



American Heart Association®

Target: Aortic Stenosis™

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.”



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 to:

- Lower your blood pressure
- Reduce your cholesterol

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.

Visit heart.org/AorticStenosis for more information