### Getting to the heart of aortic stenosis treatment options





## Is it time for treatment?

Getting diagnosed with aortic stenosis (AS) can feel overwhelming, but this is a common and treatable condition.<sup>1</sup>

To find out more about AS progression and its symptoms download the **What is Aortic Stenosis?** booklet at **NewHeartValve.co.uk** 



However, over time AS can become severe and life-threatening.<sup>1,2</sup>



If you are experiencing symptoms it is critical you speak to your doctor. They may refer you for an aortic valve replacement.<sup>3</sup>



Stop AS before it develops into a life-threatening condition, track your symptoms by downloading the Symptom Tracker



# What are the different treatment options available for severe aortic stenosis?

Medication cannot treat AS. If you are experiencing symptoms, replacing your aortic valve is the only effective way of managing this condition.<sup>4</sup> There are two different ways to replace the aortic valve: <sup>5,6</sup>



Transcatheter aortic valve implantation which is less invasive, also known as **TAVI** 

### Is TAVI or sAVR the right fit for you?

Guidelines recommend each procedure to treat severe AS based on your characteristics.<sup>3</sup> Your Heart Team, a multi-specialist team of experts, will collaborate to determine the most suitable treatment based on this information and your health history.<sup>3</sup>

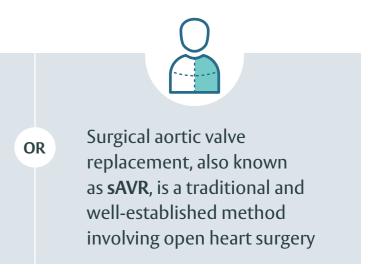
## Examples of relevant characteristic favouring TAVI or sAVR

75 or over

Under 75

Previous heart surgery

No history of heart surgery



CS	TAVI	sAVR
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## Benefits of TAVI and sAVR

### TAVI

( • Only requires a small incision<sup>5,6</sup> which leaves a small wound that heals more easily than surgery wounds and is less likely to become infected.<sup>7</sup>



Has a shorter recovery period<sup>8,9</sup> that may mean you are back on your feet sooner



In some cases, can be performed under local anaesthesia with conscious sedation,<sup>10</sup> which can also help get you home faster<sup>11</sup>

### sAVR



This was the only option available for replacing the aortic valve for decades,<sup>4,6,12</sup> making it a well established treatment<sup>13</sup>



It is a well-established procedure with favourable results and a good prognosis<sup>13</sup>

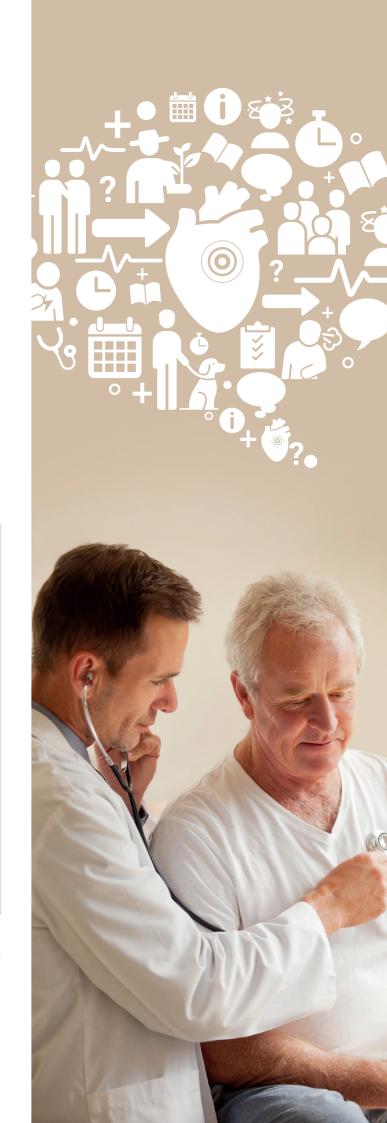
### Things to tell your doctor before a treatment decision is made

Your Heart Team will consider your health when making a recommendation. Tell your doctor if you have a history of any of the following:



- Stroke
- Abnormal heart rhythm
- Prior open heart surgery
- Poor circulation
- Frailty (weakness)
- Narrow blood vessels
- Lung condition
- Kidney failure
- Diabetes

This is not a comprehensive list of all possible treatment considerations. Please speak to your doctor for more information.



## Which treatment could be best suited to you?

TAVI and sAVR can impact your recovery and your life after treatment in various ways.<sup>14</sup> Here are a few things you can discuss with your doctor to help your Heart Team to determine the most suitable treatment to recommend:



How each procedure will affect your lifestyle<sup>15</sup>



Life goals and what each treatment means for your future<sup>15</sup>



Activities you would like to continue to be able to do



Scan for more guidance on discussing treatment options with your doctor



## Other questions to ask your doctor about TAVI and sAVR

- What makes TAVI and sAVR different?
- Could TAVI be an appropriate procedure for me?
- What tests are used to determine the most suitable treatment for me?
- What signs or symptoms should I look out for while I am awaiting treatment?
- What will happen if I don't get my aortic valve replaced?
- How long will I be in the hospital for TAVI or sAVR?
- What is the recovery like after TAVI or sAVR?
- How will TAVI or sAVR affect my life following treatment?
- How will TAVI or sAVR affect my condition?
- What restrictions and/or medications, if any, would I be on after treatment?
- How frequently will I need to have follow-up appointments after treatment?







## Don't let aortic stenosis take your breath away

### Discover further AS resources:











Disease awareness

Symptom tracker

Doctor discussion guide What is TAVI?

Carer tips



### Scan the QR code

### References:

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