



American Heart Association®

# Target: Aortic Stenosis™

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Strategic Collaborators – Implementation Guide



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Target: Aortic Stenosis™

# About Target: Aortic Stenosis

The American Heart Association (AHA) has launched the **Target: Aortic Stenosis** initiative to help drive efforts for timely diagnosis, appropriate treatment and improved quality of care by:

- Raising awareness and understanding of aortic stenosis signs and symptoms
- Positively empowering people to better manage their risks and self-management with patient and caregiver resources

By integrating **Target: Aortic Stenosis** into your communities or health care outreach efforts, you are helping to bring awareness to the risks and the forefront of heart-health conversations, supporting people with aortic stenosis, their loved ones, and clinical teams in their efforts to identify at-risk patients and coordinate care plans to improve health outcomes.



Edwards

Edwards Lifesciences is the national sponsor of American Heart Association's Target: Aortic Stenosis.



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# Target: Aortic Stenosis Strategic Collaborators



This guide is intended to elevate the efforts across the country through awareness and shared tools used by the Target: Aortic Stenosis Strategic Collaborators. Thank you.



Edwards Lifesciences is the national sponsor of American Heart Association's Target: Aortic Stenosis.

**Empowering  
aortic stenosis  
patients to be  
their own health  
advocate**



# WITHIN THIS GUIDE, YOU WILL FIND:

- Overview of why this matters
- How your organization can support the initiative
- Resources for patients and caregivers
- Messaging to reach patients/consumers and caregivers
- Resources for health care professionals
- Messaging for health care professionals



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# Why This Matters

- Aortic stenosis (AS) is one of the most common and serious valve disease problems.
- It affects about 5% of people 65 years and older. That number is expected to more than double by 2050, particularly among those 70 years and older.
- Often, people with aortic stenosis think the symptoms they are experiencing are a part of aging and do not get the medical attention they need to monitor and treat the condition.
- If left undiagnosed and untreated, AS can become more severe and potentially lead to heart failure and death.
- People with aortic stenosis may not experience noticeable symptoms until the narrowed valve greatly reduces blood flow.
- Aortic stenosis can be treated, and managing it appropriately can reduce the negative impact on quality of life.
- If there are no symptoms or if symptoms are mild, the best course of action could be regular follow up and monitoring to see if the valve opening has narrowed or if symptoms develop or worsen.

# HOW YOUR ORGANIZATION CAN HELP SUPPORT: CAMPAIGN IMPLEMENTATION

Following are examples of how your organization can leverage the resources provided and elevate the voice and impact of the **Target: Aortic Stenosis** campaign.





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## Activate Your Social Media Channels

- Share provided content across your social media platforms and encourage reposts and retweets (Facebook, Instagram, LinkedIn, Twitter).
- Follow the American Heart Association social media handles and engage (like, comment, repost/retweet campaign messages).  
AHA: [Facebook](#) (@AmericanHeart), [Twitter](#) (@American\_Heart), [Instagram](#) (@American\_Heart) + [LinkedIn](#) (American Heart Association)
- Use the sample messages and graphics included in this toolkit.





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## **Leverage E-newsletters and Other Digital/Print Communications Tools**

- Integrate campaign messaging and calls-to-action in your e-mail or print newsletters, magazines, etc.
- Link to the campaign resources on your organization's website.

## **Build a Messaging Calendar with Additional Touchpoints to Drive the Conversation**

- February – American Heart Month
- February 22 – Heart Valve Disease Awareness Day
- November – Caregiver Month

## **Engage Your Conference/Community Event Audiences**

- Distribute patient and health care professional resources at applicable events.
- Invite your patient audiences to download the discussion guide and symptom tracker and watch the patient video series.
- Invite your health care professional audience to review/utilize the patient education resources and professional education resources and webinars.

# CAMPAIGN RESOURCES

## FOR PATIENTS AND HEALTH CARE PROFESSIONALS

At your fingertips, we've provided a repository of materials to educate patients and health care professionals. Organizations can use any or all resources to support the campaign.



