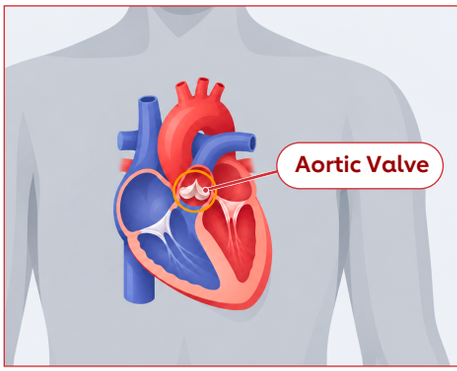
Your Guide to Moderate Aortic Stenosis

American Heart Association.

What is aortic stenosis?

Aortic stenosis (AS) is a heart valve disease. It happens when the aortic valve becomes stiff and narrow. This is often from calcium buildup over time. When the aortic valve opening gets smaller, your heart needs to work harder to pump blood to the rest of the body.

AS can be mild, moderate, or severe. Without proper care and monitoring, AS can become severe and lead to serious health problems.



Your heart has four valves that help blood move in the correct direction. The aortic valve is important because it helps blood flow from your heart to the rest of your body.

Why is monitoring moderate AS important?

Moderate AS means the aortic valve is narrowed and needs regular checkups with your care team. Routine visits and echocardiograms help your healthcare team track your AS over time and identify changes early.

Regular follow-up is important! AS can worsen before you even notice or feel any symptoms. At each visit, your care team will check your heart health and talk to you about options for care and treatment. It is important to keep up with regular checkups if you've been diagnosed with AS, even if you don't feel any symptoms.

Remember! Moderate AS can get worse over time, even if you feel well.

Regular monitoring and echocardiograms help your healthcare team identify changes early, even before you notice symptoms, and determine when additional care may be needed.



Questions to ask your provider:

- How severe is my AS, and what does "moderate" mean in my case?
- How often should I have follow-up visits and echocardiograms?
- What should I expect between now and my next appointment?
- How has my AS changed since my last visit?
- What signs or symptoms should I watch for that might mean my AS is changing?

Contact information for my care team:

My main contact: _____

Phone: _____

My cardiologist: _____

Phone: _____

Your Moderate AS Journey

What You Can Do to Monitor and Manage Moderate AS

01

Keep track of your heart health:

Attend routine appointments and follow-up care visits.

Regular checkups help your healthcare providers track changes in your condition over time. These visits allow you and your healthcare team to make decisions together throughout your AS care journey.

Some people with moderate AS may not experience or notice any symptoms, even as the disease progresses. **Don't wait for symptoms to schedule or attend your checkups!**

02

Get the full picture:

Complete recommended echocardiograms.

An echocardiogram (echo) is a type of ultrasound. It lets your provider see your heart and heart valves.

Most patients with moderate AS need an echo every 1–2 years.

Echos help your care team:

- Check how well your aortic valve is working
- See if your aortic valve is narrowing
- Track changes over time
- Determine if additional evaluation or changes in care are needed

03

Pay attention:

Watch for symptoms and report changes.

Symptoms can develop slowly and may be mistaken for aging, slowing down, or being out of shape.

Tell your care team if you notice:



Chest pain, pressure, or discomfort



Shortness of breath



Trouble exercising or doing activities that used to be easy



Swelling in your legs, ankles, or feet



Feeling more tired than usual



Lightheadedness, dizziness, or fainting

Symptoms could signal changes in your condition and should be discussed with your care team right away

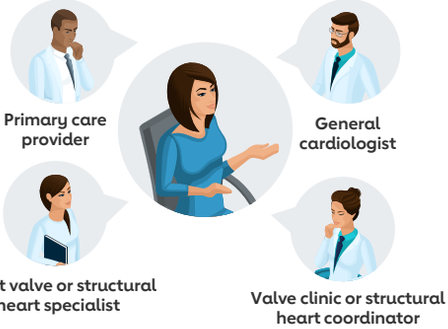
04

Work with your AS care team:

Stay connected with your healthcare providers.

You are not alone.

Your AS care team works together to monitor your heart, answer your questions, and help guide your care over time. They can help determine when additional evaluation or treatment may be needed.



05

Plan ahead:

Follow a routine care plan and manage your AS.

Moderate AS can change over time. As your condition changes, your AS care team may discuss additional testing, treatment options, or clinical trial opportunities that may be right for you.

Staying engaged in your care helps ensure you are aware of the options available as research and treatment continues to evolve.



Repeat echocardiograms every 1–2 years

Kardigan is a supporter of the American Heart Association's Heart Valve Initiative.

Kardigan