



On behalf of the Aortic Valve Team, we welcome you to the University of Michigan Frankel Cardiovascular Center. Severe **Aortic Stenosis** is narrowing of the aortic valve in the heart. It is often not preventable and may be related to:

- Age
- Buildup of calcium deposits on the aortic valve
- Radiation therapy
- Medications
- History of rheumatic fever
- High cholesterol

Signs and symptoms of severe aortic stenosis can include:

- Chest pain or tightness
- Feeling faint or fainting with activity
- Dizziness
- Fatigue
- Shortness of breath
- Heart palpitations
- Heart murmur

How is severe aortic stenosis treated?

There are several established treatments for people with severe aortic stenosis. Your health care team meets after each of your evaluations to review and discuss the best treatment plan for you based on your overall health.

Heart valve treatment options

❖ Medical management

Medicines for severe aortic stenosis focus on treating problems that can occur as a result of your diseased aortic heart valve. For example, people with severe aortic stenosis may take medicines to help control irregular heartbeats or prevent blood clots. These medicines may help control your symptoms for a period of time, however without aortic valve replacement severe aortic stenosis could worsen to a more serious condition.

❖ Balloon aortic valvuloplasty

In addition to medications, your doctor may recommend a procedure called

a balloon valvuloplasty. It is a minimally-invasive, nonsurgical procedure that is performed to open your narrowed valve. This procedure does not require open heart surgery.

❖ **Open- heart surgical valve replacement**

Open-heart aortic valve replacement surgery is an effective, life-saving treatment option for certain people with severe aortic stenosis. With open-heart aortic valve replacement, your chest is opened to allow the surgeon access to your heart. During surgery your diseased aortic valve is removed and a new valve is inserted.

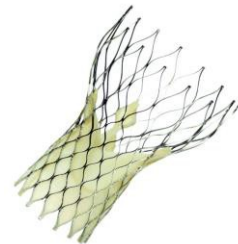
❖ **Transcatheter Aortic Valve Replacement (TAVR)**

TAVR is a heart valve replacement option for people with severe aortic stenosis who may not qualify for open heart aortic valve replacement surgery. The TAVR is a procedure that inserts a new valve inside your diseased aortic valve, and does not require your chest to be opened. Talk with your doctor about the risks associated with transcatheter aortic valve implantation.

There are several types of transcatheter valves used at the University of Michigan Frankel Cardiovascular Center. Below are two of the most commonly used valves. Your care team will determine the right valve for you based on your medical condition and other factors.



Edwards Lifescience®
Edwards Sapien Valve®



Medtronic, Inc®
Corevalve®

Visit the valve company websites to view animations of the TAVR procedure:

- Edwards: <https://tinyurl.com/vs6lr2r>
- Medtronic: <https://tinyurl.com/yx7sae3f>

How do I know if I am a candidate for TAVR?

People with severe aortic stenosis who are at moderate risk to very high risk for standard open heart surgery may qualify as candidates for this procedure. Prospective TAVR candidates must be evaluated by at least 2 cardiac surgeons and 1 cardiologist. Additionally, further testing may be required to determine your eligibility. This testing includes an echocardiogram, CT scan of the aorta, cardiac catheterization, carotid ultrasound, pulmonary function tests, and lower extremity arterial ultrasound. After careful consideration and presentation to the multidisciplinary TAVR committee, it will be determined whether you are a TAVR candidate.

Are there safeguards in place to protect people who take part in research studies for medical devices?

The United States government and, specifically, the Food and Drug Administration (FDA) have strict regulations and safeguards in place to protect people who choose to participate in clinical trials. Additionally, clinical trials must be reviewed by an Institutional Review Board (IRB). The purpose of an IRB is to protect the rights and safety of people who volunteer to take part in research studies. Before participating in a trial, a person must agree to sign an informed consent form, which provides detailed information about the study and study procedures.

How do I prepare for my appointment?

In order to expedite the care process and better serve you as our patient, bring the following helpful medical information to your appointment:

1. **List of all current medications**

2. Enclosed documents in this letter

- Please fill these out before your appointment

3. Current list of medical diagnoses and surgeries

- 4. Dental clearance is required for all TAVR patients.** Please take the enclosed dental clearance letter to your dentist. All patients must be evaluated within 6 months of TAVR procedure and have dental clearance (patients with full upper and lower dentures are exempt from this).

What should I expect at my initial visit?

On the day of your visit, be sure to take all your regular scheduled medications and have a good breakfast. Your initial visit will be comprehensive and will last a long period of time. We do suggest you bring a snack, especially if you are diabetic. On the day of your visit, you may have to complete testing, such as a blood draw or **ECG** (a device used to record the electrical activity of the heart) before your appointment.

The expected length of time for your initial visit is approximately 2 to 6 hours with our team.

Meet our core team:

As a patient, it is important to know the members of your care team. We have provided a list of individuals you may have contact with before, during, or after your clinic visit. Individuals are listed in alphabetical order.

Multidisciplinary Team:

Stanley Chetcuti, MD
Interventional Cardiology

G. Michael Deeb, MD
Cardiac Surgery

Dr. Shinichi Fukuhara, MD
Cardiac Surgery

P. Michael Grossman, MD
Interventional Cardiology

Sarah Gualano, MD
Interventional Cardiology

Karen M. Kim, MD
Cardiac Surgery

Daniel Menees, MD
Interventional Cardiology

Himanshu Patel, MD
Cardiac Surgery

Clinic Team:

Mary Jo Boyle, DNP
Nurse Practitioner

Todd Dowe, RN
Clinical Care Coordinator

Marianne Gaylor, BSN, RN
(CCC)

Kelly Hodges, NP
Nurse Practitioner

Angela Stamper, ACNP
Nurse Practitioner

Lisa Kaericher
Medical Assistant Specialist

Support Team:

Laurie Linton
Patient Financial Counselor

Erica Long
Clinic Scheduler

Research Team:

Shradha Bhatt
Regulatory Specialist

Jessica Oakley, BS, CCRP
Clinical Research Project
Manager

Wendy Warshall, BSN
Clinical Research
Coordinator

Who do I contact if I have questions?

If you have any questions or concerns regarding this information, please contact our Patient Coordination Team at: **(888) 287-1082**

Visit this web resource site to learn more and watch the ***“Introduction to TAVR at the University of Michigan”*** video:

<http://www.uofmhealth.org/media/29726>

We strive to provide seamless, compassionate and safe care to both you and your family. We look forward to participating in your care and meeting both you and your family.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Multidisciplinary TAVR Program Staff

Reviewers: Shannon Miller, MSN, RN

Bethany Lee-Lehner, BSN, RN

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