



American
Heart
Association.



**Take charge of
Aortic Stenosis**

PATIENT/CLINICIAN 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.

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 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 do I need to visit a doctor to monitor my condition?
- What are the danger signs that mean I should call a doctor right away?
- Do I need to restrict 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?
- Are some people too old to undergo 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 outcome?
- What risks are involved in heart valve replacement?
- Will I be completely cured after getting a new valve?
- What medications will I need to take after I get a new valve?

