

have any new or worsening signs or symptoms. Your doctor may recommend that you make healthy lifestyle changes, such as eating a heart-healthy diet, exercising regularly, maintaining a healthy weight and avoiding smoking.

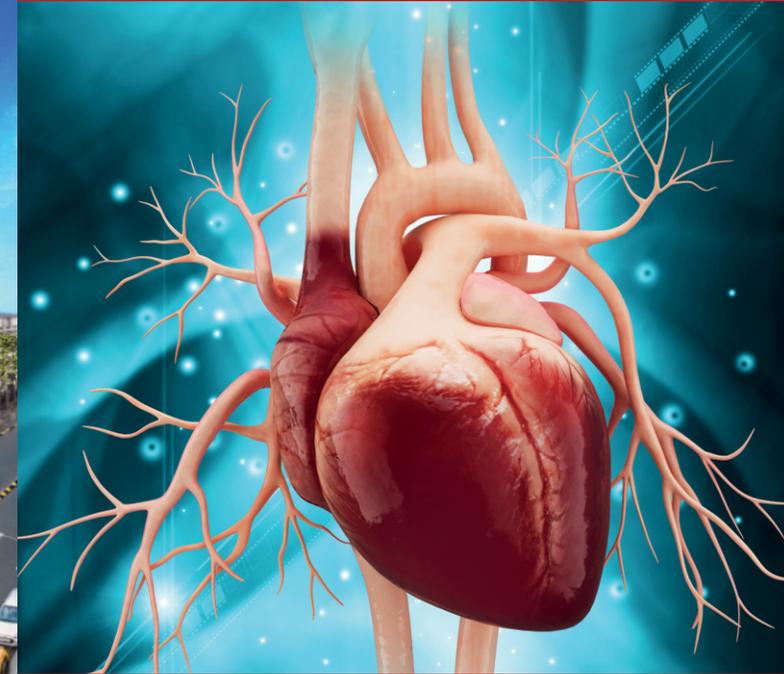
TAVR PROGRAMME AT SIR H. N. RELIANCE FOUNDATION HOSPITAL

We are the Centre of Excellence for TAVR and other non-surgical valve replacement procedures, with highest volumes in the entire Western & Central India. Our patient outcomes are world class. We offer holistic diagnosis and treatment for valve disease with a multi-disciplinary team of experts and best in class infrastructure.

TO KNOW MORE,
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TRANSCATHETER AORTIC VALVE REPLACEMENT (TAVR / TAVI)



Valve Replacement without Open Heart Surgery

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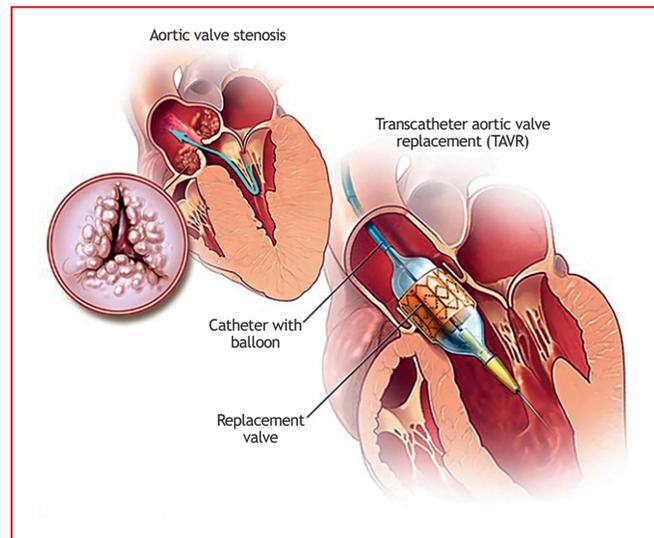
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RESPECT FOR LIFE



OVERVIEW

Transcatheter Aortic Valve Replacement (TAVR) is a minimally invasive procedure to replace a narrowed aortic valve that fails to open properly (aortic valve stenosis). Transcatheter aortic valve replacement is sometimes called Transcatheter aortic valve implantation (TAVI). TAVR may be an option for people who are considered at intermediate or high risk of complications from surgical aortic valve replacement. TAVR may also be indicated in certain people who can't undergo open-heart surgery. The decision to treat aortic stenosis with TAVR is made after consultation with a multidisciplinary group of medical and surgical heart specialists who together determine the best treatment option for each individual. TAVR can relieve the signs and symptoms of aortic valve stenosis and may improve survival.



