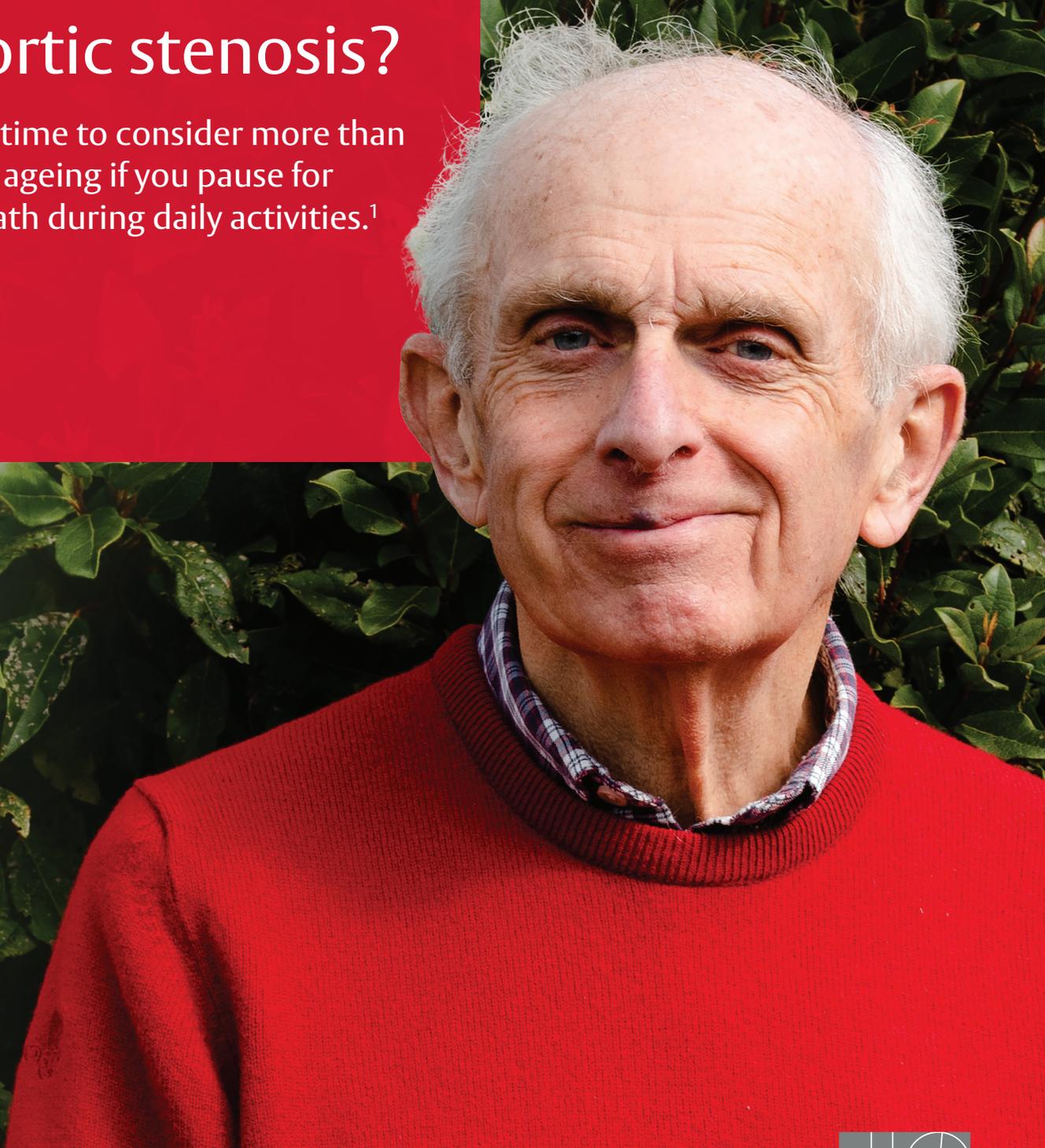


What is aortic stenosis?

It is time to consider more than
just ageing if you pause for
breath during daily activities.¹



Edwards

Could aortic stenosis be restricting you?

