



Thoracic Aortic Aneurysms & Dissections Do's & Don'ts

Do:

- Maintain strict blood pressure control (~130/80)
- Maintain a healthy weight
- Regular mild-moderate physical activity, such as
 - walking
 - biking
 - swimming
 - dancing
 - light jogging
 - stair climbing
- Eat a “heart smart” diet (no added salt, low sodium, low fat and cholesterol)
- Remember to take antibiotics before any dental or invasive procedure if you have had a surgical repair of your aortic aneurysm
- Follow-up with your doctor(s) on a regular basis to monitor your general health and aneurysm.

Do Not:

- Push, pull, bear down or lift anything heavier than 30 pounds
- Smoke (avoid second hand smoke as well) or use any tobacco products
- Shovel snow
- Chop wood
- Dig earth or use sledgehammer
- Lift heavy weights (heavy = 30 pounds or more)
- Ride amusement park rides
- Participate in rigorous, competitive and/or contact sports

- Use a shotgun that has a recoil energy more than 45 foot-pounds (do ask a specialist for advice/products to reduce recoil energy)
- Use a bow that has a draw weight that is more than 45 pounds (do see a specialist for advice/products to reduce draw weight)

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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