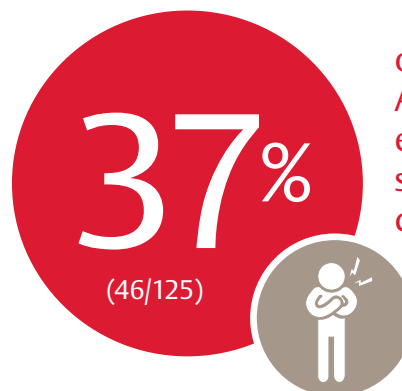


Asymptomatic Aortic Stenosis: the importance of stress testing

A significant number of patients with severe aortic stenosis (AS) lack the common symptoms. For these patients **watchful waiting** is recommended.¹ In some of these patients however, symptoms are only missing as a result of an **adapted lifestyle**.^{2,3}

Exercise testing is recommended for unmasking symptoms and stratifying risk in physically active asymptomatic patients.¹



of asymptomatic AS patients exhibit symptoms during exercise⁴

Re-evaluation for symptoms of severe AS (ideally with exercise testing) should be performed at least every

6 months¹

Monitor for:

- Changes in echocardiographic parameters
- Exercise tolerance
- Occurrence of symptoms

Untreated patients with asymptomatic AS have a poor survival rate without aortic valve replacement (AVR).⁵

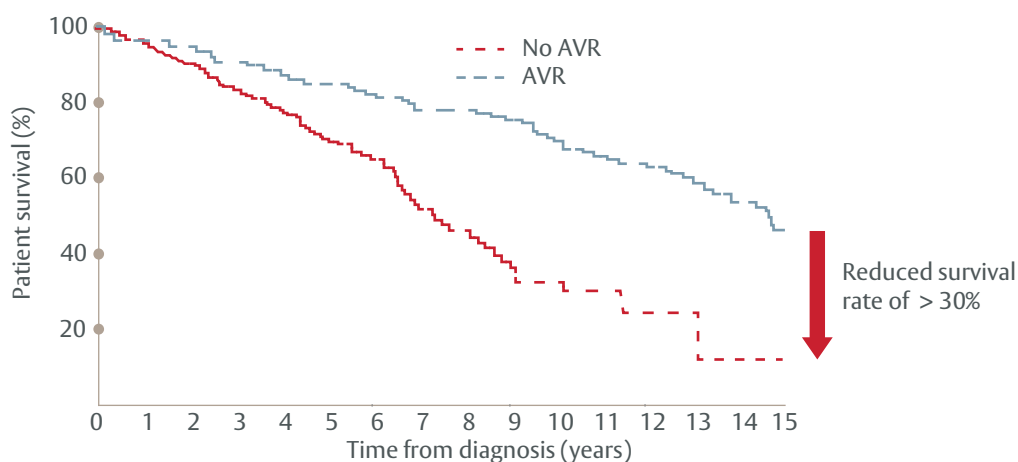
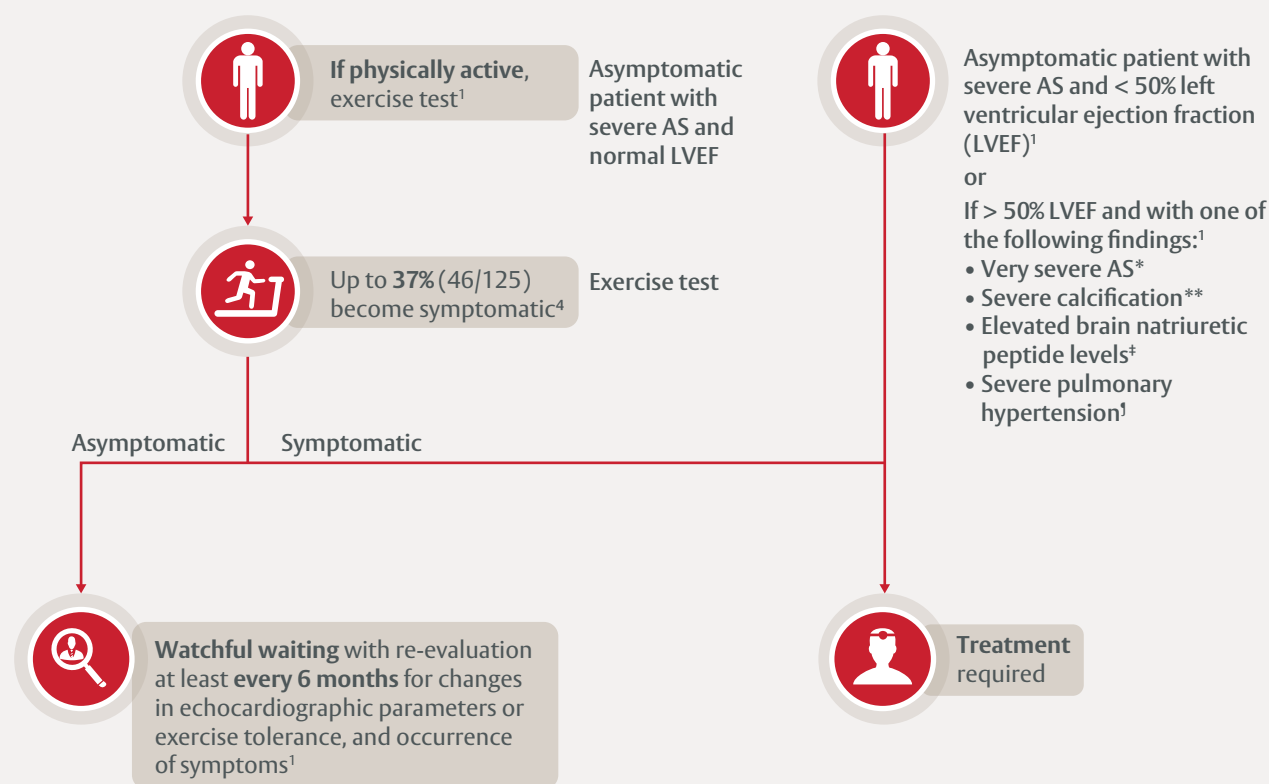


Figure adapted from: Brown ML et al. *J Thorac Cardiovasc Surg* 2008;135:308–15 (figure shows cohorts which remained asymptomatic during follow-up).

Ensure your patients receive the treatment they need in good time.



*Very severe aortic stenosis defined by a $V_{max} > 5.5$ m/s; **severe valve calcification and a rate of V_{max} progression ≥ 0.3 m/s/year; [‡]markedly elevated BNP levels (> threefold age- and sex-corrected normal range) confirmed by repeated measurements without other explanations; ¹severe pulmonary hypertension (systolic pulmonary artery pressure at rest > 60mmHg confirmed by invasive measurement) without other explanation.

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