



American Heart Association®

# Target: Aortic Stenosis™

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Strategic Collaborators – Implementation Guide



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Target: Aortic Stenosis™

# About Target: Aortic Stenosis

The American Heart Association (AHA) has launched the **Target: Aortic Stenosis** initiative to help drive efforts for timely diagnosis, appropriate treatment and improved quality of care by:

- Raising awareness and understanding of aortic stenosis signs and symptoms
- Positively empowering people to better manage their risks and self-management with patient and caregiver resources

By integrating **Target: Aortic Stenosis** into your communities or health care outreach efforts, you are helping to bring awareness to the risks and the forefront of heart-health conversations, supporting people with aortic stenosis, their loved ones, and clinical teams in their efforts to identify at-risk patients and coordinate care plans to improve health outcomes.



Edwards

Edwards Lifesciences is the national sponsor of American Heart Association's Target: Aortic Stenosis.



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# Target: Aortic Stenosis Strategic Collaborators



This guide is intended to elevate the efforts across the country through awareness and shared tools used by the Target: Aortic Stenosis Strategic Collaborators. Thank you.



Edwards Lifesciences is the national sponsor of American Heart Association's Target: Aortic Stenosis.

**Empowering  
aortic stenosis  
patients to be  
their own health  
advocate**



# WITHIN THIS GUIDE YOU WILL FIND

- Overview of why this matters
- How your organization can support the initiative
- Resources for patients & caregivers
- Messaging to reach patients/consumers & caregivers
- Resources for health care professionals
- Messaging for health care professionals



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# Why This Matters

- Aortic stenosis (AS) is one of the most common and serious valve disease problems.
- It affects about 5% of people 65 years and older. That number is expected to more than double by 2050, particularly among those 70 years and older.
- Often, people with aortic stenosis think the symptoms they are experiencing are a part of aging and do not get the medical attention they need to monitor and treat the condition.
- If left undiagnosed and untreated, AS can become more severe and potentially lead to heart failure and death.
- People with aortic stenosis may not experience noticeable symptoms until the narrowed valve greatly reduces blood flow.
- Aortic stenosis can be treated, and managing it appropriately can reduce the negative impact on quality of life.
- If there are no symptoms or if symptoms are mild, the best course of action could be regular follow up and monitoring to see if the valve opening has narrowed or if symptoms develop or worsen.

# HOW YOUR ORGANIZATION CAN HELP SUPPORT: CAMPAIGN IMPLEMENTATION

Following are examples of how your organization can leverage the resources provided and elevate the voice and impact of the **Target: Aortic Stenosis** campaign.



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## Activate your Social Media Channels

- Share provided content across your social media platforms and encourage reposts and retweets (Facebook, Instagram, LinkedIn, Twitter).
- Follow the American Heart Association social media handles and engage (like, comment, repost/retweet campaign messages).  
AHA: [Facebook](#) (@AmericanHeart), [Twitter](#) (@American\_Heart), [Instagram](#) (@American\_Heart) + [LinkedIn](#) (American Heart Association)
- Sample messages and graphics are included in this toolkit.



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## **Leverage E-newsletters and Other Digital/Print Communications Tools**

- Integrate campaign messaging and calls-to-action into your e-mail or print newsletters, magazines, etc.
- Link to the campaign resources on your organization's website.

## **Build a Messaging Calendar with Additional Touchpoints to Drive the Conversation**

- February – American Heart Month
- February 22 – Heart Valve Disease Awareness Day
- November – Caregiver Month

## **Engage Your Conference/Community Event Audiences**

- Distribute patient and health care professional resources at applicable events.
- Invite your patient audiences to download the discussion guide and symptom tracker and watch the patient video series.
- Invite your health care professional audience to review/utilize the patient education resources and professional education resources and webinars.

# CAMPAIGN RESOURCES

## FOR PATIENTS AND HEALTH CARE PROFESSIONALS

At your fingertips, we've provided a repository of materials to educate patients and health care professionals. Organizations can use any or all resources to support the campaign.



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# Resources for Patients and Caregivers