Aortic stenosis (AS) is a common but treatable condition, which affects the valve that helps blood flow in and out of the heart.²



While symptoms are very typical for people with AS, it is also possible to experience few or no symptoms, especially in the early stages. In the beginning your symptoms may also be caused by other existing conditions that might be aggravated.⁴



Untreated AS can become life-threatening over time²

Recognise the symptoms

Have you experienced any of the following symptoms?⁴ These could be a sign of aortic stenosis (AS):^{1,4}



Breathlessness, for example, pausing to catch a breath or shallow breathing that is inconsistent



Dizziness or faintness, including unsteadiness



Chest pain, tightness or pressure



Quick heartbeat or heart skipping a beat



Swollen ankles or feet, making the affected area look puffy or shoes feel tighter

Help your doctor to identify or understand any changes in your symptoms by downloading the **Symptom Tracker**



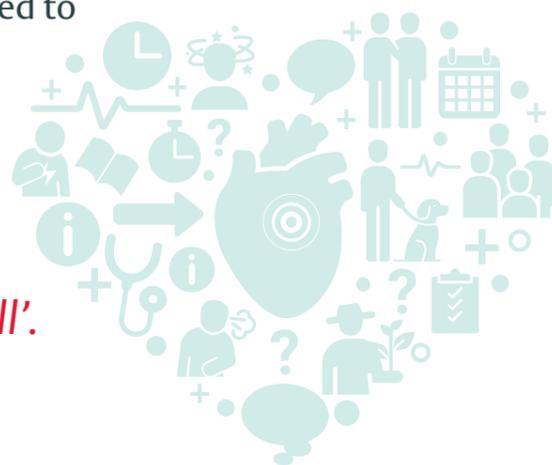
Meet Colin

When he is not playing squash, he is playing golf, enjoying long walks or sailing with friends. One day on the squash court, he blacked out.



After resting for a couple of weeks, he decided to stop playing as he could feel he was getting lightheaded too easily during strenuous games and thought:

'Perhaps it was too demanding a sport for a 76-year-old man after all'.

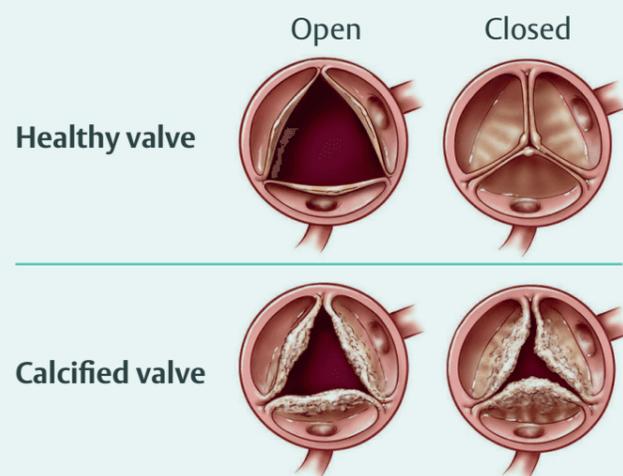


After this, Colin began to realise he needed to take it a bit easier, but even after dedicating himself to golf, he still found he often had to stop to catch his breath.

Finally, he went to get checked by his doctor and within less than two months Colin was diagnosed and successfully treated for AS.

Aortic stenosis is a life-threatening condition if left untreated²

The healthy heart has four valves that keep oxygen-rich blood flowing in the right direction throughout your body.⁵



However, if calcium builds up in the aortic valve, it hardens, which stops the valve from fully opening or closing, causing AS.⁶



Age, being overweight or obese, diabetes, high cholesterol and increased blood pressure are all risk factors for AS*⁷

*This is not a comprehensive list of all possible risk factors. Please speak to your doctor for more information.

Now is the time to see your doctor

Aortic valve replacement should be considered after the onset of symptoms.⁸

Get your heart check⁹



During your appointment, ask your doctor to check your heart with a stethoscope. They will detect or rule out a heart murmur, an unusual heart sound, which could mean AS.^{9,10}



If your doctor suspects AS, they might ask you to do an exercise test to see how well your heart is working. This could involve walking on a treadmill or riding a stationary bike.¹¹



Without treatment, severe AS can be life-threatening for up to 50% of people within an average of 2 years after symptoms appear.²