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# Resources for Patients and Caregivers

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Resources, Messaging and Creative



## Heart.org/AorticStenosis

This patient/public health education [website](#) provides a comprehensive overview of aortic stenosis, including tools and resources for people living with aortic stenosis.

Patients and their loved ones can:

- Review content to help understand patient risk.
- Watch patient videos and stories of hope.
- Download a discussion guide that can help prepare patients to talk with their health care professionals.

COVID-19 Resources | Heart Attack and Stroke Symptoms | Volunteer | SHOP | [DONATE NOW](#)

[Healthy Living](#) | [Health Topics](#) | [Professionals](#) | [Get Involved](#) | [Ways to Give](#) | [About Us](#) | [CPR](#) | [In Your Community](#)

Home / Health Topics / Heart Valve Disease / Heart Valve Problems and Causes / **Aortic Stenosis**

### Aortic Stenosis

Identifying aortic stenosis early on enables you to explore treatment options and make the best choice for your lifestyle.

#### What is Aortic Stenosis?

Aortic stenosis (AS) is one of the most common and serious valve disease problems.

**T**he 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. If left undiagnosed or untreated in a timely fashion, it can become more severe and can ultimately lead to heart failure and death.

More than 20% of older Americans have aortic stenosis.

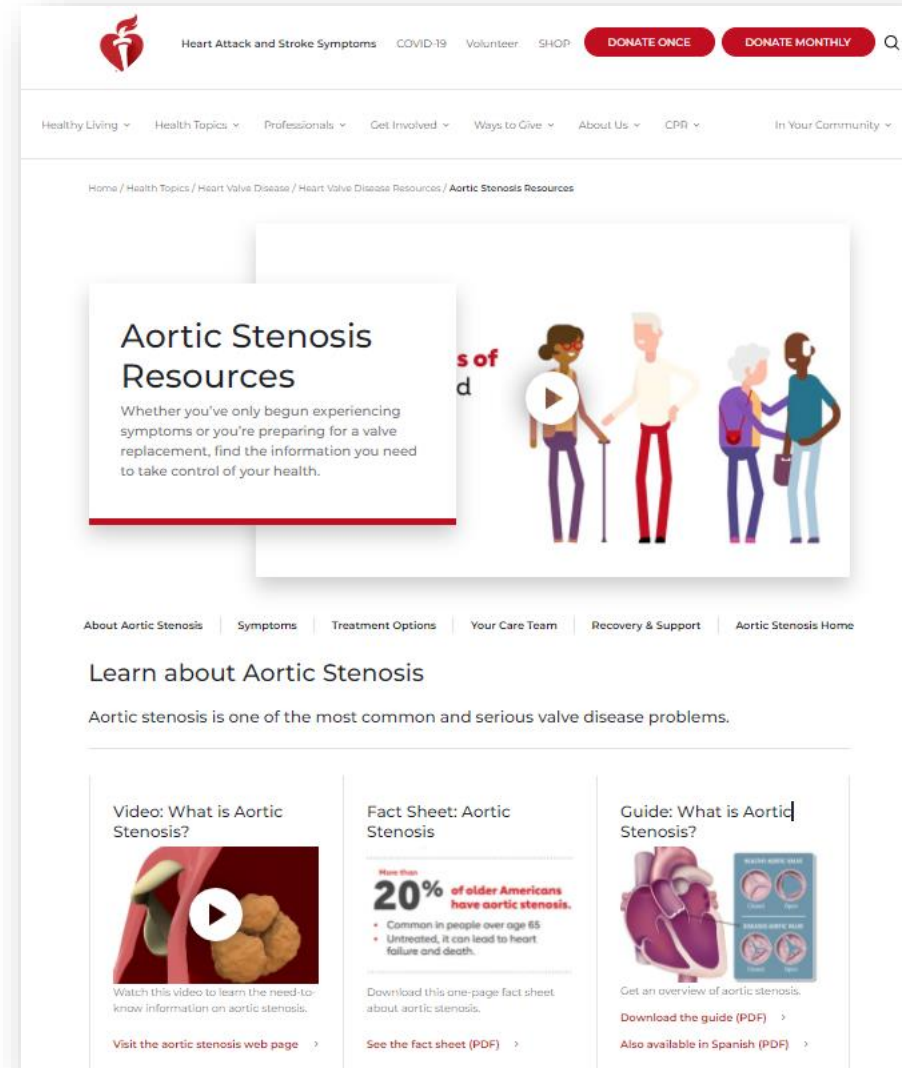
Good news! Identifying aortic stenosis earlier leads to longer, healthier lives.