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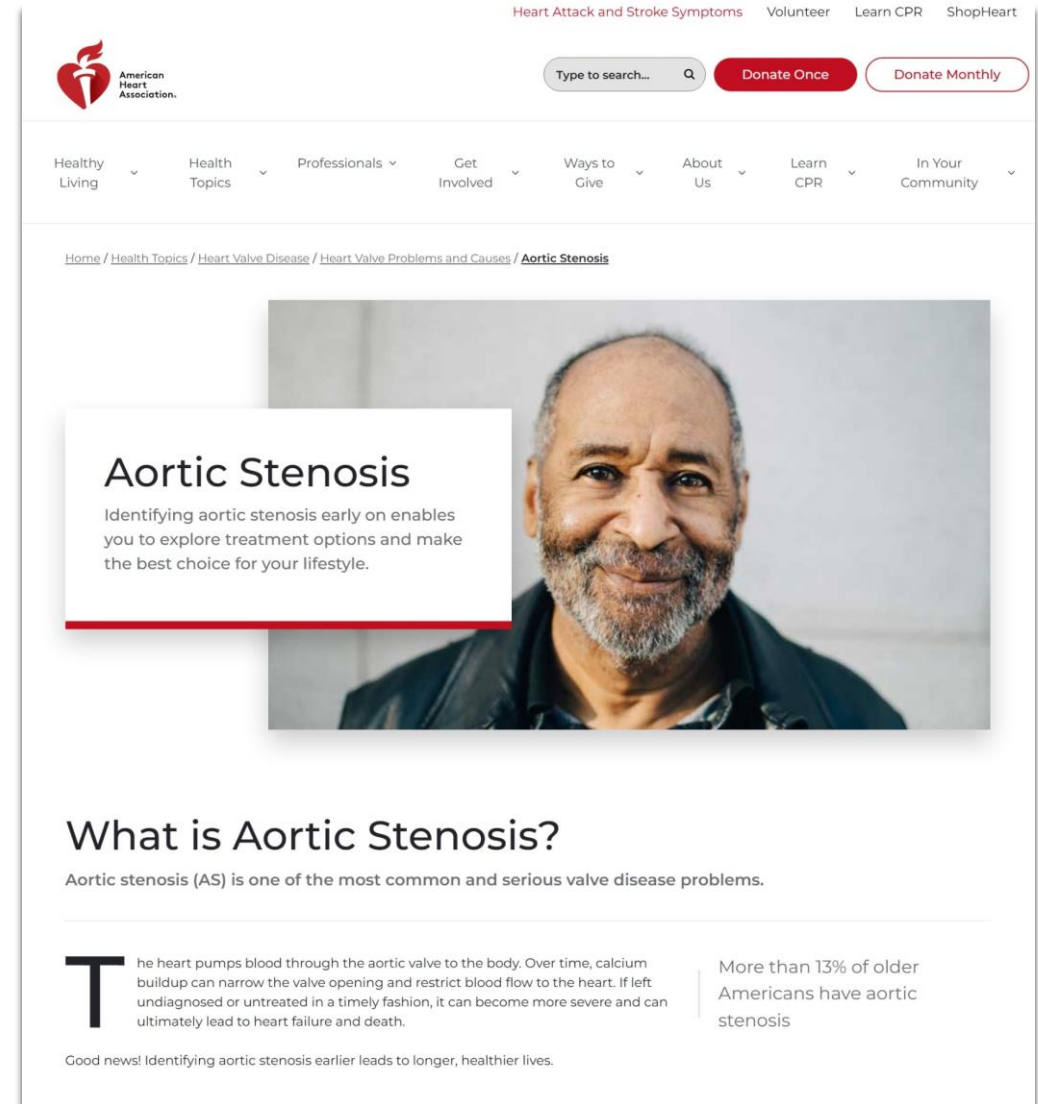
Resources, Messaging and Creative

## Heart.org/AorticStenosis

This patient/public health education [website](#) provides a comprehensive overview of aortic stenosis, including tools and resources for people living with aortic stenosis.

Patients and their loved ones can:

- Review content to help understand patient risk.
- Watch patient videos and stories of hope.
- Download a discussion guide that can help prepare patients to talk with their health care professionals.



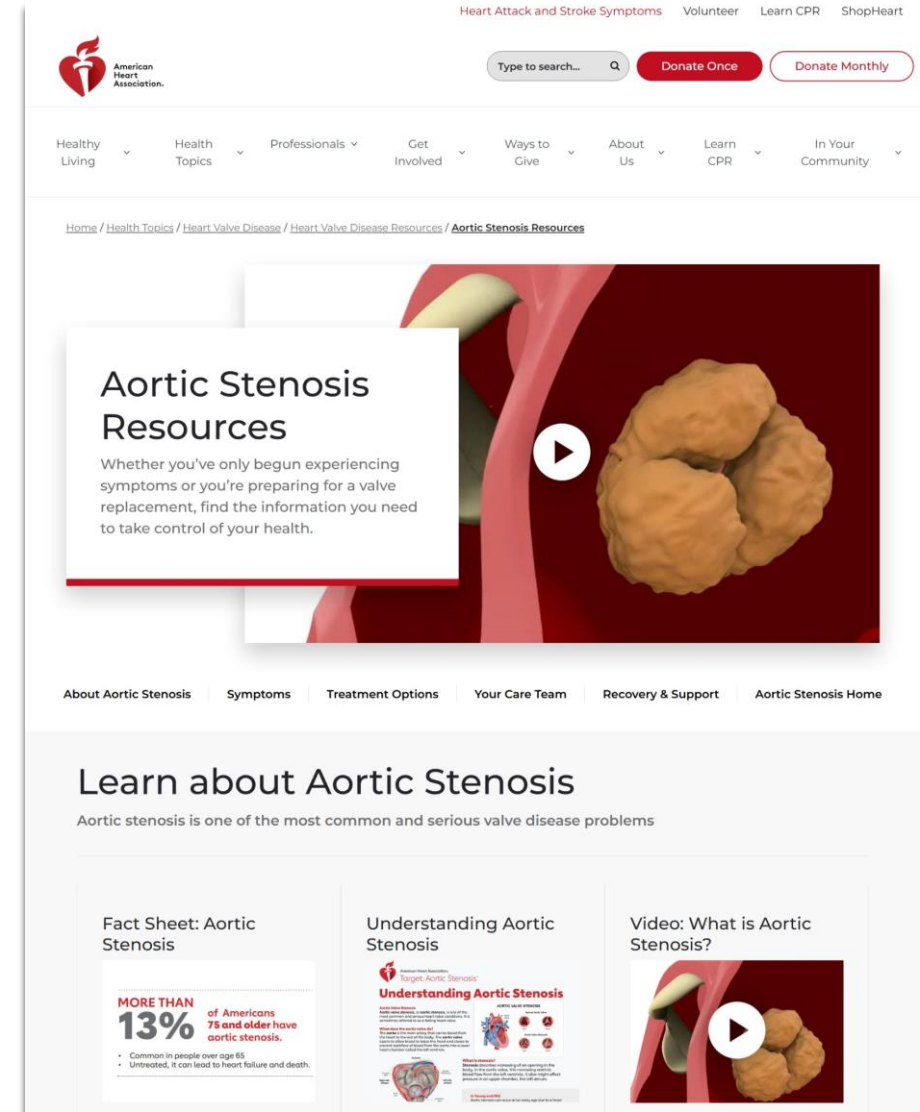
The screenshot shows the American Heart Association website page for Aortic Stenosis. At the top, there is a navigation bar with links for "Heart Attack and Stroke Symptoms", "Volunteer", "Learn CPR", and "ShopHeart". Below this is a search bar with the text "Type to search..." and a magnifying glass icon, followed by two buttons: "Donate Once" and "Donate Monthly". A secondary navigation bar includes links for "Healthy Living", "Health Topics", "Professionals", "Get Involved", "Ways to Give", "About Us", "Learn CPR", and "In Your Community". The main content area features a breadcrumb trail: "Home / Health Topics / Heart Valve Disease / Heart Valve Problems and Causes / Aortic Stenosis". Below the breadcrumb is a large image of a smiling man with a beard. Overlaid on the left side of the image is a white box with the title "Aortic Stenosis" and the text: "Identifying aortic stenosis early on enables you to explore treatment options and make the best choice for your lifestyle." Below the image is a section titled "What is Aortic Stenosis?" with the text: "Aortic stenosis (AS) is one of the most common and serious valve disease problems." At the bottom, there is a large letter "T" followed by text: "he heart pumps blood through the aortic valve to the body. Over time, calcium buildup can narrow the valve opening and restrict blood flow to the heart. If left undiagnosed or untreated in a timely fashion, it can become more severe and can ultimately lead to heart failure and death." To the right of this text is a box with the text: "More than 13% of older Americans have aortic stenosis." At the very bottom, there is a small line of text: "Good news! Identifying aortic stenosis earlier leads to longer, healthier lives."

