

Aortic stenosis (AS) is a common but treatable condition, which affects the valve that helps blood flow in and out of the heart.¹ The only effective way to treat your AS if it requires treatment is with aortic valve replacement.^{1,2} Transcatheter aortic valve implantation, also known as TAVI, is a less invasive alternative to the traditional method, open heart surgery.^{3,4}

Speak to your doctor about your treatment options and life goals⁵





Who is TAVI suitable for?

Guidelines recommend TAVI for people with severe AS who are 75 years or older, or who are at greater risk of surgery complications.⁶

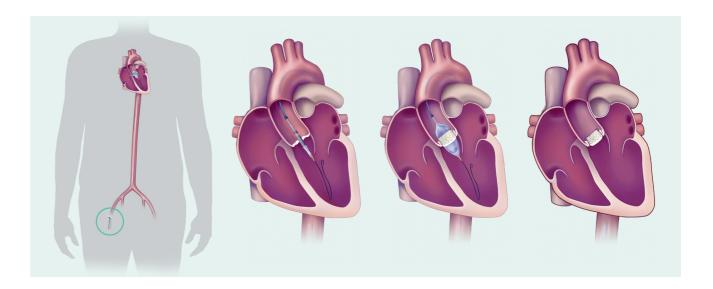
However, your Heart Team, a multi-specialist team of experts, will take not only guidelines, but your health history and personal preferences into consideration when making a treatment recommendation.⁶

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Discuss what's important to you with your Heart Team so they can find the most suitable treatment⁶

What happens during TAVI?

Usually, a small opening (incision) is made in an artery in the groin.^{3,4} Then a very thin flexible tube (also called a catheter) is threaded through the artery and into the heart.⁷



Once the tube is in position, the new aortic valve is placed inside the existing valve and expands, pushing the original valve aside.⁷ After that, the tube can be removed.⁷



The TAVI procedure may be performed under general or local anesthesia with conscious sedation.^{7,8}

Hear from other patients who have received TAVI or watch an animation of the procedure at **NewHeartValve.co.uk**

Your Heart Team





Before the TAVI procedure



Keep active: Performing a gentle exercise routine is good for your health^{9,10}



Eat healthily: Ask your doctor for advice about your diet¹⁰

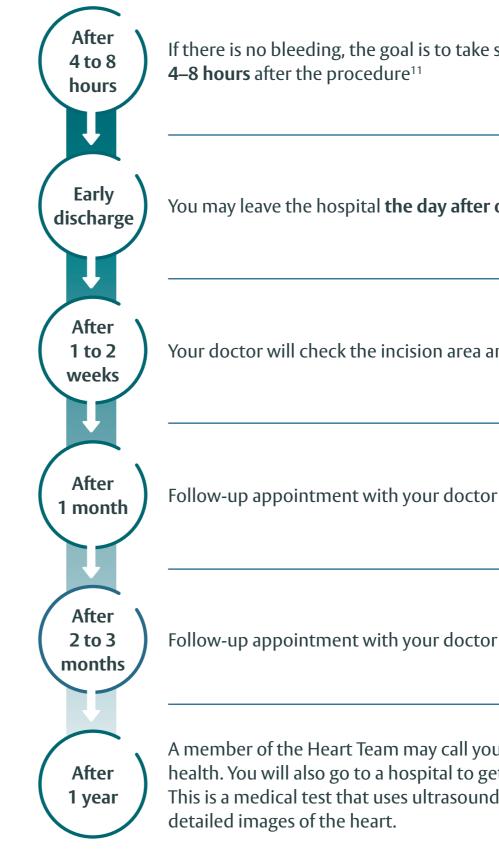


Keep taking your medicines: If you are taking blood thinners tell your doctor⁹



See your dentist: Any dental work you need should be done before your procedure. Any work done soon after could cause the new valve to become infected⁹





If there is no bleeding, the goal is to take short walks within

You may leave the hospital the day after or within a few days¹¹

Your doctor will check the incision area and your heart

A member of the Heart Team may call you to ask about your health. You will also go to a hospital to get an echocardiogram. This is a medical test that uses ultrasound technology to create



What can recovery look like?

Most patients have a short recovery time so they can get back to daily life soon after the procedure.^{12,13}

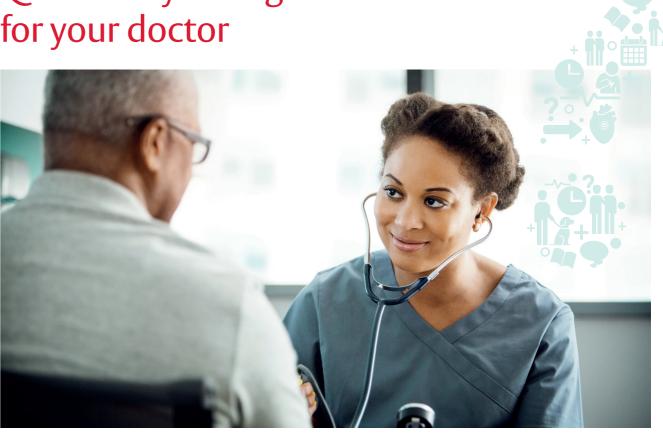


Although uncommon, the TAVI procedure is associated with complications such as stroke, need for a permanent pacemaker, bleeding from the incision area or leaking around the new valve itself.14



A successful TAVI procedure replaces the narrowed valve and improves the overall heart function. This will improve symptoms related to AS, such as breathlessness, faintness, and chest pain. This may improve your overall quality of life and your life expectancy.^{15,16}

Questions you might have for your doctor



- Can you help me understand if TAVI is a suitable treatment option for me?
- Could TAVI help me get back to my regular lifestyle as quickly as possible?
- Can you explain when I can expect my valve to be replaced?
- What is the recovery like after TAVI?
- What are the risks and benefits associated with the different treatment options?
- How can I be involved in deciding which treatment option is best for me?



Talk to your doctor about TAVI and your life goals after treatment

Ask for a TAVI evaluation at your next appointment

Left untreated, severe AS can be life-threatening for up to half of the people experiencing symptoms in a 2-year time period.¹ Waiting isn't an option.

Discover further AS resources:











Disease awareness

Symptom tracker

Doctor discussion guide

Treatment options

Carer tips

Scan the QR code

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