



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 to the heart.

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



**Fatigue**



**Shortness of breath**



**Chest pain**



**Rapid fluttering heartbeat**

More than

**20%** of older Americans 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, maintain a healthy lifestyle.



### Plus

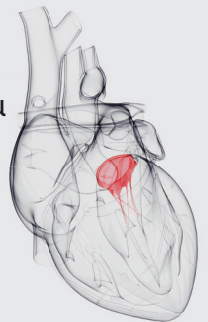
- Your doctor may recommend medication to:
  - Lower your blood pressure
  - Reduce your cholesterol

## Do you need a new heart valve?

If your symptoms are severe, you may need a valve procedure.

You and your doctor can discuss the option that's best for you.

- Less invasive procedure
- Surgical repair



*After a heart valve replacement, you should be able to resume a healthy, active life.*

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