# Digital Content Continued

## Heart.org/ASResources

This [patient/public health education resource webpage](https://www.heart.org/ASResources) provides a comprehensive overview of all our aortic stenosis tools and resources for people at-risk or living with aortic stenosis.

From experiencing symptoms to preparing for a valve replacement, wherever one is on their patient journey, they can find the information they need to take control of their health.



The screenshot shows the American Heart Association website's "Aortic Stenosis Resources" page. At the top, there is a navigation bar with the AHA logo, a search bar, and donation buttons for "Donate Once" and "Donate Monthly". Below the navigation bar, there are several menu items: "Healthy Living", "Health Topics", "Professionals", "Get Involved", "Ways to Give", "About Us", "Learn CPR", and "In Your Community". The main content area features a large video player with the title "Aortic Stenosis Resources" and a play button. The video description reads: "Whether you've only begun experiencing symptoms or you're preparing for a valve replacement, find the information you need to take control of your health." Below the video player, there is a horizontal menu with links: "About Aortic Stenosis", "Symptoms", "Treatment Options", "Your Care Team", "Recovery & Support", and "Aortic Stenosis Home". The page also includes a section titled "Learn about Aortic Stenosis" with the text "Aortic stenosis is one of the most common and serious valve disease problems". Below this section, there are three featured content items: "Fact Sheet: Aortic Stenosis" (highlighting that more than 13% of Americans 75 and older have aortic stenosis), "Understanding Aortic Stenosis" (a detailed infographic), and "Video: What is Aortic Stenosis?" (a video thumbnail).



# Aortic Stenosis Fact Sheets

**Aortic Stenosis**

Aortic stenosis is one of the most common and serious valve disease problems. The heart pumps blood through the aortic valve to the body. Over time, calcium buildup can narrow the valve opening and restrict blood flow from the heart to the body.

**Stenosis means narrowing.** It makes the heart work harder and can cause:

- Fatigue
- Shortness of breath
- Chest pain
- Rapid fluttering heartbeat

**MORE THAN 13% of Americans 75 and older have aortic stenosis.**

- Common in people over age 65
- Untreated, it can lead to heart failure and death.

**Early treatment is key to preventing heart failure.**

- For mild or no symptoms, see your health care professional regularly and maintain a healthy lifestyle. Your health care professional may recommend avoiding overly stressful exercise.

**Plus** Your health care professional may recommend medication for:

- Lower your blood pressure
- Reduce your cholesterol

Visit [heart.org/AorticStenosis](http://heart.org/AorticStenosis) for more information

One-page fact sheet that provides an overview of aortic stenosis

**Take charge of Aortic Stenosis**

**PATIENT/PROVIDER 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 doctor.

Aortic stenosis is a common condition that occurs when the opening to the heart valve narrows, usually due to age.

The hardened valve opening restricts proper blood flow to the heart. This can produce 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 doctor may recommend replacing the damaged valve.

**At your appointment:**

- Your doctor 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 doctor may order images of your heart, or an echocardiogram, to examine the condition of the valve.
- Medication may be recommended.
- Your doctor may discuss valve replacement procedures with you.

