

Medtronic

Understanding your treatment options for aortic stenosis

Being diagnosed with aortic stenosis can be worrying,
but there are ways to manage the condition.

This brochure will help
you to understand more
about aortic stenosis and
the treatment options
available to you.



About aortic stenosis

Aortic stenosis occurs when the heart's aortic valve narrows, reducing the flow of blood into the aorta and to the rest of your body. It 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.

Assessing the severity of your aortic stenosis

Treatment options for aortic stenosis will depend in part on the severity of your condition. Your doctor will monitor this by tracking your symptoms and checking your heart function using an **echocardiogram**.

An echocardiogram is a type of ultrasound that shows your doctor how blood is flowing through your heart and heart valves. It can measure:

- the size of the aortic valve
- the speed of blood flow through the valve
- the pressure on either side of the valve
- the volume of blood your heart is able to pump out

Your doctor may also recommend a number of other tests to monitor the severity of your condition, including a chest X-ray, electrocardiogram (ECG) and exercise or stress tests.

Determining your treatment options

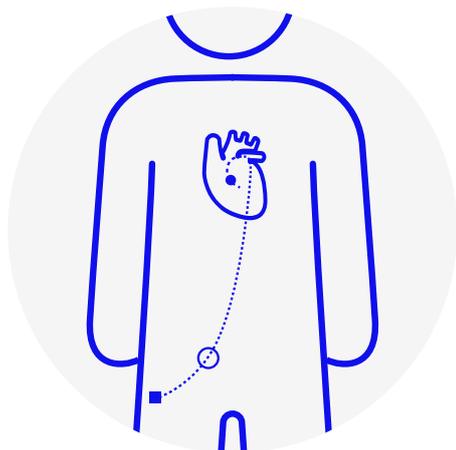
If your aortic stenosis has been assessed as mild, your doctor may recommend a 'watch and wait' approach to managing your condition. This means your doctor will monitor your symptoms at regular appointments and you may be prescribed some medications to reduce your risk of complications.

If your condition worsens or your symptoms become severe, you may need to have your aortic valve replaced.



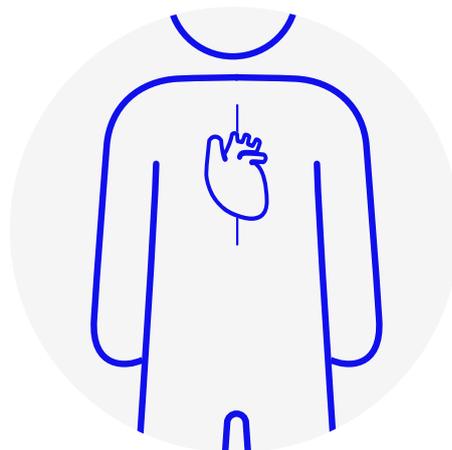
Aortic valve replacement

There are two main procedures used to replace an aortic valve. The type of replacement that you have will depend on your condition, and other factors such as your age and overall well-being. You can talk with your doctor about the best treatment option for your circumstances.



Transcatheter aortic valve implantation (TAVI)

- A doctor inserts a catheter in your leg or chest, and guides it through your blood vessels to your heart
- A replacement valve is inserted through the catheter and implanted in place
- This procedure is less invasive than SAVR, and may be a suitable option for you



Surgical aortic valve replacement (SAVR)

- Performed through a cut (incision) in the chest
- A surgeon removes the damaged valve and replaces it with a new one
- The new valve may be mechanical or made from cow, pig or human heart tissue
- Your doctor will talk with you about the benefits and risks of the different types of replacement valves

Living well with aortic stenosis

Maintaining a healthy weight and leading a heart-healthy lifestyle is also an important part of managing aortic stenosis. You can try:

- Eating a healthy diet full of fruits and vegetables
- Avoiding saturated and trans fats, excess salt and sugar
- Getting active with 30 minutes of physical activity each day
- Quitting smoking
- Managing stress through relaxation and mindfulness activities



The information in this brochure should not replace the advice of your doctor. Always speak with your doctor or treatment team about any questions or concerns that you have.

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