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## ☆ Dilated cardiomyopathy (Meder, 2013)

Benjamin Meder, et al.  
European Heart Journal

Heart

### STUDY SUMMARY

A genetic variant on chromosome 6 may be linked to dilated cardiomyopathy.

### STUDY DESCRIPTION

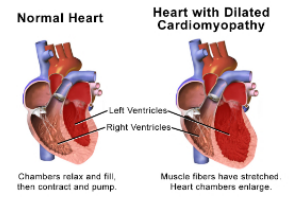
Dilated cardiomyopathy accounts for one-third of all heart failure cases. It occurs when the heart can't pump blood at a normal rate due to the enlarging and weakening of the left ventricle. The left ventricle is a chamber of the heart that is responsible for pumping blood throughout our circulatory system. This study examined 11,700 individuals of European descent and found a genetic variant on the shorter arm of chromosome 6 (6p21) that is associated with dilated cardiomyopathy. The variant may be linked to genes encoding proteins of the major histocompatibility complex. This complex plays a role in the immune system as it helps distinguish proteins produced by the body from proteins stemming from pathogens.


### DID YOU KNOW?

While you cannot prevent inherited cardiomyopathy, you can lower your risks for conditions that may lead to the disease. By regularly visiting your doctor, making healthy lifestyle changes, and taking prescribed medications, you may be able to reduce your risk or the severity of dilated cardiomyopathy.

### YOUR DETAILED RESULTS

The variants highlighted in green have **positive effect sizes** and increase your genetic predisposition to dilated cardiomyopathy. The variants highlighted in blue have **negative effect sizes** and decrease your genetic predisposition to dilated cardiomyopathy. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to dilated cardiomyopathy. However, please note that genetic predispositions do not account for important non-genetic factors like lifestyle. Furthermore, the genetics of most traits has not been fully understood yet and many associations between traits and genetic variants remain unknown. For additional explanations, click on the column titles in the table below and visit our [Nebula Library tutorial](#).



VARIANT <sup>Ⓞ</sup>	YOUR GENOTYPE <sup>Ⓞ</sup>	EFFECT SIZE <sup>Ⓞ</sup>	VARIANT FREQUENCY <sup>Ⓞ</sup>	SIGNIFICANCE <sup>Ⓞ</sup>
rs9262636_G 	A / G	0.39 (↑)	27%	4.90 x 10 <sup>-9</sup>