Two-page printable piece Patient/Health Care Professional Discussion Guide

**Aortic Stenosis Symptom Tracker**

Check symptoms that apply to you, noting the frequency. Then bring this tracker to your next appointment to review with your doctor.

<input type="checkbox"/> Pain, tightness or pressure in the chest	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Lightheadedness or dizziness	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Rapid, fluttering heartbeat	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Fainting	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Difficulty sleeping or sitting up	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Swollen ankles or feet	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Difficulty walking short distances	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always

Which of these symptoms happen most frequently?  
\_\_\_\_\_

Which activities cause you to feel winded or short of breath?  
\_\_\_\_\_

For more information: [heart.org/AorticStenosis](http://heart.org/AorticStenosis)

**It's important to track your symptoms to determine if they are getting better or worse. Talk to your health care professional about the treatment that's right for you.**

One-page tracker Aortic Stenosis Symptom Tracker

**Understanding Aortic Stenosis**

**Aortic Valve Stenosis**  
Aortic valve stenosis, or aortic stenosis, is one of the most common and serious heart valve conditions. It is sometimes referred to as a failing heart valve.

**What does the aortic valve do?**  
The aorta is the main artery that carries blood from the heart to the rest of the body. The aortic valve opens to allow blood to leave the heart and closes to prevent backflow of blood from the aorta into a lower heart chamber called the left ventricle.

**What is stenosis?**  
Stenosis describes narrowing of an opening in the body. In the aortic valve, this narrowing restricts blood flow from the left ventricle. It also might affect pressure in an upper chamber, the left atrium.

**In Young and Old**  
Aortic stenosis can occur at an early age due to a heart defect at birth called a bicuspid aortic valve. Or sometimes, the valve opening doesn't grow as the heart does.

The condition also can arise in people who had rheumatic fever in childhood. Rheumatic fever can inflame and scar the heart valve.

More commonly, aortic stenosis occurs with aging, as calcium buildup or scarring causes the valve to narrow.

**Possible Danger Ahead**  
A narrowed aortic valve can force the heart to work harder to pump blood into the aorta. This may cause thickening of the muscle in the left ventricle.

The thickening reduces the capacity of the ventricle. This can lead to heart failure, meaning the heart can't pump well enough to give the body all the oxygen-rich blood it needs.

**Early treatment is key to preventing heart failure.**

**MORE THAN 13% of Americans AGES 75 AND OLDER have aortic stenosis.**

Understanding Aortic Stenosis progression, management and treatment options

*Uses: patient/health care professional conversations, take-home patient education, media/press events, waiting room print material, community events*



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# What is Aortic Stenosis? Video

This [two-minute video](#) is designed to help those at-risk and recently diagnosed patients to learn more about aortic stenosis, understand its symptoms, how to get a diagnosis and treatment options.

*Uses: patient/health care professional conversations, electronic patient education, media/press events, community events*

It affects **millions of older adults**, and that number is increasing.



# Aortic Stenosis Care Team

The addition of the [Aortic Stenosis Care Team webpage](#) educates patients and their caregivers about the team of health care professionals who will help manage and treat their aortic stenosis.

The screenshot shows the American Heart Association website interface. At the top, there are navigation links for 'Heart Attack and Stroke Symptoms', 'COVID-19', 'Volunteer', and 'SHOP', along with 'DONATE ONCE' and 'DONATE MONTHLY' buttons. A search bar contains the text 'ex: heart disease'. The main heading is 'Your Aortic Stenosis Care Team'. Below this is a circular diagram with the American Heart Association logo in the center, surrounded by seven segments representing team members: 'PRIMARY CARE PHYSICIAN', 'GENERAL CARDIOLOGIST', 'CARDIAC SONOGRAPHER', 'HEART FAILURE SPECIALIST', 'NURSE PRACTITIONER OR PHYSICIAN ASSISTANT', 'VALVE CLINIC COORDINATOR', and 'INTERVENTIONAL CARDIOLOGIST OR CARDIOTHORACIC SURGEON'. To the right of the diagram is a vertical list of topics including 'Heart Valve Disease', 'About Heart Valves', 'Heart Valve Problems and Causes', 'Heart Valve Disease Risks, Signs and Symptoms', 'Getting an Accurate Diagnosis', 'Treatment Options', 'Aortic Stenosis Care Team', 'Options and Considerations for Surgery', 'Medications for Heart Valve Symptoms', 'Options for Heart Valve Repair', 'Options for Heart Valve Replacement', 'Types of Replacement Heart Valves', 'Newer Heart Valve Surgery Options', 'What is TAVR? (TAVI)', 'Ross Procedure', 'Recovery and Healthy Living Goals', 'Personal Stories', 'Heart Valve Disease Resources', and 'Heart Valve Disease Awareness Day'.



### It's not aging, it's aortic stenosis

Aortic stenosis is one of the most common and serious valve diseases for people over 65. General physical decline could signal it, so know the symptoms:

- Chest pain
- Irregular heartbeat
- Shortness of breath
- Dizziness or fainting
- Swollen ankles or feet

Talk to your health care professional to learn more:

[heart.org/AorticStenosis](https://heart.org/AorticStenosis)



### Time for a heart-to-heart

Aortic stenosis (AS) is a serious heart valve ailment that can mimic common signs of aging. It usually strikes people over 65. A standard echocardiogram is painless and can reveal whether you have AS.