Find out more about managing aortic stenosis:

## Heart.org/ASResources

This [patient/public health education resource webpage](#) provides a comprehensive overview of all our aortic stenosis tools and resources for people at-risk or living with aortic stenosis.

From experiencing symptoms to preparing for a valve replacement, wherever one is on their patient journey, they can find the information they need to take control of their health.



The screenshot shows the top portion of the Heart.org website. At the top left is the American Heart Association logo. To its right are navigation links: "Heart Attack and Stroke Symptoms", "COVID-19", "Volunteer", and "SHOP". Further right are two red buttons: "DONATE ONCE" and "DONATE MONTHLY", followed by a search icon. Below this is a secondary navigation bar with links for "Healthy Living", "Health Topics", "Professionals", "Get Involved", "Ways to Give", "About Us", "CPRE", and "In Your Community". The main content area has a breadcrumb trail: "Home / Health Topics / Heart Valve Disease / Heart Valve Disease Resources / Aortic Stenosis Resources". The central focus is a large white card titled "Aortic Stenosis Resources" with a play button icon. The card text reads: "Whether you've only begun experiencing symptoms or you're preparing for a valve replacement, find the information you need to take control of your health." To the right of the card is an illustration of four diverse people (two men and two women) standing together. Below the card is a horizontal menu with links: "About Aortic Stenosis", "Symptoms", "Treatment Options", "Your Care Team", "Recovery & Support", and "Aortic Stenosis Home". Underneath this menu is the heading "Learn about Aortic Stenosis" followed by the text "Aortic stenosis is one of the most common and serious valve disease problems." At the bottom, there are three content cards. The first is a video titled "Video: What is Aortic Stenosis?" with a play button icon and a thumbnail showing a heart. The second is a fact sheet titled "Fact Sheet: Aortic Stenosis" with a statistic: "More than 20% of older Americans have aortic stenosis." and bullet points: "Common in people over age 65" and "Untreated, it can lead to heart failure and death." The third is a guide titled "Guide: What is Aortic Stenosis?" with a thumbnail showing a heart and a diagram of the aortic valve. Each card has a link to view the content.



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# Aortic Stenosis Fact Sheets

**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.

**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

**Plus**

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

**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.

[One-page fact sheet](#) that provides an overview of aortic stenosis

**Take charge of Aortic Stenosis**

**PATIENT/PROVIDER Discussion Guide**  
Be prepared to get the most out of your appointment.

- Learn as much as you can about your condition.
- Write down questions to ask your doctor.

Aortic stenosis is a common condition that occurs when the opening to the heart valve narrows, usually due to age.

The hardened valve opening restricts proper blood flow to the heart. This can produce symptoms such as fatigue, dizziness, shortness of breath and chest pain.

Untreated, symptoms can worsen, leading to heart failure and possibly death.

**It's important to seek treatment as soon as possible**  
There is no cure for aortic stenosis. But you can manage early symptoms with medication and a healthy lifestyle. When the symptoms become severe or your heart function declines, your doctor may recommend replacing the damaged valve.

**At your appointment:**

- Your doctor will ask about your symptoms. How long have you had them? Have they gotten worse? Do they interfere with daily living? Download our symptom tracker [here](#).
- Be prepared to discuss any family history of heart disease.
- Your blood work and vital signs will be checked.
- Your doctor may order images of your heart, or an echocardiogram, to examine the condition of the valve.
- Medication may be recommended.
- Your doctor may discuss valve replacement procedures with you.

[Two-page printable piece](#)  
Patient/Health Care Professional Discussion Guide

**Aortic Stenosis Symptom Tracker**  
Check symptoms that apply to you, noting the frequency. Then bring this tracker to your next appointment to review with your doctor.

