

## **Ian's video – Audio Description**

The video starts with an animated Bristol Myers Squibb logo.

Text then appears on screen which says

“The story and opinions shared in this video reflect Ian's personal experiences. The list of symptoms mentioned here is not complete and experiencing them does not necessarily mean you have HCM. Consult with a qualified medical professional for an accurate diagnosis.”

“CV-GB-2400060 | April 2024” is included as text at the bottom left of the screen.

The video then cuts to the outside of a house where a man, Ian, is opening a white garage door. A graphic appears on screen which says “Ian. Obstructive Hypertrophic Cardiomyopathy (HCM) patient.”

Camera changes to a view from inside the garage showing Ian opening the door from the outside.

### ***Ian speaking:***

“When I was about 40. My health started to deteriorate.”

[View switches to Ian seated on a grey chair at a breakfast bar in his kitchen.]

“And I was diagnosed with having a form of asthma.”

[Camera moves to a side view of Ian standing in front of the kitchen sink. He is looking out of the window pensively.]

“And then I was putting out some chairs to do with the Remembrance Sunday. I was struggling, just picking up two chairs and moving them.”

[Cut back to a close-up of Ian sitting in the kitchen.]

“I was getting out of breath. I was getting sweaty.”

[Viewpoint moves back to Ian at the sink, he is filling up a glass with water, which he then drinks from.]

“And I just couldn't understand why, because my chest was clear.

That night I was watching TV with my wife. One of her favourite programmes is an ambulance emergency type programme.”

[Back to the close-up of Ian in the kitchen. The camera then changes to a wider shot.]

“One of the guys that they concentrated on had asthma, so it made my ears prick up a little bit and they put a mask on him, put him into the ambulance”

[Video transitions to a view of Ian from behind. He is in front of the sink looking out of the window.]

“And they said that the guy had underlying heart condition and unfortunately he died that night.”

[Camera moves back to a close-up of Ian in the kitchen.]

“So my wife and I looked at each other and thought, Crikey, that sounds a bit like what’s going on today.”

[The video cuts to Ian at the bottom of a flight of stairs. A white curly haired dog runs down the stairs towards him. Ian takes the dog outside to the garden.]

“So I arranged to see my GP the next day, and he got an appointment that day with the hospital.”

[The scene changes to Ian in the garden playing with the dog.]

“And then that’s when they confirmed that I had hypertrophic obstructive cardiomyopathy.”

[The video returns to Ian sitting at the breakfast bar. Then shows Ian following the dog back into the house from the garden.]

“It was just a big thunderbolt to understand exactly how it would impact my life.”

[Viewpoint transitions to Ian opening the garage door from the outside. Then shows a view of him from inside the garage as he opens the door.]

“So I’ve always been into sports, I’ve been an absolute sport junkie.”

[Camera cuts back to a close-up of Ian in the kitchen.]

“I ran for my county, played football, played rugby.”

[In the next scene, Ian is in the garage wheeling out a black mountain bike.]

“Being diagnosed with HCM”

[Cut to Ian putting a bicycle helmet on.]

“Has meant that I can no longer do all of these things. You then sort of build a bit of confidence”

[Video shows Ian on his bike riding out of his drive.]

“And then you work out ways of doing things slightly differently.”

[Viewpoint changes to Ian on his bike, a close-up of his legs.]

“As an example, I used to like riding my bike and I can no longer do that.”

[Cut to a side view of Ian on his bike.]

“So I got myself an e-bike, which was the best thing that I’ve ever done since being diagnosed”

[View changes to a front-on angle of Ian riding his bike down a path between grass, with trees and houses in the background.]

“Because it's given me that freedom.”

[The video moves back to the kitchen close-up of Ian.]

“Know your body. Know how it works. If you get a feeling of things changing, you're starting to get a bit out of breath.

[Cut to a rear view of Ian riding his bike down the path.]

“When you go to bed, you might hear your heart beating in a slightly different way.”

[View switches to Ian seated at the grey chair at the breakfast bar.]

“Those are things that you need to really think about and speak to a GP, get yourself checked over.

I do feel actually lucky because there are so many people out there who don't know that they've got it. You don't realise that the breath might have something to do with it.

So they might be thinking like me, oh, it's asthma related, or they might not realise that it is related to their heart.”

[The camera moves to Ian seated in a classic MG sports car, he is reversing it out of his garage.]

“I feel very lucky that I'm in a position where I can still live my life knowing what I've got and I can make informed choices.”

[Video cuts to Ian washing the car.]

“There's so many people out there who don't realise, who don't listen to their body, their symptoms, don't see advice through the GP.”

[Viewpoint is back to the close-up of Ian in his kitchen.]

I was diagnosed in 2017 on my birthday. So that's six years ago now. And you know, from where I was to where I am now, it's been a journey. But it's been a positive one”

[Cut back to Ian washing the MG sportscar.]

“In the fact that I've learned how to live with the condition. I prefer to concentrate on the things that I can do”

[The video transitions to Ian sitting on the bonnet of his car, he is looking at the camera with a big smile on his face.]

“Keeping myself active as much as I possibly can”

[The final scene is Ian in his kitchen again.]

“And trying to live life as full as I possibly can as well.”

[Screen fades to white and the Bristol Myers Squibb logo animates on.

Text then appears on screen which says “Could it be HCM is a disease awareness campaign that has been fully funded and developed by Bristol Myers Squibb.

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