Talk with your health care professional to learn more.

[heart.org/AorticStenosis](https://heart.org/AorticStenosis)



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# Social Media

## Patient/Consumer



For two decades, Jim lived with aortic stenosis without knowing it. When he needed surgery, he was home the next day.

Learn More:

[heart.org/AorticStenosis](http://heart.org/AorticStenosis)



### Patient/Clinician Discussion Guide: Aortic Stenosis

Start taking control of aortic stenosis by being prepared to get the most out of doctor appointments. Here's how.

Learn More:

[heart.org/AorticStenosis](http://heart.org/AorticStenosis)



- Learn as much as you can about your condition.
- Write down questions to ask your doctor.
- Discuss your family history of heart disease.
- Ask your doctor for treatment recommendation
- Learn more at [heart.org/AS](http://heart.org/AS)



### Ways to Treat Aortic Stenosis:

- Regular monitoring
- Medication
- Valve repair or valve replacement
- Discuss treatment options with health care team

For those living with aortic stenosis, tracking symptoms – including chest pain, fatigue and a rapid heartbeat – is crucial.

Learn More:

[heart.org/AorticStenosis](http://heart.org/AorticStenosis)



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Target: Aortic Stenosis™

# Social Media

## Patient/Consumer



**Early treatment is key to preventing heart failure if you have aortic stenosis.**

Early treatment of aortic stenosis can prevent heart failure. Live a healthy lifestyle and take medications if prescribed.

Learn More:

[heart.org/AorticStenosis](http://heart.org/AorticStenosis)



### **4** Questions to Ask Before Surgery for Aortic Stenosis

- How do I avoid financial surprises?
- Is there anything I can do to help speed up my recovery?
- How can I make my recovery as pain free as possible?
- What don't I know?

Aortic stenosis treatment sometimes means surgery. Getting answers to these questions can lead to a less-stressful recovery.

Learn More:

[heart.org/AorticStenosis](http://heart.org/AorticStenosis)



Claire was five months pregnant and having trouble breathing. She got a new heart valve and later had a healthy baby boy.

Learn More:

[heart.org/AorticStenosis](http://heart.org/AorticStenosis)



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# Resources for Health Care Professionals

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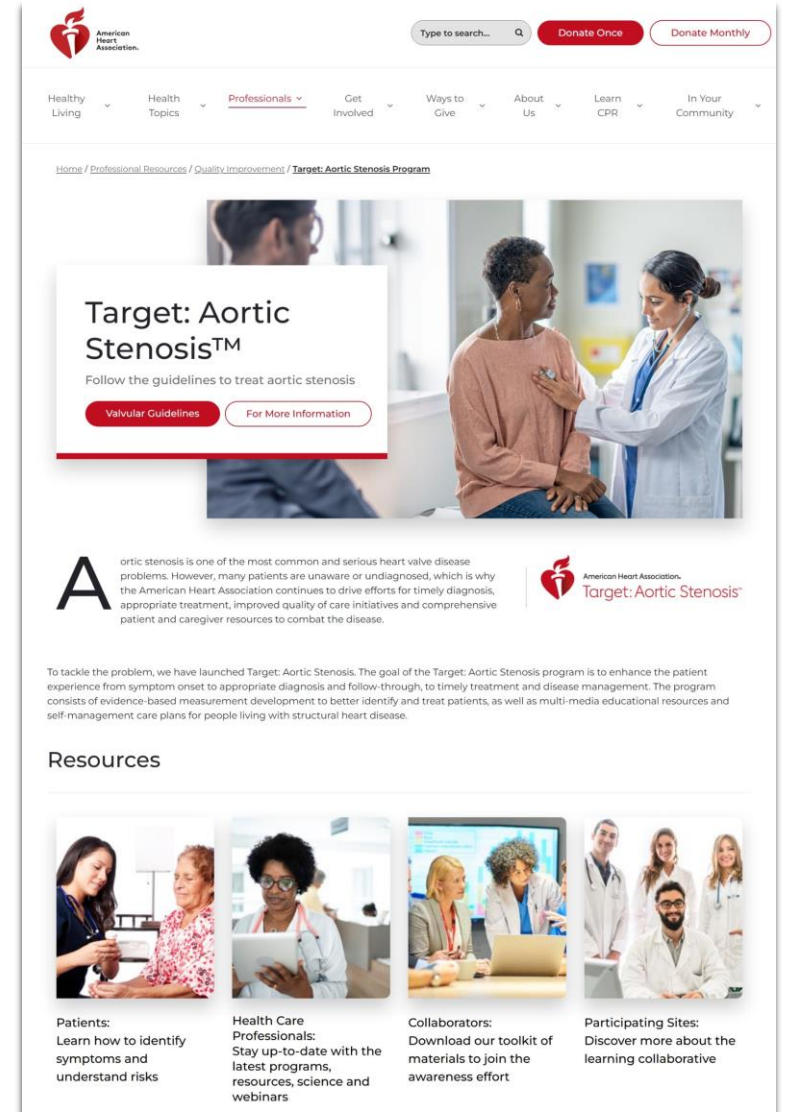
Resources, Messaging and Creative

## Heart.org/TargetAS

This [initiative website](#) provides a comprehensive overview of **Target: Aortic Stenosis**, including tools and resources for health care professionals and quality systems improvement updates and resources.

