

# A GUIDE TO YOUR AGING HEART

ARE YOU  
PREPARED?



The  
**Christ Hospital**<sup>™</sup>  
Heart & Vascular Center



# HEART VALVE DISEASE IS A THREAT TO THE AGING POPULATION

**Every year, almost five million Americans learn they have heart valve disease.**

When symptoms begin, life expectancy can be between one and two years, without treatment.

Heart valve disease alters the flow of blood through the heart. The condition primarily affects people over the age of 60. Heart valve disease is often acquired later in life as a result of changes in the valve structure.

**Awareness and early detection of heart valve disease can save lives.**



**More than five million Americans are diagnosed with heart valve disease every year.**

The most common types are aortic or mitral valve disease. 1.5 million US citizens suffer from aortic stenosis, of which one-third have severe cases. Research shows that without a valve replacement half of those suffering from severe aortic stenosis, will not survive more than two years.

Those affected by heart valve disease.



One-third of above population have severe cases.



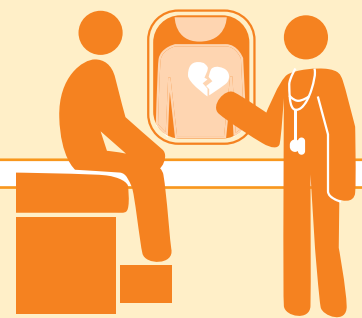
Without a valve replacement, half will not survive more than two years.



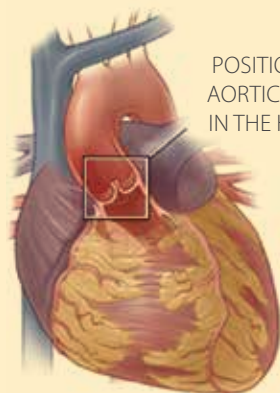
Symptoms are not always present in the early stages of heart valve disease. As a valve continues to fail, the heart is forced to work harder and compensate for the reduced blood flow. This may cause the following symptoms:

- Shortness of breath
- Chest pain or tightness
- Fainting
- Extreme fatigue
- Heart murmur or palpitations
- Lightheadedness/dizziness
- Difficulty with daily activities
- Swelling of the ankles or feet

If you experience any of these symptoms, or have a detected heart murmur, ask your physician about an echocardiogram (echo). This test examines the structure of your heart and heart valves, providing valuable insight on how well your heart is functioning. An echo can diagnose heart valve issues and many other conditions.



## YOUR HEART VALVES CAN FAIL IN TWO WAYS:



POSITION OF AORTIC VALVE IN THE HEART

NORMAL AORTIC VALVE



OPEN



CLOSED

AORTIC VALVE STENOSIS



OPEN



CLOSED

**Stenosis**, the most common form of valve disease, occurs when a valve becomes stiff and will not completely open, preventing blood from moving forward. Stenosis typically impacts the aortic valve.

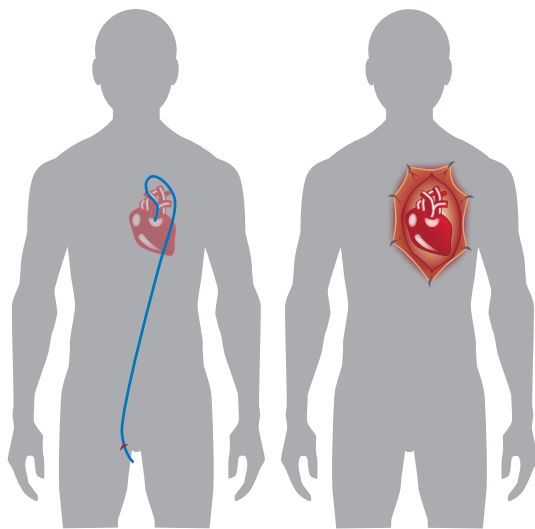
**Regurgitation** occurs when one of your heart valves does not close entirely, allowing blood to leak backwards. This often affects the mitral valve and is also referred to as mitral regurgitation.

Both conditions force the heart to work harder to pump the required amount of blood your body needs.



## Replacement Without Open Heart Surgery

In many cases, the recommended treatment for severe heart valve disease is surgical replacement or repair the heart valve. For decades, open heart surgery was the only option to treat severe heart valve disease. Patients unable to undergo open heart surgery, due to age or other existing medical conditions, were left without treatment options. Today, new advancements taking place right here in Greater Cincinnati, are making valve treatment accessible to more people.



THV treatment

Open heart surgery

### THE BENEFITS OF THV TREATMENT

- Minimally invasive techniques can provide shorter recoveries and less complications.
- Lifesaving option for heart valve patients who can not undergo open heart surgery
- Most patients experience renewed energy and improved quality of life.

In 2011, The Christ Hospital was the first to bring a minimally invasive valve replacement treatment option to our region and has since developed one of the fastest-growing heart valve programs in the country—improving the lives of more than 170 patients who were not candidates for open heart surgery. Transcatheter heart valve (THV) replacement treatment for aortic stenosis allows physicians to use a catheter-based system to deliver a new heart valve through the femoral artery in the upper thigh for precise placement within the diseased valve, providing increased blood flow almost immediately.



## MORE PEOPLE CAN RECEIVE THE BENEFITS FROM THESE NEW, MINIMALLY INVASIVE TREATMENTS, RIGHT HERE IN CINCINNATI

### The Christ Hospital Heart & Vascular Center

is the only program in the region offering:

- The most experienced valve care, providing treatments years in advance of other programs.
- Enrollment in a new clinical trial enabling eligible surgical candidates the option to choose between open heart and THV treatment.
- The latest technology in THV replacement, including the smallest valves and delivery systems being evaluated for increased precision and less complications.
- THV treatment for mitral regurgitation. The investigational catheter-based device, called MitraClip®, is also delivered through the femoral artery and repairs the mitral valve by clipping it together.
- Increased access to THV. Other area programs offer THV only to patients who are unable to receive open heart surgery.



### Questions?

Ask our heart valve experts!

**513-206-1179**

[TheChristHospital.com/Valve](http://TheChristHospital.com/Valve)

# THE CHRIST HOSPITAL GREATER CINCINNATI'S HEART HOSPITAL<sup>SM</sup>

You have the right to choose your care provider,  
even in the case of an emergency.

## CENTER OF EXCELLENCE



The Christ Hospital

Named one of America's best hospitals by <i>U.S. News &amp; World Report</i>	✓
World-renowned cardiologists	✓
Only American Heart Association Mission Lifeline®	✓
Quality and Performance Achievement Award recipient in region	✓
Top 50 Cardiovascular Hospital by <i>Truven Health Analytics</i>	✓
Advanced EMS Communication system for rapid heart attack diagnosis	✓
Dedicated EMS & Nursing heart attack program coordinators	✓
Door-to-balloon time consistently better than national guidelines	✓
The most advanced heart attack treatment options	✓
Access to the most leading-edge cardiac research in Ohio	✓
Full service PTCA, Coronary Bypass Surgery & Mechanical Assist Device program	✓
Physician One-Call system for heart attack care access	✓
<b>Greater Cincinnati's Heart Hospital<sup>SM</sup></b>	✓



The  
**Christ Hospital**<sup>TM</sup>  
Heart & Vascular Center

The Christ Hospital Health Network