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Which of these symptoms happen most frequently?  
\_\_\_\_\_

Which activities cause you to feel winded or short of breath?  
\_\_\_\_\_

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

**It's important to track your symptoms to determine if they are getting better or worse. Talk to your health care professional about the treatment that's right for you.**

[One-page tracker](#)  
Aortic Stenosis Symptom Tracker

**Aortic Stenosis & COVID-19: WHAT YOU NEED TO KNOW**

If you have an underlying heart condition such as aortic stenosis, you may face a higher risk for complications if you get COVID-19. But with planning and good communication with your health care team, you can manage your risk and remain healthy.

**What are the risks of having your valve procedure during the pandemic versus waiting?**  
Hospitals are following special precautions and protocols to keep you as safe as possible. But the risk of getting COVID-19 in the hospital or after you return home should be balanced with the risk of waiting to have a procedure until the COVID-19 infection rates are lower. Your doctor will discuss these risks with you and make a recommendation. Contact your health care team to learn more about specific safety procedures in place to protect patients like you.

**Should I reschedule my appointment, surgery or procedure?**  
Hospitals and your health care team are continually evaluating the situation in light of COVID-19. It's important to actively monitor your condition and stay in touch with your doctor and members of your health care team to decide whether you need treatment for your AS right away or if it's OK to wait. Talk with your heart doctor to share updates on symptoms and ask questions to ensure the most up-to-date information is considered. Your doctor will discuss options which may include proceeding with treatment, or to continue monitoring based on factors such as:

- Symptoms, especially if getting worse
- Latest echo (echocardiogram) results
- Frequency of hospitalizations
- Other medical conditions

[Two-page FAQ on AS & COVID-19](#)

*Uses: patient/health care professional conversations, take-home patient education, media/press events, waiting room print material, community events*



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# What is Aortic Stenosis? Video

This [two-minute video](#) is designed to help those at-risk and recently diagnosed patients to learn more about aortic stenosis, understand its symptoms, how to get a diagnosis and treatment options.

*Uses: patient/health care professional conversations, electronic patient education, media/press events, community events*

It affects **millions of older adults**, and that number is increasing.





# Aortic Stenosis Care Team

The addition of the [Aortic Stenosis Care Team webpage](#) educates patients and their caregivers about the team of health care professionals who will help manage and treat their aortic stenosis.

The screenshot shows the American Heart Association website with the following elements:

- Navigation bar: Heart Attack and Stroke Symptoms, COVID-19, Volunteer, SHOP, DONATE ONCE, DONATE MONTHLY, and a search icon.
- Search bar: Search ex: heart disease, Search
- Section Header: Your Aortic Stenosis Care Team
- Diagram: A circular diagram titled "YOUR AORTIC STENOSIS CARE TEAM" with the American Heart Association logo in the center. The team members are: PRIMARY CARE PHYSICIAN, GENERAL CARDIOLOGIST, CARDIAC SONOGRAPHER, HEART FAILURE SPECIALIST, NURSE PRACTITIONER OR PHYSICIAN ASSISTANT, VALVE CLINIC COORDINATOR, and INTERVENTIONAL CARDIOLOGIST OR CARDIOTHORACIC SURGEON.
- Table of Contents: Heart Valve Disease, About Heart Valves, Heart Valve Problems and Causes, Heart Valve Disease Risks, Signs and Symptoms, Getting an Accurate Diagnosis, Treatment Options, Aortic Stenosis Care Team, Options and Considerations for Surgery, Medications for Heart Valve Symptoms, Options for Heart Valve Repair, Options for Heart Valve Replacement, Types of Replacement Heart Valves, Newer Heart Valve Surgery Options, What is TAVR? (TAVI), Ross Procedure, Recovery and Healthy Living Goals, Personal Stories, Heart Valve Disease Resources, Heart Valve Disease Awareness Day.



