

Aortic Stenosis

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WHAT IS AORTIC STENOSIS?

Aortic stenosis (AS) means that your aortic valve cannot open fully. This valve opens to let blood flow from your heart to your aorta. The aorta is the big artery supplying your body with oxygen rich blood.

Many young people with aortic stenosis will need aortic valve replacement surgery at some point in their lives. Some of you will have needed this surgery in early childhood, while others could wait until now or will need surgery in the future.

The timing of your surgery depends on how narrow your valve was at birth, how much further it has narrowed as you've grown (it almost always gets narrower with age), and how your heart is coping with the extra work. The surgery is usually delayed as long as possible, because an artificial valve will not grow as you do and will need to be replaced again.

THINGS TO TALK ABOUT

- Endocarditis
- Physical activity
- Healthy lifestyle
- Pregnancy
- Contraception
- Medicines (including warfarin)

You may need to have one or more of these procedures.

BALLOON VALVULOPLASTY

If your aortic valve was very narrow when you were a young child, you may have had balloon valvuloplasty. This stretched open your narrowed valve. Balloon valvuloplasty does not make your aortic valve normal and it does not always work, but in many cases it can widen your narrowed valve, helping to delay surgery.

For over 50 years we've pioneered research that's transformed the lives of people living with heart and circulatory conditions. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease. But so many people still need our help.

From babies born with life-threatening heart problems to the many Mums, Dads and Grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people's lives.

VALVOTOMY

Valvotomy is an operation to open your narrowed valve. Cutting your valve open will almost always make your valve a bit leaky. It is not possible to predict how big your leak will be but if very severe you will need a valve replacement.

VALVE REPLACEMENT SURGERY

One option is to replace your aortic valve with an artificial metal one, because they last longer. This means that you will need to take a drug called warfarin to reduce the risk of a blood clot forming across your metal valve.

The second option is to use an animal or human tissue valve. You may have had the Ross Procedure. This used your pulmonary valve to replace your narrowed aortic valve, then a 'tissue valve' (usually from a pig, or a human valve) was used to replace your pulmonary valve.

Many children and teenagers lead normal, active lives after surgery. However, replacement tissues do not last as long as your own valve, so check-ups in cardiac clinics are very important throughout your adult life.

PREGNANCY

If you are a girl who has a metal valve it is important that you do not have an unplanned pregnancy as taking warfarin during a pregnancy can harm your unborn baby.

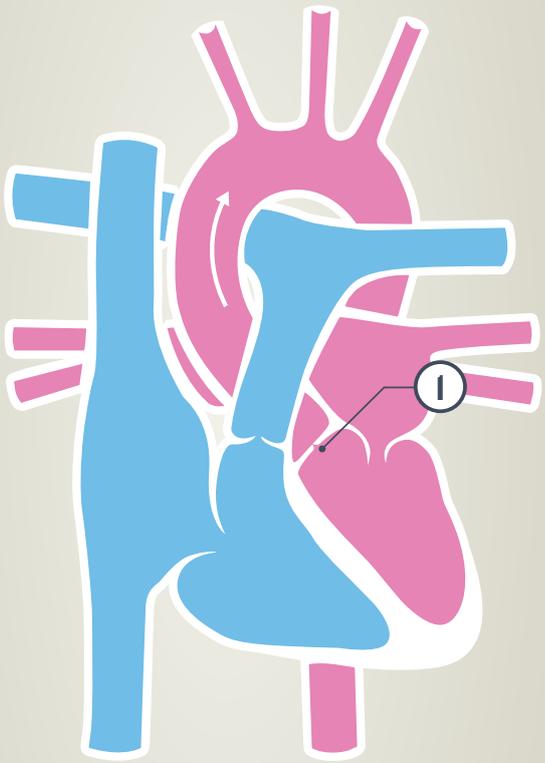
ENDOCARDITIS

To reduce your risk of getting endocarditis:

- Keep your teeth and mouth clean and have regular check-ups with a dentist
- Avoid body piercing and tattooing
- Never inject recreational drugs

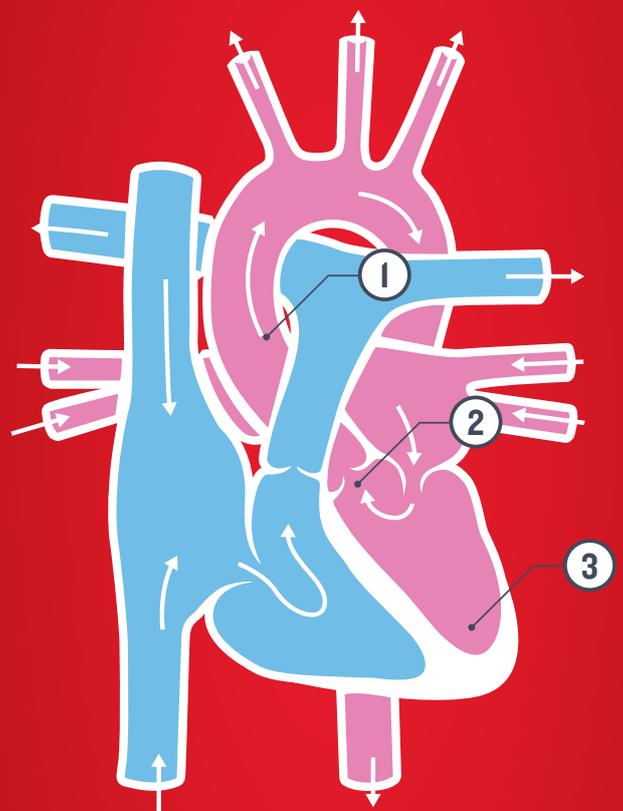
YOUR HEART

Find out more about your heart:
yheart.net / chfed.org.uk / thesf.org.uk



① narrowed aortic valve.

THE HEART



① aorta
② aortic valve
③ left ventricle.