

Straight from the heart

Carer tips



**You make a big difference in your
loved one's life.**

Whether they are learning about aortic stenosis or exploring various treatment options, your role throughout this process is invaluable.



Edwards

Know the signs of aortic stenosis

Your loved one may feel confused about what is happening to them when they first experience symptoms of aortic stenosis (AS) or fear being a burden.



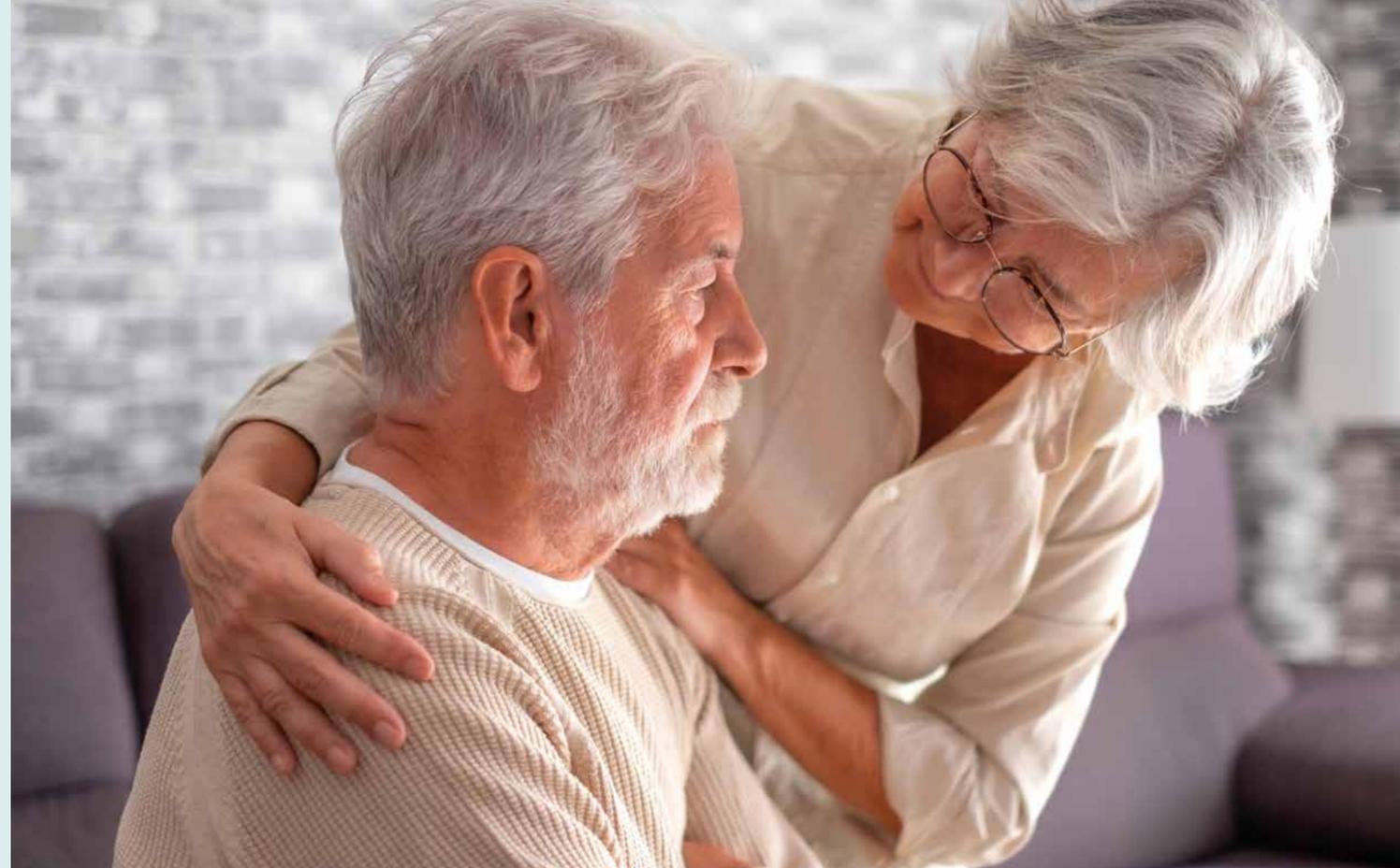
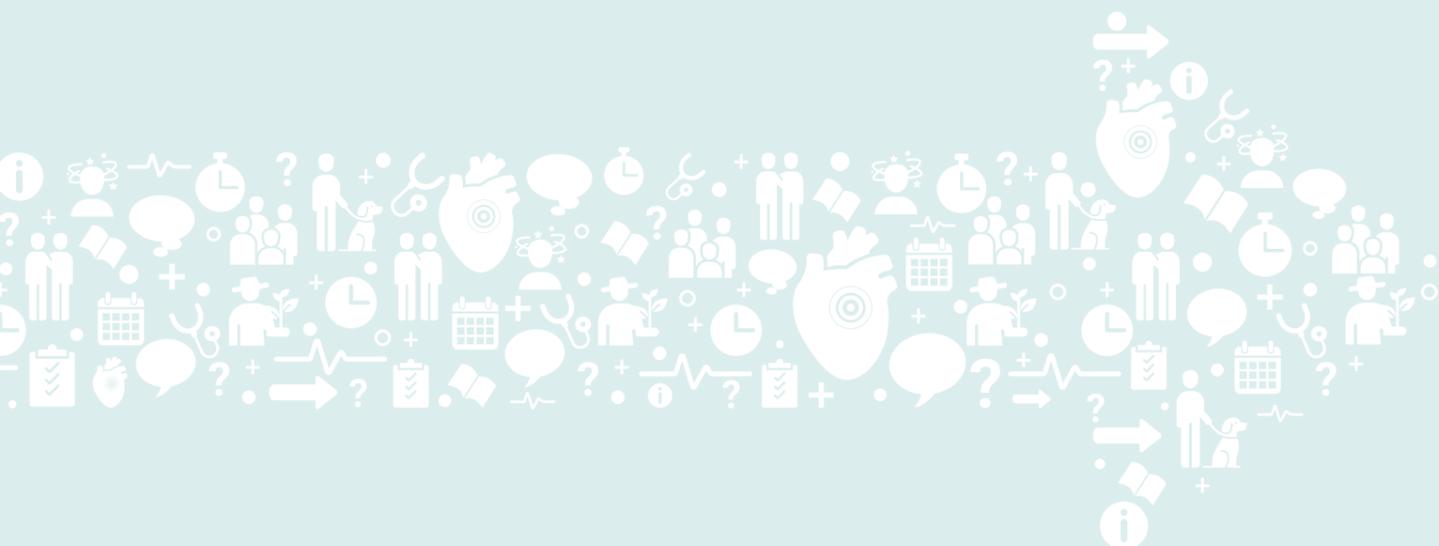
Your loved one might adapt their lifestyle because they are trying to manage symptoms of AS. Go with them to see their doctor if you notice changes to their lifestyle.