### It's not aging, it's aortic stenosis

Aortic stenosis is one of the most common and serious valve diseases for people over 65. General physical decline could signal it, so know the symptoms:

- Chest pain
- Irregular heartbeat
- Shortness of breath
- Dizziness or fainting
- Swollen ankles or feet

Talk to your health care professional to learn more:

[heart.org/AorticStenosis](https://heart.org/AorticStenosis)



### Time for a heart-to-heart

Aortic stenosis (AS) is a serious heart valve ailment that can mimic common signs of aging. It usually strikes people over 65. A standard echocardiogram is painless and can reveal whether you have AS.

Talk to your health care professional to learn more:

[heart.org/AorticStenosis](https://heart.org/AorticStenosis)



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# Social Media

## Patient/Consumer



For two decades, Jim lived with aortic stenosis without knowing it. When he needed surgery, he was home the next day.

Learn More:

[heart.org/AorticStenosis](http://heart.org/AorticStenosis)



### Patient/Clinician Discussion Guide: Aortic Stenosis

Start taking control of aortic stenosis by being prepared to get the most out of doctor appointments. Here's how.

Learn More:

[heart.org/AorticStenosis](http://heart.org/AorticStenosis)



- Learn as much as you can about your condition.
- Write down questions to ask your doctor.
- Discuss your family history of heart disease.
- Ask your doctor for treatment recommendation
- Learn more at [heart.org/AS](http://heart.org/AS)



### Ways to Treat Aortic Stenosis:

- Regular monitoring
- Medication
- Valve repair or valve replacement
- Discuss treatment options with health care team

For those living with aortic stenosis, tracking symptoms – including chest pain, fatigue and a rapid heartbeat – is crucial.

Learn More:

[heart.org/AorticStenosis](http://heart.org/AorticStenosis)



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**Early treatment is key to preventing heart failure if you have aortic stenosis.**

Early treatment of aortic stenosis can prevent heart failure. Live a healthy lifestyle and take medications if prescribed. Learn More: [heart.org/AorticStenosis](https://heart.org/AorticStenosis)



## **4** Questions to Ask Before Surgery for Aortic Stenosis

- How do I avoid financial surprises?
- Is there anything I can do to help speed up my recovery?
- How can I make my recovery as pain free as possible?
- What don't I know?

Aortic stenosis treatment sometimes means surgery. Getting answers to these questions can lead to a less stressful recovery. Learn More: [heart.org/AorticStenosis](https://heart.org/AorticStenosis)

# Social Media Patient/Consumer



Claire was five months pregnant and having trouble breathing. She got a new heart valve and later had a healthy baby boy. Learn More: [heart.org/AorticStenosis](https://heart.org/AorticStenosis)



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# Resources for Health Care Professionals

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Resources, Messaging and Creative