WHY IT IS DONE?

Aortic valve stenosis or **aortic stenosis** occurs when the heart's aortic valve narrows due to age-related degenerative process. This narrowing prevents the valve from opening fully, which obstructs blood flow from your heart into your aorta and onward to the rest of your body. Aortic stenosis can cause **chest pain, fainting, fatigue, leg swelling and shortness of breath**. It may also lead to heart failure and **sudden cardiac death** if not treated in time.

WHO BENEFITS MOST FROM TAVR?

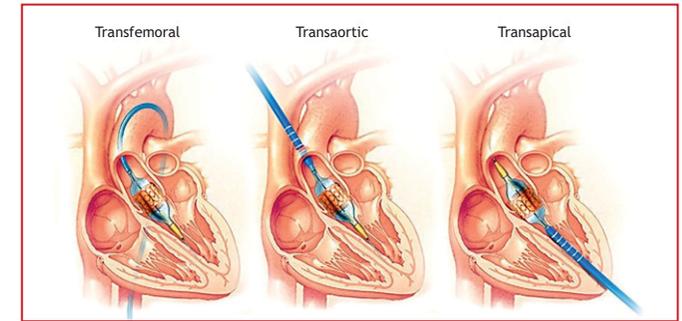
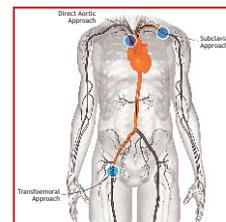
TAVR may be an option if you have aortic stenosis that causes signs and symptoms. TAVR is a good option for patients with conditions that may increase the risk of surgical aortic valve replacement like previous heart surgery, lung disease, kidney disease, advanced age, frailty, neurological issues. TAVR may also be an option if you have an existing biological tissue valve that was previously inserted to replace the aortic valve, but it isn't functioning well anymore. Before TAVR, you'll need to be tested and evaluated by a multidisciplinary team of heart valve specialists. Doctors will evaluate your condition to determine the most appropriate treatment. **TAVR procedure is available in western world since more than 10 years and it is a time-tested procedure.**

WHAT YOU CAN EXPECT?

Transcatheter Aortic Valve Replacement (TAVR) involves replacing your damaged aortic valve with one made from cow or pig heart tissue, also called a biological tissue valve. In some cases, a TAVR biological tissue valve may also be placed in an existing biological tissue valve that is no longer working in order to replace it.

WHAT IS DONE DURING A TAVR PROCEDURE?

The procedure is **done under local anesthesia** and mild sedation. TAVR is done most commonly through a blood vessel in the groin area. In TAVR, a tiny hollow tube (catheter) is inserted through the groin artery. Your doctor uses advanced imaging techniques to guide the catheter through your blood vessels, to your heart and into your aortic valve. Once it's precisely positioned, the TAVR valve is expanded to replace the native aortic valve. There are two main types of TAVR valves - Self expanding and Balloon expandable. Your doctor will guide you about the choice of valve based on your



CT scan and other reports. When your doctor is certain the valve is securely in place, the catheter is withdrawn from the groin artery and the puncture site is sealed with an advanced closure device.

AFTER THE PROCEDURE

You may spend the night in the intensive care unit for monitoring after your procedure. Generally you'll spend about **two to three days recovering in the hospital**. You'll need to take blood-thinning medications to prevent blood clots after the procedure. Your doctor will discuss with you how long you may need to take these medications. Your doctor will recommend that you take medications before certain dental procedures to prevent certain infections, as you're at higher risk of certain infections with a replacement heart valve. Talk to your doctor about his or her recommendations.

RESULTS

Transcatheter Aortic Valve Replacement (TAVR) procedure is **extremely safe and effective**. **The recovery is very rapid and patients are able to go back to their routine within one week of the procedure**. Patients are able to exercise and do all their activities after TAVR. The risk of any life-threatening complications is less than 1%. Overall, **risks involved in TAVR procedure include stroke, bleeding, pacemaker need, infection and rarely risk to life**.

You may need to continue taking certain medications after your procedure. You'll likely **need regular follow-up appointments with your doctor**. Let your doctor know if you