditions.

An accurate diagnosis is essential to ensure your doctor and healthcare team are managing your condition appropriately.

A misdiagnosis may lead to unnecessary complications.