

Our transcatheter aortic valve replacement (TAVR) program offers an alternative to open heart surgery for patients with severe, symptomatic aortic stenosis who are of intermediate- or high-risk for surgery or even inoperable.

### **TAVR Program**

UMass Memorial Medical Center  
55 Lake Avenue North  
Worcester, MA 01655

### **Appointments:**

508-334-VALV (8258)

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55 Lake Avenue North, Worcester, MA 01655  
Tel: 508-334-VALV (8258)  
[www.umassmemorial.org/heart](http://www.umassmemorial.org/heart)  
[TAVR@umassmemorial.org](mailto:TAVR@umassmemorial.org)



Patients and families trust UMass Memorial Medical Center as the region's leading academic medical center, committed to improving the health of our communities in Central Massachusetts. With our partner, the University of Massachusetts Medical School, we are committed to excellence in primary and specialty care, community service, teaching and research. The Medical Center offers advanced technology and support services for patients and families, providing the region with specialists renowned for their expertise in caring for adults and children.

Visit [www.umassmemorial.org](http://www.umassmemorial.org).

General information: 508-334-1000



UMass Memorial Health Care is the largest not-for-profit health care system in Central Massachusetts with more than 13,000 employees and 1,700 physicians, many of whom are members of UMass Memorial Medical Group. Our member hospitals and entities include UMass Memorial HealthAlliance-Clinton Hospital, UMass Memorial – Marlborough Hospital, UMass Memorial Medical Center and UMass Memorial – Community Healthlink, our behavioral health agency. With our teaching and research partner, the University of Massachusetts Medical School, our extensive primary care network and our cancer, diabetes, heart and vascular, orthopedic and surgery programs, UMass Memorial delivers safe, high-quality and compassionate care.

Visit [www.umassmemorialhealthcare.org](http://www.umassmemorialhealthcare.org).

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**Español (Spanish) - ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 774-441-6793 (TTY: 711).

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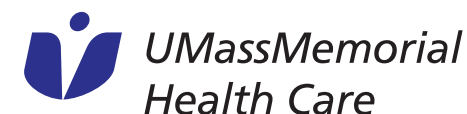
To find a physician in your community,  
call 855-UMASS-MD (855-862-7763).

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# **TRANSCATHETER AORTIC VALVE REPLACEMENT**



# *Heart Care*



## WHAT IS AORTIC STENOSIS?

The aortic valve controls the flow of blood from your heart to the rest of your body. The normal aortic valve has three leaflets, or flaps, which open and close. Aortic stenosis is a narrowing of the aortic valve opening that does not allow normal blood flow from your heart to the rest of your body. This narrowing causes your heart to work harder to pump blood to the rest of the body. Left untreated, aortic stenosis can result in complications such as heart failure (decreased pumping function of the heart) and death.

Aortic stenosis has several causes. It can be caused by a birth defect, rheumatic fever, or radiation therapy, but is most commonly age-related or due to build-up of calcium (mineral deposits).



## WHAT ARE THE SYMPTOMS OF AORTIC STENOSIS?

The symptoms of aortic stenosis are different for each person. Symptoms may not occur until the narrowing of your aortic valve is severe and may include:

- Chest pain or tightness
- Feeling faint or fainting with exertion
- Shortness of breath, especially with exertion
- Fatigue, especially during times of increased activity
- Heart palpitations (sensations of a fast, fluttering heartbeat)

## HOW IS AORTIC STENOSIS TREATED?

Treatment for aortic stenosis depends on how far the disease has progressed. If you are experiencing symptoms and your stenosis is severe, your doctor may recommend open-heart aortic valve replacement surgery. Over the last 10 years, an alternative option called transcatheter aortic valve replacement (TAVR) has become available.

## WHAT IS TRANSCATHETER AORTIC VALVE REPLACEMENT?

TAVR is a minimally invasive option for patients with severe, symptomatic aortic stenosis. Approved by the Food and Drug Administration, TAVR provides an option for patients who are of intermediate- or high-risk, or too sick for open-heart surgery.

TAVR is performed using local anesthesia and relaxing medications in specialized operating rooms, most often avoiding general anesthesia. TAVR involves putting a catheter (a hollow tube) into an artery, then guiding it into the heart. A new heart valve is positioned through the catheter inside your diseased valve to effectively replace it. Special imaging equipment is used to guide



the placement of the new valve. The new valve is implanted, relieving the narrowing and allowing blood to flow easily to the rest of your body. The procedure will take about one hour and 30 minutes, and you can expect to recover in the hospital for a couple of days.

## ABOUT OUR TREATMENT PROGRAM

The TAVR Program at UMass Memorial Medical Center boasts excellent outcomes and use of minimally invasive techniques. Our multidisciplinary team carefully evaluates each patient to determine if this minimally invasive procedure is the best approach. This ensures the best possible outcomes – and your peace of mind. For more information about our TAVR program, call 508-334-VALV (8258) or email us at [TAVR@umassmemorial.org](mailto:TAVR@umassmemorial.org).