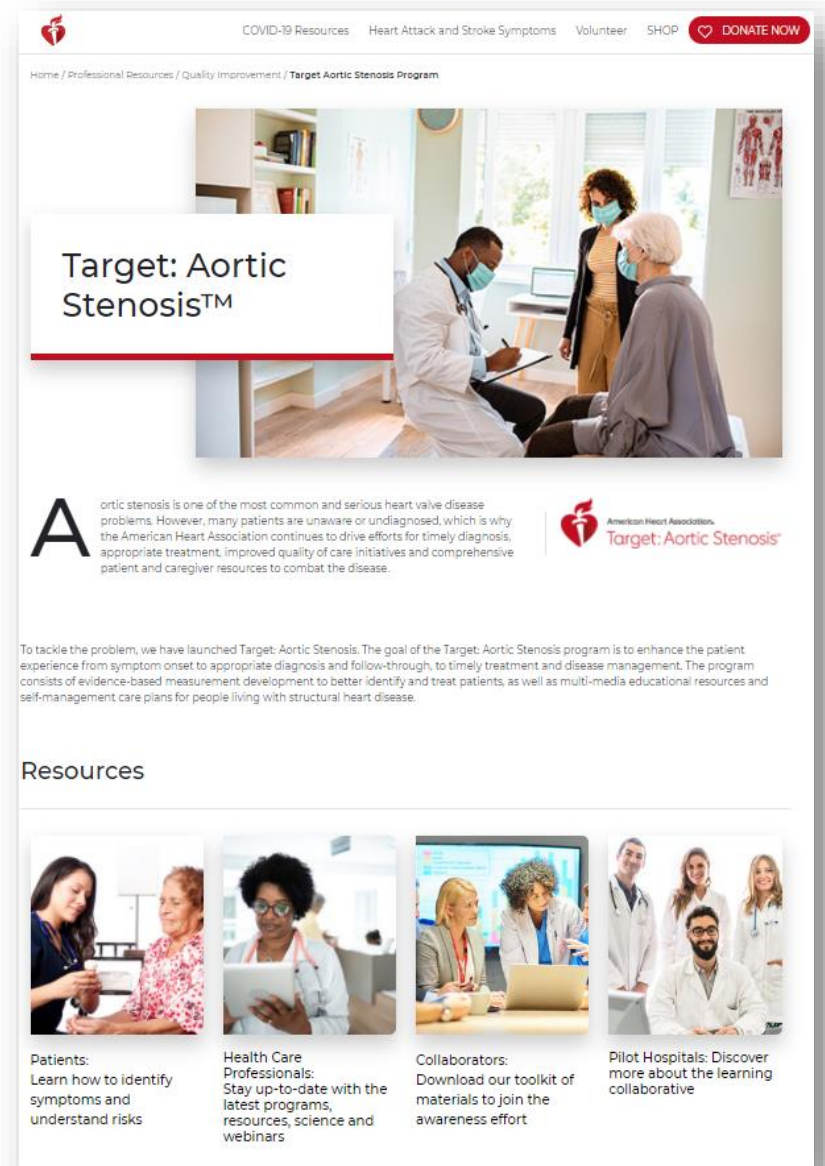


## Heart.org/TargetAS

This [initiative website](#) provides a comprehensive overview of **Target: Aortic Stenosis**, including tools and resources for health care professionals and quality systems improvement updates and resources.

- Health care professionals will find the latest science, professional tools and resources, and educational opportunities and upcoming webinars to support adherence to guidelines.
- Additionally, health care professionals can download patient education materials.
- Health systems and medical professionals will find information about quality improvement efforts supporting aortic stenosis management, treatment and diagnosis.

# Digital Content



The screenshot shows the website's header with navigation links: COVID-19 Resources, Heart Attack and Stroke Symptoms, Volunteer, SHOP, and a red DONATE NOW button. The breadcrumb trail reads: Home / Professional Resources / Quality Improvement / Target Aortic Stenosis Program. The main content area features a large image of a doctor in a white coat and mask talking to an elderly patient and a caregiver. A white box with the text 'Target: Aortic Stenosis™' is overlaid on the image. Below the image, a large letter 'A' introduces a paragraph: 'ortic stenosis is one of the most common and serious heart valve disease problems. However, many patients are unaware or undiagnosed, which is why the American Heart Association continues to drive efforts for timely diagnosis, appropriate treatment, improved quality of care initiatives and comprehensive patient and caregiver resources to combat the disease.' To the right of this text is the American Heart Association logo and the 'Target: Aortic Stenosis' logo. Below this is a paragraph explaining the program's goal: 'To tackle the problem, we have launched Target: Aortic Stenosis. The goal of the Target: Aortic Stenosis program is to enhance the patient experience from symptom onset to appropriate diagnosis and follow-through, to timely treatment and disease management. The program consists of evidence-based measurement development to better identify and treat patients, as well as multi-media educational resources and self-management care plans for people living with structural heart disease.' The 'Resources' section follows, with four cards: 1. 'Patients: Learn how to identify symptoms and understand risks' with an image of a doctor and a patient. 2. 'Health Care Professionals: Stay up-to-date with the latest programs, resources, science and webinars' with an image of a doctor looking at a tablet. 3. 'Collaborators: Download our toolkit of materials to join the awareness effort' with an image of two people at a computer. 4. 'Pilot Hospitals: Discover more about the learning collaborative' with an image of a group of healthcare professionals.

## Heart.org/TargetAS (Click on Health Care Professionals)

In December 2020, the American Heart Association released NEW Valvular Heart Disease Guidelines to provide up-to-date comprehensive recommendations for health care professionals and patients on the management and treatment of heart valve disease. These new guidelines are the latest since the 2017 Focused Update to the Guidelines and the 2014 Valvular Heart Disease Guidelines.

