

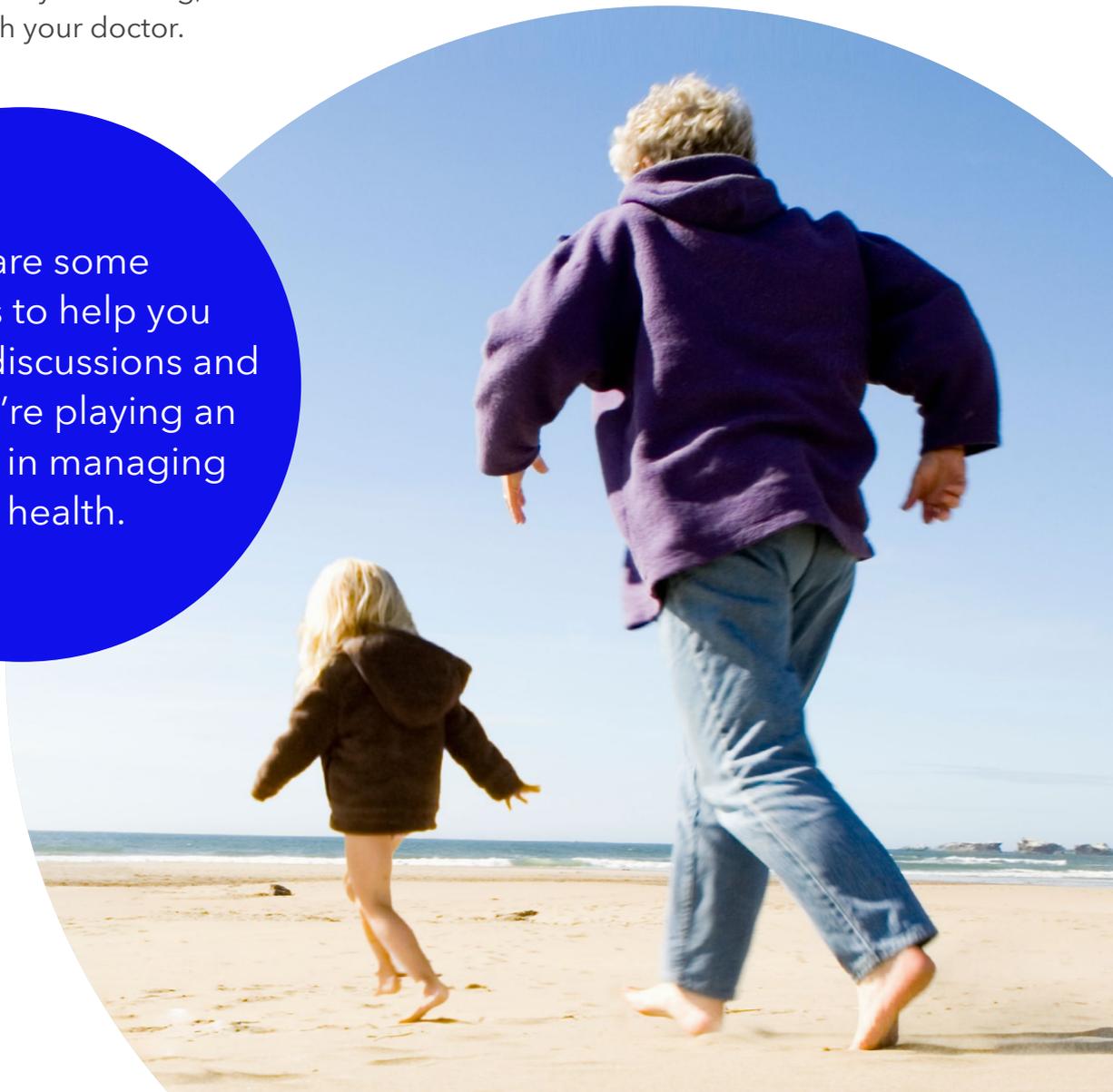
Medtronic

Ageing or aortic stenosis?

As you get older, you may begin to notice changes to the way your body feels and functions. Often, these changes are a normal part of ageing, but sometimes they are a sign of an underlying health condition, like aortic stenosis.

It's important to pay attention to the messages your body is sending, and to discuss these with your doctor.

Here are some questions to help you have these discussions and ensure you're playing an active role in managing your health.



About aortic stenosis

The heart pumps blood out through the aortic valve into the aorta, the body's main artery. In aortic stenosis, the aortic valve narrows, reducing the flow of blood into the aorta and to the rest of your body.

Aortic stenosis causes the heart to work harder, and can lead to tiredness, shortness of breath, fatigue and heart palpitations (heart flutters).

Left untreated, aortic stenosis can result in heart failure and possibly death.

It's important to identify aortic stenosis as early as possible in order to improve your long-term health. If you are feeling overly tired, breathless or lightheaded, or you are concerned about any other symptoms you are experiencing, speak with your doctor and ask for a heart health check.



Questions for your doctor

- How can I tell the difference between the signs of normal ageing and the signs of an underlying health condition?
- Are there any specific signs or symptoms that could indicate an underlying condition, like aortic stenosis?
- Sometimes I feel tired, breathless and/ or lightheaded. Could this be a sign of aortic stenosis?
- What are the risk factors for aortic stenosis?
- Am I at risk?
- What can I do to reduce my risk of developing aortic stenosis?
- How often should I visit the doctor for a heart health check-up?

Living well with aortic stenosis

Being diagnosed with aortic stenosis can be worrying. Getting information from your doctor, and playing an active role in managing your condition, can help you to feel more in control.

Here are some questions that you may like to discuss with your doctor. These questions will help you to understand more about aortic stenosis, your treatment options and how to live well with your condition.



Understanding your diagnosis

- What is aortic stenosis?
- What are the causes?
- What happens now that I have been diagnosed with aortic stenosis?
- Will my aortic stenosis get worse?
- What are the signs that mean I should call a doctor right away?





Getting on with life

- What can I do to keep my aortic stenosis from getting worse?
- Can I still exercise? If so, how much?
- Is there anything else I can be doing to stay as healthy as possible?
- Are there any activities I should be avoiding?
- Are there any signs and symptoms that indicate my condition is getting worse?
- What are the signs that mean I should call a doctor right away?

It's important to talk to your doctor about any questions or concerns that you may have. Your doctor can help you understand your condition and how best to manage it.



Thinking about treatment options

- How often do I need to have my condition monitored?
- Will I need to see a heart specialist?
 - If so, which type of heart specialist should I see? (or should I be referred to?)
- What are my options for treatment?



Medtronic

Medtronic Australasia Pty Ltd
2 Alma Road
Macquarie Park, NSW 2113
Australia
Tel: +61 2 9857 9000
Fax: +61 2 9889 5167
Toll Free: 1800 668 670

Medtronic New Zealand Ltd
Level 3 - Building 5, Central Park Corporate Centre
666 Great South Road
Penrose, Auckland 1051
New Zealand
Fax: +64 9 918 3742
Toll Free: 0800 377 807

medtronic.com.au
medtronic.co.nz

© 2022 Medtronic. All rights reserved. Australia.
ANZ---10659-022022. MED3050.