

**Aortic Stenosis & TAVR**  
**Active Living Awareness Initiative**  
**Key Survey Findings**

## **SURVEY OVERVIEW**

A new national survey conducted by patient group Heart-Valve-Surgery.com (HVS), and supported by Medtronic, garnered more than 3,400 responses from heart valve patients and caregivers. The purpose of the survey was to target patient perceptions around heart valve disease and treatment options.

## **HEART VALVE PATIENTS RECOGNIZE IMPORTANCE OF SEEKING EARLY TREATMENT FOR AORTIC STENOSIS**

- The majority of respondents with aortic stenosis (AS) consider the disease a condition that progresses with 87 percent describing the condition as one that worsens over time compared to a condition that affects people of all ages (54 percent) or a condition that impacts daily life (48 percent).
- More than one-third of respondents who had heart valve surgery reported seeking out treatment within one year after diagnosis (38 percent).
- More than one-fourth (27 percent) of respondents who received heart valve disease treatment wished they sought treatment earlier.

## **PATIENTS WITH HEART VALVE DISEASE WANT TO GET BACK TO ACTIVE LIVING**

- Nearly half (49 percent) of heart valve patients reported the ability to return to active living as a key factor in their treatment decision.
- Reputation of the hospital or doctor (85 percent) and surgery success rate (62 percent) led the way in decision making for heart valve patients.
- A majority of respondents who had a heart valve procedure reported exercising as the number one activity they are able to enjoy again (82 percent), followed by working full- or part-time (46 percent) and travelling (45 percent).

## **LESS INVASIVE OPTIONS HELP WITH RETURN TO AN ACTIVE LIFESTYLE**

- Surgical aortic valve replacement (SAVR) has been considered the gold standard for aortic valve replacement and a majority (58 percent) of survey respondents who had a heart valve procedure reported receiving SAVR.
- Of respondents who received the less invasive transcatheter aortic valve replacement (TAVR) option, 98 percent report being satisfied with TAVR as a treatment option.
- Heart valve patients reported their top perceived benefits of TAVR as:
  - No incision to chest or ribs (78 percent)
  - Potential for shorter hospital stays (56 percent)
  - Potential for faster return to an active lifestyle (55 percent)
  - Shorter procedure time (38 percent)

## **OPEN PATIENT-DOCTOR COMMUNICATION KEY TO TREATMENT DECISIONS**

- Doctor/patient dialogue was the highest reported factor in determining treatment decisions with more than 90 percent of respondents who identified as a heart valve patient saying that they are influenced by conversations with their doctors. This was more than any other factor, including conducting their own online research (55 percent) and conversations with family or friends (28 percent).

# ACTIVE LIVING

## LEARN MORE ABOUT THE ACTIVE LIVING AWARENESS INITIATIVE

- For more information on the *Active Living* Awareness Initiative and how to find a specialist in your area, visit [heart-valve-surgery.com](http://heart-valve-surgery.com).