

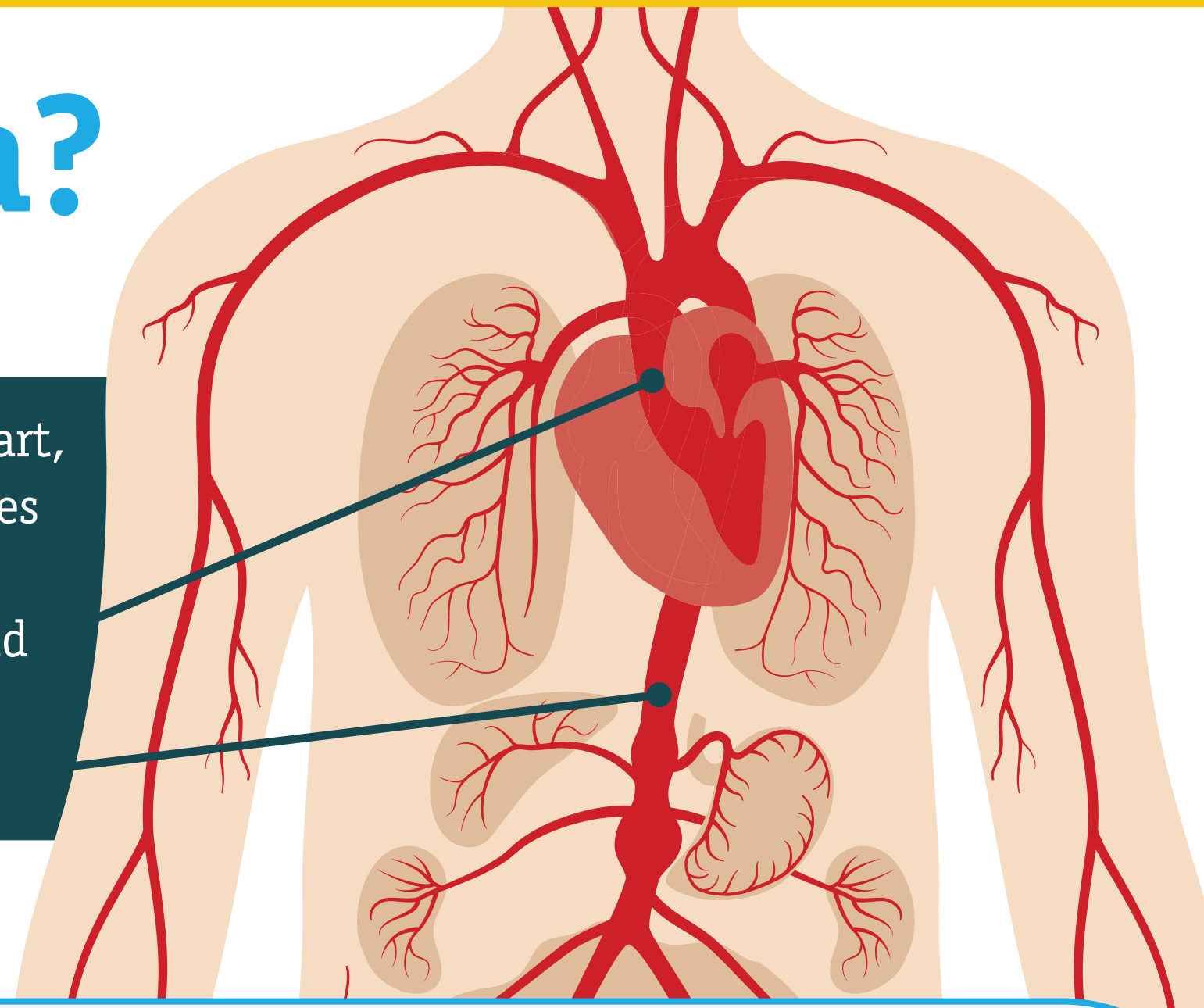
What is your aorta?

- ▶ The body's main, largest blood vessel
- ▶ It carries oxygen-rich blood from the heart to the body

From the heart, the aorta goes up through the **chest** and down to the **abdomen**.



Problems with the aorta can be deadly. It's important to find, follow, and treat them early.



Common conditions

- **Aortic aneurysm**

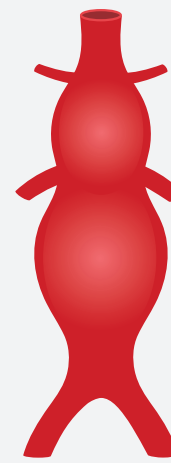
A balloon-like bulge or swelling of the aorta. For example, it can happen in your:

- **chest** (thoracic aneurysm)
- **lower torso** (abdominal aneurysm)

Without treatment, layers of the aorta can tear (dissect) or rupture



Healthy blood vessel



Aneurysm

- **Aortic valve disease**

The valve that controls blood flow out of the heart to the body isn't working well.

- **Aortic occlusive disease**

Blood flow through the aorta is blocked.

- **Aortitis**

Inflammation of the aorta.

Know the risk factors



Older age



Smoking



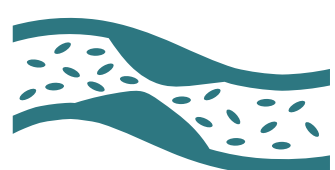
High blood pressure



Family history



Diabetes



High cholesterol, plaque buildup in the arteries



Genetic disorders or connective tissue diseases (Marfans, Ehlers Danlos and others)



A heart defect you're born with (bicuspid aortic valve)

For more information, visit [CardioSmart.org/AorticDisease](https://www.CardioSmart.org/AorticDisease)

 @ACCinTouch #CardioSmart

