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ENCINITAS · LA JOLLA, CALIFORNIA



Camzyos (Mavacamten)

The first pill to treat obstructive HCM in the heart muscle itself, for adults and children of 30 kg or more with limiting symptoms.

37%
met the exercise and symptom goal, versus 17% in EXPLORER-HCM

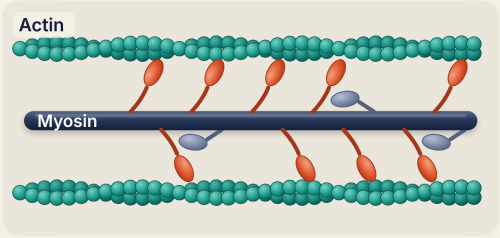
18%
still qualified for or had surgery at 16 weeks, versus 77% in VALOR-HCM

5 mg
usual starting dose once daily, with 15 mg a day the ceiling

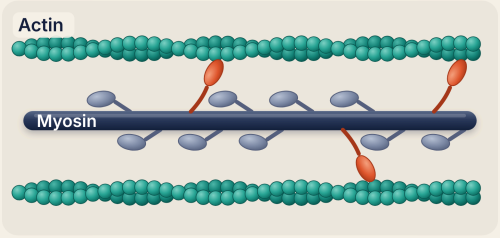
HOW IT WORKS

Calming an overactive heart muscle

Obstructive HCM
too many grips, the muscle squeezes too hard



On Camzyos
fewer grips, a calmer squeeze



Fewer grips

Mavacamten binds to myosin and reduces how many grips form, so the heart squeezes less forcefully.

- Myosin head gripping actin
- Head at rest

Inside one heart muscle cell

Inside each heart muscle cell, the proteins actin and myosin grab onto each other and pull to make a heartbeat. In HCM too many grips form, so the muscle contracts too hard and can't relax properly. In obstructive HCM the thick wall just below the aortic valve narrows the path out of the heart. Mavacamten binds to myosin and reduces how many grips form. The pressure gradient drops and blood leaves the heart more freely.

THE REMS PROGRAM

Echocardiograms on a fixed schedule

STARTING, FIRST 12 WEEKS

Baseline — Ejection fraction 55% or higher before the first dose

Wk 4

Wk 8

Wk 12

MAINTENANCE, AN ECHO EVERY 6 MONTHS ONCE STABLE

3 mo check

6 mo echo — Ejection fraction 50 to under 55%, recheck at 3 months

every 6 mo

Because Camzyos lowers the force of the heartbeat, it can push pumping strength too low in some people. In EXPLORER-HCM, about 5% of patients had their ejection fraction dip below 50%, usually temporarily. So Camzyos comes only through the CAMZYOS REMS safety program. A certified specialty pharmacy fills it, and refills are tied to keeping up with your echos.

A real advance

Camzyos treats obstructive HCM but doesn't cure it, so the benefit lasts only while you take it. If it stops working or isn't tolerated, the next options to consider are aficamten (Myqorzo) or a septal reduction procedure.

ECHO RESULTS, DOSING AND DRUG INTERACTIONS ARE ON THE BACK

TAKING CAMZYOS SAFELY

Your echo results, your dose and other medicines

WHEN TO GET HELP

for 911, don't drive yourself

Call 911	Fainting (especially during exercise), chest pain that doesn't settle with rest, or palpitations with lightheadedness or near-fainting.
Same-day call	New or worse shortness of breath or tiredness, which on Camzyos can mean pumping strength has dropped, or a brief, mild flutter that settles.

WHEN THE ECHO CHANGES THE PLAN

A drop in pumping	If your ejection fraction falls below 50% at any visit, or you develop heart failure symptoms, the drug is interrupted. Most dips are temporary.
Restarting	After a pause of about 4 weeks, if your ejection fraction recovers to 50% or higher, Camzyos can restart at a lower dose.
Infection or AFib	During a serious infection or a bout of atrial fibrillation, dose increases are held off and the drug is sometimes paused.

DOSING

capsules of 1, 2.5, 5, 10 and 15 mg

Starting	Adults usually start at 5 mg once daily, with or without food, and certain adults start at 2.5 mg. Children start at 5 mg at 45 kg or more, or 2.5 mg at 30 to under 45 kg.
Adjusting	The echo comes first. A healthy ejection fraction with a still-high gradient may mean a step up. The drug's half-life is about 6 to 23 days, so each change takes weeks to settle.

MEDICINES THAT INTERACT

tell every doctor and pharmacist you take it

Not allowed	Strong blockers of CYP2C19, the liver enzyme that breaks down mavacamten, such as the antifungal fluconazole and the antidepressants fluoxetine and fluvoxamine. Check with us before starting any new prescription, over-the-counter product or supplement.
Also off-limits	Drugs that speed its breakdown, such as rifampin, carbamazepine, phenytoin and St. John's wort. They can sap its benefit and risk a rebound when stopped.
Extra care	High-dose beta-blockers, verapamil, diltiazem or disopyramide also reduce contraction and call for closer echo monitoring.
Slow clearers	Some people inherit a slow-working CYP2C19 enzyme, around 13% of people of East Asian ancestry. Their levels run higher, so they are dosed more cautiously.

PREGNANCY

A firm rule	Camzyos can harm a developing baby. Anyone who can become pregnant needs reliable contraception during treatment and for 4 months after the last dose. Combined hormonal contraceptives with a progestin other than norethindrone should be avoided.

BEFORE YOU START

Get your baseline echocardiogram, enroll in the REMS program with your cardiologist and review every medication and supplement you take. If you can become pregnant, confirm a reliable contraception plan. Then set up your follow-up echo visits so refills stay on track.

READ THE FULL ARTICLE

damianrasch.com/
camzyos-mavacamten

For education only, and not a substitute for advice from your own physician. Sources include the CAMZYOS prescribing information, the EXPLORER-HCM and VALOR-HCM trials, a 2023 review of cardiac myosin inhibitors in JACC Heart Failure, Braunwald (NEJM 2025) and the 2024 AHA/ACC HCM guideline.

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MADE IN CALIFORNIA