- Health care professionals will find the latest science, professional tools and resources, and educational opportunities and upcoming webinars to support adherence to guidelines.
- Additionally, health care professionals can download patient education materials.
- Health systems and medical professionals will find information about quality improvement efforts supporting aortic stenosis management, treatment and diagnosis.

# Digital Content



The screenshot shows the American Heart Association website for Target: Aortic Stenosis. The header includes the AHA logo, a search bar, and donation options. The main navigation menu includes links for Healthy Living, Health Topics, Professionals, Get Involved, Ways to Give, About Us, Learn CPR, and In Your Community. The breadcrumb trail reads: Home / Professional Resources / Quality Improvement / Target: Aortic Stenosis Program. The main content area features a large image of a doctor examining a patient's chest, with the text "Target: Aortic Stenosis™" and "Follow the guidelines to treat aortic stenosis". Below this are two buttons: "Valvular Guidelines" and "For More Information". A large letter 'A' introduces a paragraph about aortic stenosis, stating it is one of the most common and serious heart valve disease problems, and that many patients are unaware or undiagnosed. The American Heart Association continues to drive efforts for timely diagnosis, appropriate treatment, improved quality of care initiatives and comprehensive patient and caregiver resources to combat the disease. Below this is a paragraph explaining the goal of the Target: Aortic Stenosis program, which is to enhance the patient experience from symptom onset to appropriate diagnosis and follow-through, to timely treatment and disease management. The program consists of evidence-based measurement development to better identify and treat patients, as well as multi-media educational resources and self-management care plans for people living with structural heart disease. The "Resources" section is divided into four categories: Patients (Learn how to identify symptoms and understand risks), Health Care Professionals (Stay up-to-date with the latest programs, resources, science and webinars), Collaborators (Download our toolkit of materials to join the awareness effort), and Participating Sites (Discover more about the learning collaborative).

Home / Professional Resources / Quality Improvement / Target: Aortic Stenosis Program

### Target: Aortic Stenosis™

Follow the guidelines to treat aortic stenosis

[Valvular Guidelines](#) [For More Information](#)

**A**ortic stenosis is one of the most common and serious heart valve disease problems. However, many patients are unaware or undiagnosed, which is why the American Heart Association continues to drive efforts for timely diagnosis, appropriate treatment, improved quality of care initiatives and comprehensive patient and caregiver resources to combat the disease.

To tackle the problem, we have launched Target: Aortic Stenosis. The goal of the Target: Aortic Stenosis program is to enhance the patient experience from symptom onset to appropriate diagnosis and follow-through, to timely treatment and disease management. The program consists of evidence-based measurement development to better identify and treat patients, as well as multi-media educational resources and self-management care plans for people living with structural heart disease.

