

## What is TAVR?

Transcatheter Aortic Valve Replacement

TAVR is a less invasive procedure than open-heart surgery. It allows a new valve to be inserted within the native, diseased aortic valve.

The TAVR procedure can be performed using one of many approaches, the most common being the transfemoral approach (through a small incision in the leg).

More information about the TAVR procedure can be found at [www.NewHeartValve.com](http://www.NewHeartValve.com) and at [GlenwoodRegional.org](http://GlenwoodRegional.org).

## Overview of the Disease

Aortic stenosis is a progressive disease which means it gets worse over time. It's typically measured as mild, moderate or severe aortic stenosis. As a result of the reduced blood flow, the body does not get the oxygen it needs, which may cause symptoms.

## What Causes Aortic Stenosis?

**Calcium build-up on the valve:** With age, heart valves may accumulate calcium deposits.

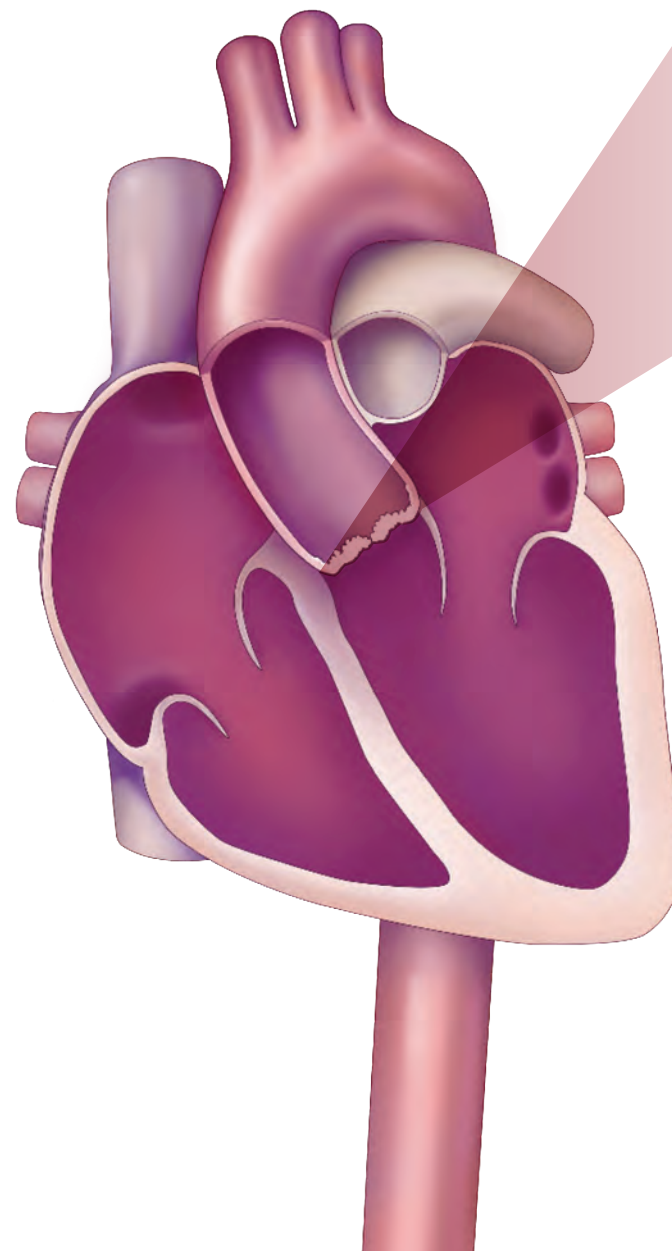
**Birth defect:** Some people are born with an aortic valve that has only one or two leaflets instead of three. This may not cause any problems until adulthood, at which time the valve may begin to narrow or leak.

**Rheumatic fever:** This may result in scar tissue on the aortic valve, which can narrow it or can create a rough surface where calcium deposits can collect.

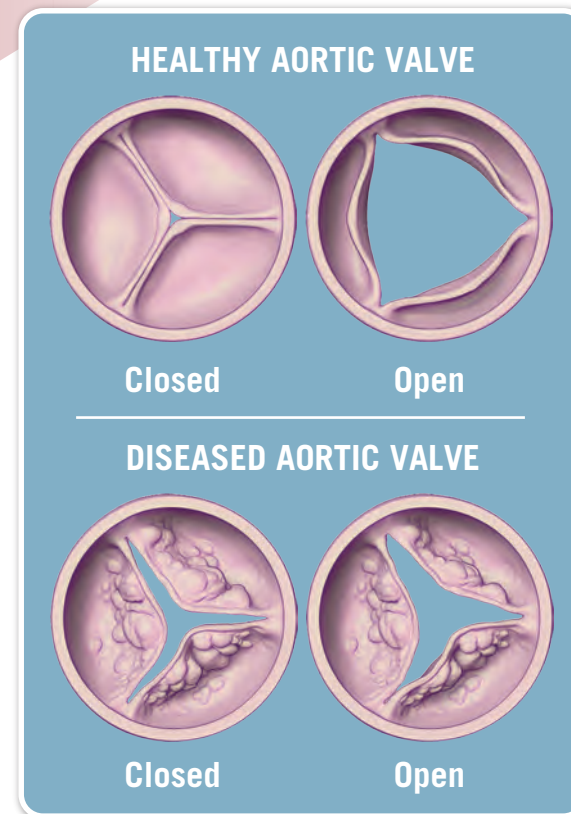
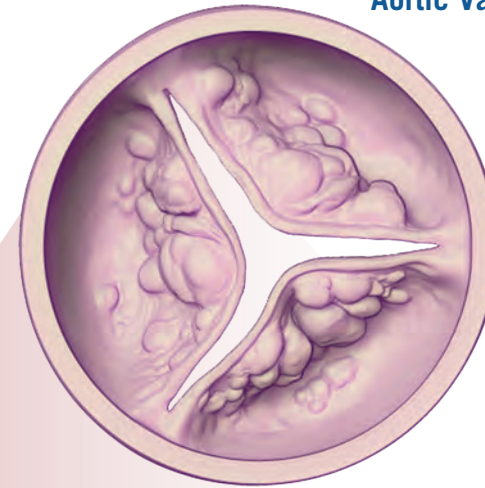
**Radiation therapy:** In rare cases, calcification of the aortic valve can occur more quickly in patients who have received radiation treatment to the chest.

