

Do you have a loved one with aortic stenosis?

Tips for Caregivers



You play an important role in supporting your loved one through their aortic stenosis journey. Whether your loved one is newly diagnosed, or is exploring various treatment options for aortic stenosis, your role throughout this process is invaluable. To help you as a carer, we have compiled a list of tips for how you can support your loved one throughout their treatment journey.



Symptoms of heart valve disease.

The symptoms of heart valve disease are commonly misunderstood by patients as normal signs of aging. If the person you care for is experiencing symptoms such as lack of energy, or they can't do things like they used to, they should talk to a doctor right away.

It can help to have someone at each appointment. To get information and make sure all questions are answered. Make a list of questions and take notes during the discussion. If you aren't nearby, ask if you can participate in appointments by phone.

Loved ones health history. It is important to provide your loved one's entire health history to ensure they receive the best treatment option for them. Be sure to share a detailed list of your loved one's health history with their doctor.

About open heart surgery. Open heart surgery isn't the only option for treating severe aortic stenosis. Be sure your loved one is informed about all treatment options before moving forward with a treatment plan.

Evaluating treatment options for aortic stenosis. Part of being an advocate means evaluating all treatment options for severe aortic stenosis, including Transcatheter Aortic Valve Implantation (TAVI). The goal should always be for your loved one to feel empowered about their treatment plan.

Have an open discussion about care after TAVI. Discuss how you plan to help your loved one as they recover from the procedure.

Before your loved one leaves the hospital. Make sure to ask their doctor specific questions about eating, sleeping, activity level, medications, and follow-up appointments.

Visit www.newheartvalve.ca to explore more resources on diagnosis and treatment of aortic stenosis. Access free tools and support including patient videos and a doctor discussion guide.