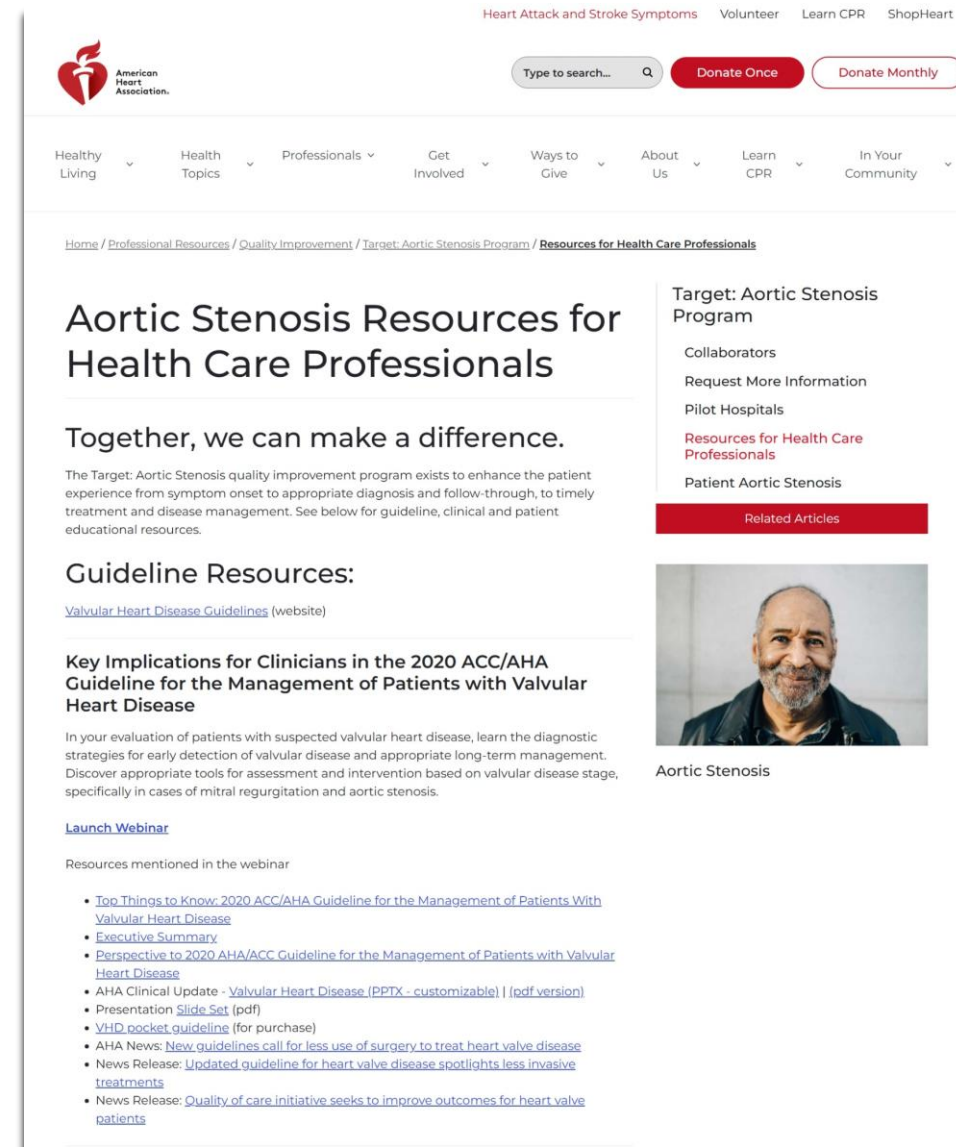
#### Resources

- Patients:** Learn how to identify symptoms and understand risks
- Health Care Professionals:** Stay up-to-date with the latest programs, resources, science and webinars
- Collaborators:** Download our toolkit of materials to join the awareness effort
- Participating Sites:** Discover more about the learning collaborative

## Heart.org/TargetAS (Click on Health Care Professionals)

In December 2020, the American Heart Association will release NEW Valvular Heart Disease Guidelines to provide up-to-date comprehensive recommendations for health care professionals and patients on the management and treatment of heart valve disease. The guideline is new since the 2017 Focused Update to the Guidelines and 2014 Valvular Heart Disease Guidelines.

The Guideline Resources listed on this [webpage](#) are intended to help elevate awareness and drive quicker implementation of the new Valvular Heart Disease Guidelines – to ultimately improve heart valve patient outcomes, including aortic stenosis.



The screenshot shows the American Heart Association website page for "Aortic Stenosis Resources for Health Care Professionals". The page features a navigation bar with links for "Heart Attack and Stroke Symptoms", "Volunteer", "Learn CPR", and "ShopHeart". A search bar and "Donate Once" / "Donate Monthly" buttons are also present. The main content area includes a breadcrumb trail: "Home / Professional Resources / Quality Improvement / Target: Aortic Stenosis Program / Resources for Health Care Professionals". The title "Aortic Stenosis Resources for Health Care Professionals" is prominently displayed. Below the title, a sub-header reads "Together, we can make a difference." followed by a paragraph explaining the Target: Aortic Stenosis quality improvement program. A section titled "Guideline Resources:" lists a link to "Valvular Heart Disease Guidelines (website)". Below this, a section titled "Key Implications for Clinicians in the 2020 ACC/AHA Guideline for the Management of Patients with Valvular Heart Disease" includes a paragraph about diagnostic strategies and a "Launch Webinar" link. A list of resources mentioned in the webinar is provided at the bottom, including links to the 2020 ACC/AHA guideline, executive summary, perspective, clinical update, presentation slide set, VHD pocket guideline, and news releases. On the right side, a sidebar contains a "Target: Aortic Stenosis Program" section with links for "Collaborators", "Request More Information", "Pilot Hospitals", "Resources for Health Care Professionals", and "Patient Aortic Stenosis". A "Related Articles" section features a photo of a man and the text "Aortic Stenosis".



# Aortic Stenosis Fact Sheets

**Aortic Stenosis**

Aortic stenosis is one of the most common and serious valve disease problems. The heart pumps blood through the aortic valve to the body. Over time, calcium buildup can narrow the valve opening and restrict blood flow from the heart to the body.

**Stenosis means narrowing.** It makes the heart work harder and can cause:

- Fatigue
- Shortness of breath
- Chest pain
- Rapid fluttering heartbeat

**MORE THAN 13% of Americans 75 and older have aortic stenosis.**

- Common in people over age 65
- Untreated, it can lead to heart failure and death.

**Get regular checkups**

Your health care team can monitor your valve by taking images of your heart, called an echocardiogram or "echo."

**Do you need a new heart valve?**

If your symptoms are severe, you may need a valve procedure. You and your health care professional can discuss the option that's best for you.

- Less invasive procedure
- Surgical repair

**After a heart valve replacement, many people can resume a healthy, active life.**

**Plus** Your health care professional may recommend medication too.

- Lower your blood pressure
- Reduce your cholesterol

Visit [heart.org/AorticStenosis](http://heart.org/AorticStenosis) for more information.

One-page fact sheet that provides an overview of aortic stenosis

**Take charge of Aortic Stenosis**

**PATIENT/PROVIDER 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 doctor.

**Aortic stenosis is a common condition that occurs when the opening to the heart valve narrows, usually due to age.**

**The hardened valve opening restricts proper blood flow to the heart. This can produce 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 doctor may recommend replacing the damaged valve.

**At your appointment:**

- Your doctor 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 doctor may order images of your heart, or an echocardiogram, to examine the condition of the valve.
- Medication may be recommended.
- Your doctor may discuss valve replacement procedures with you.

Two-page printable piece Patient/Health Care Professional Discussion Guide

**Aortic Stenosis Symptom Tracker**

Check symptoms that apply to you, noting the frequency. Then bring this tracker to your next appointment to review with your doctor.