## WHAT IS AORTIC STENOSIS?

Very simply, aortic stenosis is a build-up of calcium deposits on the valve, which causes it to narrow and reduce blood flow to the rest of your body.



Diseased Aortic Valve



Severe aortic stenosis is a very serious problem. Without treatment, half of the people who feel sick from this problem die within an average of two years.<sup>1</sup>



1 Year

2 Years

<sup>1</sup>Otto CM. Timing of aortic valve surgery. Heart. 2000;84:211-21.

## What are the Symptoms of Aortic Stenosis?

- Shortness of breath
- Fatigue
- Difficulty walking short distances
- Lightheadedness, dizziness, and fainting
- Swollen ankles and feet
- Rapid heartbeat
- Chest pain
- No longer taking part in physical activities you used to enjoy

There may be no outward symptoms. These could also be symptoms of heart failure. If you have any of these symptoms and have been diagnosed with heart failure, ask your doctor to also test for aortic stenosis.

## Major Risk Factors

Factors associated with aortic valve disease include the following:

- Increasing age
- High blood pressure
- High cholesterol
- Smoking

**Glenwood's medical staff includes skilled, board certified physicians representing a wide range of medical specialties.**

You'll find the desire to help others in the hearts and minds of our caring and experienced nurses, medical technicians, and support staff. At Glenwood Regional Medical Center, we provide exceptional healthcare and support through quality service to all.

## Glenwood Regional Medical Center



503 McMillian Road  
West Monroe, Louisiana 71291  
GlenwoodRegional.org

**To learn more about TAVR, call Glenwood's TAVR Coordinator for more information.**



Jaclyn Green, BSN, RN  
Glenwood TAVR Coordinator  
Tel: 318-329-4462  
Fax: 318-329-4467  
Email: jaclyn.green@steward.org

### What Happens When Someone Has Aortic Stenosis?

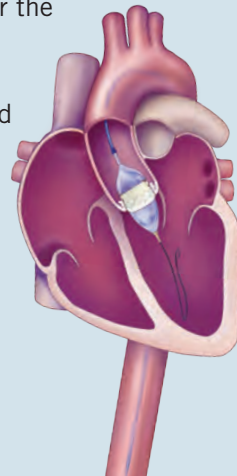
Over time, the leaflets of your aortic valve become stiff, reducing their ability to fully open and close. When the leaflets don't fully open, your heart must work harder to push blood through the aortic valve to your body. Eventually, your heart gets weaker, increasing the risk of heart failure (your heart cannot supply enough blood to your body).

### What Should I Do if I Think I Have Aortic Stenosis

You'll probably start by seeing your family doctor or cardiologist who may then refer you to a multidisciplinary Heart Team at the TAVR Center.

### Questions to Ask Your Doctor

- Am I a candidate for transcatheter aortic valve replacement (TAVR)?
- What tests do I need?
- How soon will I need treatment?
- What are the risks associated with not having my aortic valve replaced?
- How long will I be in the hospital for TAVR vs. open-heart surgery?
- What will the recovery be like for TAVR vs. open-heart surgery?
- What restrictions and/or medications, if any, would I be on after the procedure for TAVR vs. open-heart surgery?
- How frequently will I need to have follow-up visits for TAVR vs open-heart surgery?



### How TAVR Changed My Life!

"Eight years ago, I was diagnosed with a murmur from my aortic valve in my heart. At the time, it wasn't a big concern to my doctor, who thought I'd outlive it. At another checkup years later, I was told that my murmur from my aortic valve had gotten worse and was now stiff, calcified, and needed to be replaced.

I had done research about Transcatheter Aortic Valve Replacement (TAVR), a new procedure that wasn't available at the time. TAVR was a much less invasive than open-heart surgery. I postponed my repair until TAVR became available to me at Glenwood, the only hospital in the region to offer it.



To me, the surgery and the recovery time was "miraculous"! I was discharged from the hospital the next day. Two days later, I returned to normal activities and was able to walk a mile and carry on a conversation without getting short of breath. Today I feel just as good as I did eight years ago! My overall experience at Glenwood was 100% positive, and the service and support went way beyond my expectations".

**Glen M.**  
of Monroe

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Transcatheter Aortic Valve Replacement



**Glenwood Regional Medical Center**

A STEWARD FAMILY HOSPITAL