The Guideline Resources listed on this [webpage](#) are intended to help elevate awareness and drive quicker implementation of the new Valvular Heart Disease Guidelines – to ultimately improve heart valve patient outcomes, including aortic stenosis.



The screenshot shows the American Heart Association website interface. At the top, there is a navigation bar with links for 'Heart Attack and Stroke Symptoms', 'COVID-19', 'Volunteer', and 'SHOP'. On the right side of the navigation bar are two red buttons: 'DONATE ONCE' and 'DONATE MONTHLY', followed by a search icon. Below the navigation bar is a search bar containing the text 'ex: heart disease' and a red 'Search' button. The main content area features a large heading: 'Aortic Stenosis Resources for Health Care Professionals'. Below this heading is a sub-heading: 'Together, we can make a difference.' followed by a paragraph: 'The Target: Aortic Stenosis quality improvement program is to enhance the patient experience from symptom onset to appropriate diagnosis and follow-through, to timely treatment and disease management.' Below this is a section titled 'Guideline Resources|' with a link to 'Valvular Heart Disease Guidelines (website)'. This section contains a list of resources: 'Top Things to Know: 2020 ACC/AHA Guideline for the Management of Patients With Valvular Heart Disease', 'Executive Summary', 'Perspective to 2020 AHA/ACC Guideline for the Management of Patients with Valvular Heart Disease', 'AHA Clinical Update - Valvular Heart Disease (PPTX - customizable) | (pdf version)', 'Slide Set (pdf)', 'VHD pocket guideline (for purchase)', 'AHA News: New guidelines call for less use of surgery to treat heart valve disease', 'News Release: Updated guideline for heart valve disease spotlights less invasive treatments', and 'News Release: Quality of care initiative seeks to improve outcomes for heart valve patients'. Below the list is a 'Webinars:' section with two items: 'Key Implications for Clinicians in the 2020 ACC/AHA Guideline for the Management of Patients with Valvular Heart Disease Launch Webinar' and 'National Introduction to American Heart Association's Initiative Target: Aortic Stenosis™ View the Transcript (pdf) | Watch Video'. On the right side of the page, there is a sidebar with a red header 'Quality Improvement' and a list of links: 'Target: Aortic Stenosis Program', 'Collaborators', 'Pilot Hospitals', 'Resources for Health Care Professionals', and 'Patient Aortic Stenosis'. Below this is a red header 'Related Articles' and a photo of a man with a beard, with the caption 'Aortic Stenosis'. At the bottom of the sidebar is a light blue header 'Popular Articles' and a photo of a group of people in a meeting.





# Aortic Stenosis Fact Sheets

**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.

**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.**

Plus:

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

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

[One-page fact sheet](#) that provides an overview of aortic stenosis

**Take charge of Aortic Stenosis**

**PATIENT/PROVIDER Discussion Guide**

Be prepared to get the most out of your appointment.

- Learn as much as you can about your condition.
- Write down questions to ask your doctor.

Aortic stenosis is a common condition that occurs when the opening to the heart valve narrows, usually due to age.

The hardened valve opening restricts proper blood flow to the heart. This can produce symptoms such as fatigue, dizziness, shortness of breath and chest pain.

Untreated, symptoms can worsen, leading to heart failure and possibly death.

**It's important to seek treatment as soon as possible.**

There is no cure for aortic stenosis. But you can manage early symptoms with medication and a healthy lifestyle. When the symptoms become severe or your heart function declines, your doctor may recommend replacing the damaged valve.

**At your appointment:**

- Your doctor will ask about your symptoms. How long have you had them? Have they gotten worse? Do they interfere with daily living? Download our symptom tracker here.
- Be prepared to discuss any family history of heart disease.
- Your blood work and vital signs will be checked.
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[Two-page printable piece](#) Patient/Health Care Professional Discussion Guide

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Which of these symptoms happen most frequently?  
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**Aortic Stenosis & COVID-19: WHAT YOU NEED TO KNOW**

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**What are the risks of having your valve procedure during the pandemic versus waiting?**

Hospitals are following special precautions and protocols to keep you as safe as possible. But the risk of getting COVID-19 in the hospital or after you return home should be balanced with the risk of waiting to have a procedure until the COVID-19 infection rates are lower. Your doctor will discuss these risks with you and make a recommendation. Contact your health care team to learn more about specific safety procedures in place to protect patients like you.

