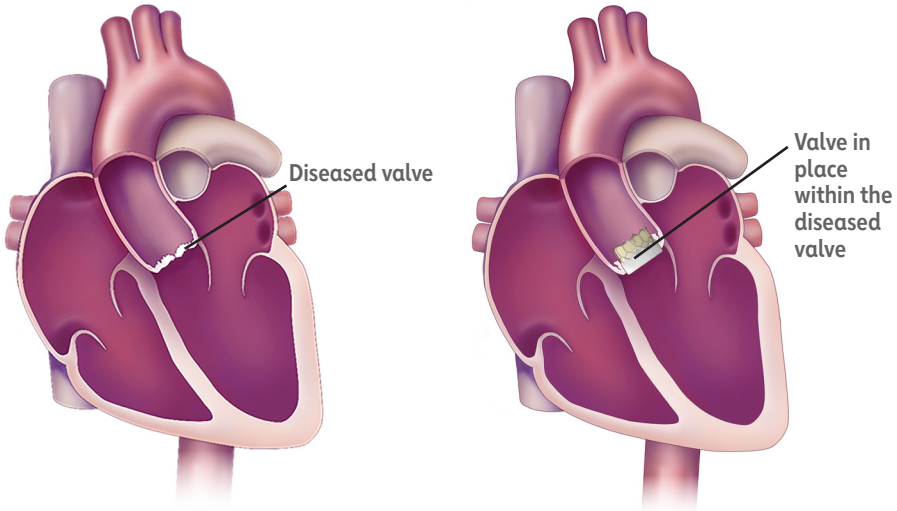
What is TAVI (or TAVR)?

TAVI or TAVR stands for transcatheter aortic valve implantation or replacement. During this minimally invasive procedure, a new heart valve is placed without removing the old, diseased valve. The new valve is placed inside the old valve.



TAVI delivers a collapsible replacement valve through a catheter (a thin tube). Once the new valve expands, it pushes the old valve leaflets out of the way. Then, the new valve takes over managing blood flow.

What is involved in this procedure?

Typical valve replacement may require open-heart surgery. TAVI, or TAVR, can be done through tiny openings that leave all the chest bones in place.

TAVI does have risks. But it is a good option for people who are not candidates for open-heart surgery due to poor health or other medical conditions.

There are different approaches for a TAVI procedure. This allows the heart doctor to choose the one that provides the best and safest way to reach the valve. Some approaches include:

- Transfemoral: Through the femoral artery (the main artery in the groin), avoiding a surgical cut in the chest
- Transaortic or subclavian: A small cut in the chest to enter through a large artery
- Transapical: A small cut in the chest to go through the tip of the left ventricle (the apex)

Who's a good candidate for this type of valve surgery?

TAVI is available for people with severe symptomatic aortic stenosis in all risk categories for standard open-heart valve replacement surgery. When talking to you about treatment options, your heart doctor will consider factors including:

- Age
- Health history
- Type and severity of the valve problem
- Your overall health

The risk level is based on surgery survival chances:

- Low-risk survival rate is higher than 96%.
- Intermediate-risk survival rate is 93%-96%.
- High-risk survival rate is 92% or less.

TAVI can be an effective option to improve quality of life in people who otherwise have limited choices to repair their aortic valve.

What are the benefits of a TAVI procedure?

The benefits of TAVI and other minimally invasive treatments may include:

- Lower risk of infection
- Less trauma to the chest and heart muscle
- Reduced hospital stay

(continued)

- Less recovery time
- Ability to return sooner to daily activities, such as exercising and driving

What can I expect after my procedure?

About four to six weeks after the procedure, you'll have a follow-up visit with your TAVI doctor. They will test to see how well the valve works and how well you are healing. After that, it's important to have yearly check-ups and as needed to make sure the valve works as it should.

Two important parts of recovery are a good diet and regular physical activity.

During recovery and beyond, follow a heart-healthy diet. Eat a variety of fruits, vegetables, whole grains, fish, skinless poultry and low-fat dairy products. Limit foods high in saturated fats, sugar and sodium. Avoid trans fats. Limit red and processed meats. Don't take calcium or other supplements without your health care professional's approval.

During recovery, follow your health care professional's advice and slowly build up your physical activity level. Ask about goals for your heart rate or exertion level. Work up to at least 150 minutes per week of moderate-intensity physical activity (such as brisk walking).

HOW CAN I LEARN MORE?

1. Call **1-800-AHA-USA1** (1-800-242-8721) or visit **heart.org** to learn more about heart disease and stroke.
2. Sign up for our monthly *Heart Insight* e-news for heart patients and their families at **HeartInsight.org**.
3. Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/SupportNetwork**.

Do you have questions for your doctor or nurse?

Take a few minutes to write down questions for the next time you see your health care professional.

For example:

How long will my new heart valve last?

When can I resume my normal daily activities?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk of heart disease, manage your condition or care for a loved one. Visit **heart.org/AnswersByHeart** to learn more.