<input type="checkbox"/> Pain, tightness or pressure in the chest	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Lightheadedness or dizziness	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Rapid, fluttering heartbeat	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Fainting	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Difficulty sleeping or sitting up	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Swollen ankles or feet	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Difficulty walking short distances	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often	<input type="checkbox"/> Always

Which of these symptoms happen most frequently?  
\_\_\_\_\_

Which activities cause you to feel winded or short of breath?  
\_\_\_\_\_

For more information: [heart.org/AorticStenosis](http://heart.org/AorticStenosis)

**It's important to track your symptoms to determine if they are getting better or worse. Talk to your health care professional about the treatment that's right for you.**

One-page tracker Aortic Stenosis Symptom Tracker

**Understanding Aortic Stenosis**

**Aortic Valve Stenosis**

Aortic valve stenosis, or aortic stenosis, is one of the most common and serious heart valve conditions. It is sometimes referred to as a failing heart valve.

**What does the aortic valve do?**

The aorta is the main artery that carries blood from the heart to the rest of the body. The aortic valve opens to allow blood to leave the heart and closes to prevent backflow of blood from the aorta into a lower heart chamber called the left ventricle.

**What is stenosis?**

Stenosis describes narrowing of an opening in the body. In the aortic valve, this narrowing restricts blood flow from the left ventricle. It also might affect pressure in the upper chamber, the left atrium.

**In Young and Old**

Aortic stenosis can occur at an early age due to a heart defect at birth called a bicuspid aortic valve. Or sometimes, the valve opening doesn't grow as the heart does.

The condition also can arise in people who had rheumatic fever in childhood. Rheumatic fever can inflame and scar the heart valve.

**Possible Danger Ahead**

A narrowed aortic valve can force the heart to work harder to pump blood into the aorta. This may cause thickening of the muscle in the left ventricle.

The thickening reduces the capacity of the ventricle. This can lead to heart failure, meaning the heart can't pump well enough to give the body all the oxygen-rich blood it needs.

**Early treatment is key to preventing heart failure.**

**MORE THAN 13% of Americans AGES 75 AND OLDER have aortic stenosis.**

Understanding Aortic Stenosis progression, management and treatment options

*Uses: patient/health care professional conversations, take-home patient education, media/press events, waiting room print material, community events.*



American Heart Association®

Target: Aortic Stenosis™

# What is Aortic Stenosis? Video

This [two-minute video](#) is designed to help those at-risk and recently diagnosed patients to learn more about aortic stenosis, understand its symptoms, how to get a diagnosis and treatment options.

*Uses: patient/health care professional conversations, electronic patient education, media/press events, community events.*

It affects **millions of older adults**, and that number is increasing.





American Heart Association®

Target: Aortic Stenosis™

# Newsletter Copy

## Health Care Professional



### Aortic stenosis steals life

Patients often mistake the symptoms of aortic stenosis for the common effects of aging. They need to know how this disease may rob them of vitality and possibly, life. Don't wait. Get the tools and information to empower your patients to understand AS and become engaged in their health journey.

We have what they need to know:

- Fact sheet
- Symptom tracker
- Discussion guide
- Patient testimonial videos

Learn More: [heart.org/TargetAS](https://heart.org/TargetAS)



### Spot aortic stenosis early

Timely diagnosis is key to treating this heart valve condition. We can help you educate patients on signs, symptoms & treatment options.

Learn More: [heart.org/TargetAS](https://heart.org/TargetAS)

Resources available for download at: [Target: Aortic Stenosis Collaborators | American Heart Association](https://heart.org/TargetAS)



# SOCIAL MEDIA

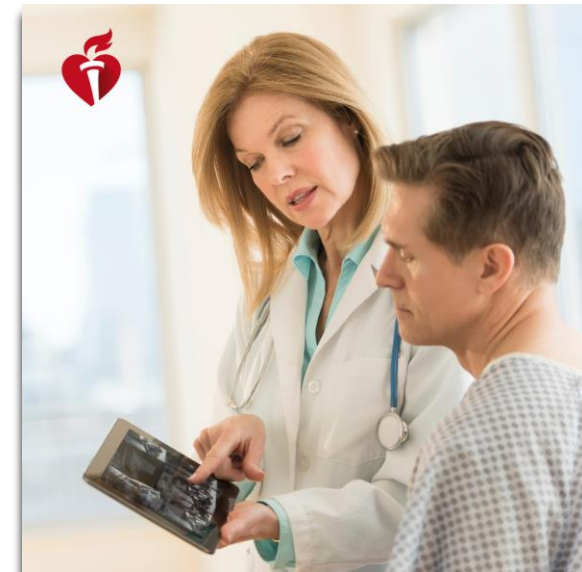
## Health Care Professional



Work together with your patients with aortic stenosis in shared decision-making to discuss the risks and benefits of treatment options. Learn More: [heart.org/TargetAS](http://heart.org/TargetAS)



Did you know? The AHA recommends evaluation of patients with severe aortic stenosis for valve intervention by a multidisciplinary team. Learn More: [heart.org/TargetAS](http://heart.org/TargetAS)



We encourage you to follow the guidelines for comprehensive, up-to-date recommendations for diagnosing and treating your patients with aortic stenosis. Learn More: [heart.org/TargetAS](http://heart.org/TargetAS)



American Heart Association®

Target: Aortic Stenosis™

# THANK YOU

By participating in the **Target: Aortic Stenosis** initiative you are joining the movement that is helping to reduce cardiovascular death in people living with Aortic Stenosis.



Edwards Lifesciences is the national sponsor of American Heart Association's Target: Aortic Stenosis.