You may notice your loved one's day-to-day signs before they do. Record any changes in your loved one's behaviour. They may experience signs such as pausing to catch a breath, lack of energy or find they can't do things like they used to.¹



Help your loved one to identify or understand any changes in their symptoms by downloading the Symptom Tracker



After diagnosis

Once a diagnosis has been reached, your loved one might feel like they are not in control of their life. They may prepare for the worst, but AS is a common and treatable condition.²



Help your loved one get the answers you both need by bringing a list of questions to each appointment and taking notes during the discussion. If you aren't nearby, ask if you can join the appointments on the phone or online.



Finding people to connect with can help your loved one feel empowered to take control of their life.³ Hear from other patients who had AS at [NewHeartValve.co.uk](https://www.newheartvalve.co.uk).

Treatment recommendations

When AS has progressed and it is time for treatment, your loved one might feel anxious or afraid.

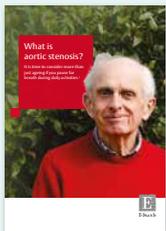


Advocate for your loved one by helping to evaluate all treatment options for severe AS, including, transcatheter aortic valve implantation, also known as TAVI.⁴



Help your loved one to share their health history with their doctor to ensure they receive suitable treatment.

Discover further AS resources:



Disease awareness



Symptom tracker



Doctor discussion guide



Treatment options



What is TAVI?



Scan the QR code



References:

1. American Heart Association. Aortic Stenosis Overview. Available at: <https://www.heart.org/en/health-topics/heart-valve-problems-and-disease/heart-valve-problems-and-causes/problem-aortic-valve-stenosis> (accessed November 2023).
2. Otto C. *Heart*. 2000;84(2):211–218.
3. Martino J, et al. *Am J Lifestyle Med*. 2017;11(6):466–475.
4. Lindman BR, et al. *Nat Rev Dis Primers*. 2016;2:16006.



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