



American
Heart
Association.

Take Charge of Aortic Stenosis



PATIENT/DOCTOR Discussion Guide

Be prepared to get the most out of your appointment.



Learn as much as you can
about your condition.



Write down questions to ask
your health care professional.

Aortic stenosis is a common condition where the **aortic valve in the heart narrows**, often due to aging, making it harder for blood to flow.

The hardened valve opening **restricts blood flow from the heart to the rest of the body, including the coronary arteries**. This can lead to symptoms such as fatigue, dizziness, shortness of breath and chest pain.

Untreated, symptoms can **worsen**, leading to heart failure and possibly death.



It's important to seek treatment as soon as possible

There is no cure for aortic stenosis. But you can manage early symptoms with medication and a healthy lifestyle.

When the symptoms become severe or your heart function declines, your health care professional may recommend replacing the damaged valve.

At your appointment:

- Your health care professional will ask about your symptoms. How long have you had them? Have they gotten worse? Do they interfere with daily living? **Download our symptom tracker here.**
- Be prepared to discuss any family history of heart disease.
- Your blood work and vital signs will be checked.
- Your health care professional may order images of your heart, or an echocardiogram, to look at the condition of the valve.
- Medication may be recommended.
- Your health care professional may discuss valve replacement procedures with you.

Bring a list of questions

Getting information from your health care professional about your condition is important. Check off the questions you want to remember to ask at your appointment.

Living with aortic stenosis:

- ☐ What is the likelihood that my symptoms will get worse?
- ☐ Will making changes to my diet help?
- ☐ Is there medication that can help me?
- ☐ Can I die from aortic stenosis?
- ☐ How often should I to visit a health care professional to monitor my condition?
- ☐ Which danger signs mean I should call a health care professional right away?
- ☐ Do I need to limit my physical activity?

Questions about treatment:

- ☐ How will I know when it is time to replace my heart valve?
- ☐ Is it better to get a new heart valve or repair the damaged one?
- ☐ Is there an age limit for having a valve replacement?
- ☐ Will I need open-heart surgery to replace the valve?
- ☐ Am I a candidate for a minimally invasive valve replacement procedure?
- ☐ Which valve replacement option has the best outcomes?
- ☐ What risks are involved in heart valve replacement?
- ☐ Will I be cured after getting a new valve?
- ☐ Which medications will I need to take after I get a new valve?

