

Women & Aortic Stenosis

What You Need to Know

Aortic stenosis is a stiffening or narrowing of the heart's main (aortic) valve. It limits blood flow from the heart to the body.

Aortic stenosis is serious and often missed in women. Early diagnosis and treatment matter.

Why Women May Be Missed

Detecting aortic stenosis in women can be tricky. Women often:

- ▶ Delay seeking care
- ▶ Downplay fatigue and reduced activity to aging, being out of shape
- ▶ Have smaller hearts and valves
- ▶ Have seemingly "normal" test results, even with severe narrowing



Are you an older woman?

Do you feel tired, short of breath, unable to keep up? It could be more than the juggle of everyday life. If something feels off, ask to get your aortic valve checked.

Common Signs & Symptoms

Aortic stenosis can look and feel different for women compared with men.

What most women tend to feel

More common in men, at very late stages



Feeling more tired than usual



Shortness of breath



Trouble keeping up



Dizziness



Swelling



Chest pain/discomfort



Fainting

If you have symptoms, speak up! Especially if you've been told you have a heart murmur.

A murmur is an extra noise/whooshing sound when blood flows through your heart. It can be a very early sign of aortic stenosis.

What You Can Do

- **Listen to your body** – don't brush off symptoms, push for answers
- **When being examined**, ask "Do I have a murmur?"
- **Ask for an echocardiogram** and other tests
- **Talk about treatments** – to help you feel better, stay active
- **Live heart healthy**
- **Treat high blood pressure**
- **Mind your mental health too**



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