**Should I reschedule my appointment, surgery or procedure?**

Hospitals and your health care team are continually evaluating the situation in light of COVID-19. It's important to actively monitor your condition and stay in touch with your doctor and members of your health care team to decide whether you need treatment for your AS right away or if it's OK to wait.

Talk with your heart doctor to show updates on symptoms and ask questions to ensure the most up-to-date information is considered. Your doctor will discuss options which may include proceeding with treatment or to continue monitoring based on factors such as:

- Symptoms, especially if getting worse
- Latest echo (echocardiogram) results
- Frequency of hospitalizations
- Other medical conditions

[Two-page FAQ on AS & COVID-19](#)

Uses: patient/health care professional conversations, take-home patient education, media/press events, waiting room print material, community events.



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# What is Aortic Stenosis? Video

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# Newsletter Copy

## Healthcare professional



### Aortic stenosis steals life

Patients often mistake the symptoms of aortic stenosis for the common effects of aging. They need to know how this disease may rob them of vitality and possibly life. Don't wait. Get the tools and information to empower your patients to understand AS and become engaged in their health journey.

We have what patients need to know:

- Fact sheet
- Symptom tracker
- Discussion guide
- Patient testimonial videos

Learn More: [heart.org/TargetAS](https://heart.org/TargetAS)



### Spot aortic stenosis early

Timely diagnosis is key to treating this heart valve condition. We can help you educate patients on signs, symptoms & treatment options.

Learn More: [heart.org/TargetAS](https://heart.org/TargetAS)

Resources available for download at: [Target: Aortic Stenosis Collaborators | American Heart Association](https://heart.org/TargetAS)



American Heart Association®

Target: Aortic Stenosis™

# SOCIAL MEDIA

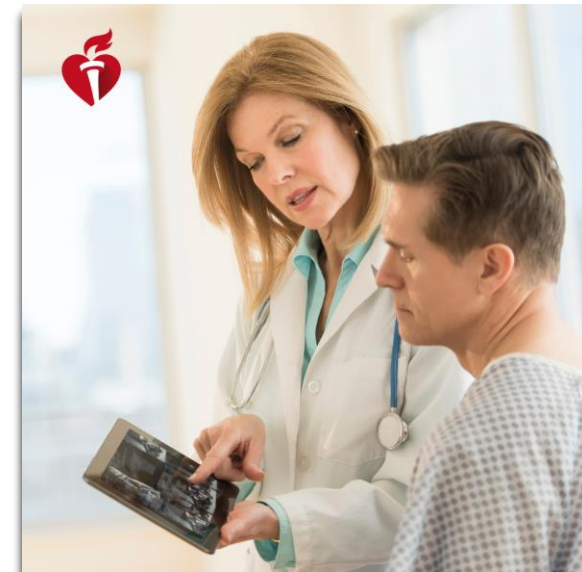
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Work together with your patients with aortic stenosis in shared decision-making to discuss the risks and benefits of treatment options. Learn More: [heart.org/TargetAS](https://heart.org/TargetAS)



Did you know? The AHA recommends evaluation of patients with severe aortic stenosis for valve intervention by a multidisciplinary team. Learn More: [heart.org/TargetAS](https://heart.org/TargetAS)



We encourage you to follow the guidelines for comprehensive, up-to-date recommendations for diagnosing and treating your patients with aortic stenosis. Learn More: [heart.org/TargetAS](https://heart.org/TargetAS)



American Heart Association®

Target: Aortic Stenosis™

# THANK YOU

By participating in the **Target: Aortic Stenosis** initiative you are joining the movement that is helping to reduce cardiovascular death in people living with aortic stenosis.



Edwards Lifesciences is the national sponsor of American Heart Association's Target: Aortic Stenosis.