

# What Is TAVR?

**TRANSCATHETER AORTIC VALVE** replacement (TAVR) is a revolutionary procedure that treats aortic stenosis without the need for open-heart surgery. The TAVR program at Reid Health, led by Structural Heart Medical Director Ahmad “Feras” Elbash, MD, and renowned cardiovascular surgeon Mohey Saleh, MD, offers a collaborative team approach that ensures you receive the best care possible — before, during, and after the procedure.

Get a better understanding of this innovative treatment.

## **TAVR is transcatheter aortic valve replacement.**

When the aortic valve narrows and slows blood flow, all sorts of problems arise. By replacing the faulty valve, TAVR helps prevent these problems.

## **TAVR is life-changing.**

If left untreated, aortic stenosis can be dangerous and deadly. With a 96% success rate, TAVR is a powerful way to regain your heart health. After TAVR, you should enjoy relief from your bothersome symptoms.

## **TAVR is fast.**

Open-heart surgery to replace your aortic valve takes hours in the operating room and prolonged recovery.

With TAVR, you’re out of the OR in less than two hours, you head home within a few days, and you can return to work within six weeks.

## **TAVR is a better option and a second chance.**

When valve replacement is necessary, TAVR is the go-to choice. For those who aren’t candidates for open-heart surgery, it’s the only choice. As a minimally invasive procedure, TAVR offers many benefits over open-heart surgery, including a smaller incision, shorter hospital stay, and faster recovery.

## **TAVR is just the beginning.**

As with any surgery, follow-up is essential after undergoing TAVR. These visits allow your care team to monitor your recovery. During these visits, they’ll help you make dietary changes and enroll you in cardiopulmonary rehabilitation. These steps help you maximize the benefits of your TAVR.



# Reid Health

# The Road to TAVR

Learn more about your heart-healing journey.

**YOU'RE FATIGUED.** It's difficult to breathe. Your feet and ankles are swollen. You tried ignoring it, but you can't any longer. It's time to get it checked out.

When you do, you're diagnosed with aortic stenosis — a form of heart disease that occurs when the aortic valve narrows. What's next? At Reid Health, it's a customized treatment process that focuses on shared decision-making.

## It Starts With Education

While **transcatheter aortic valve replacement (TAVR)** has great results, it's not for everyone. Therefore, you'll go through patient education classes prior to surgery. Taught by nurse practitioners, these classes help you understand TAVR and your other treatment options.

On the road to TAVR, you're not the only one who needs knowledge. Your care providers do as well. They need to learn about you so they can help you make the best choices.

To do that, they'll talk to you about your medical history. They'll also prescribe tests for a better perspective on your aortic valve health.

## Choosing the Right Treatment

With this information in hand, your team develops a treatment plan. Thanks to shared decision-making, you're kept informed and in charge of your treatment choices.

Factors that help determine if TAVR is right for you include:

- Your ability to recover from the procedure
- Your age
- Your current health status
- Your heart's overall condition
- Your medical history
- Your support system at home

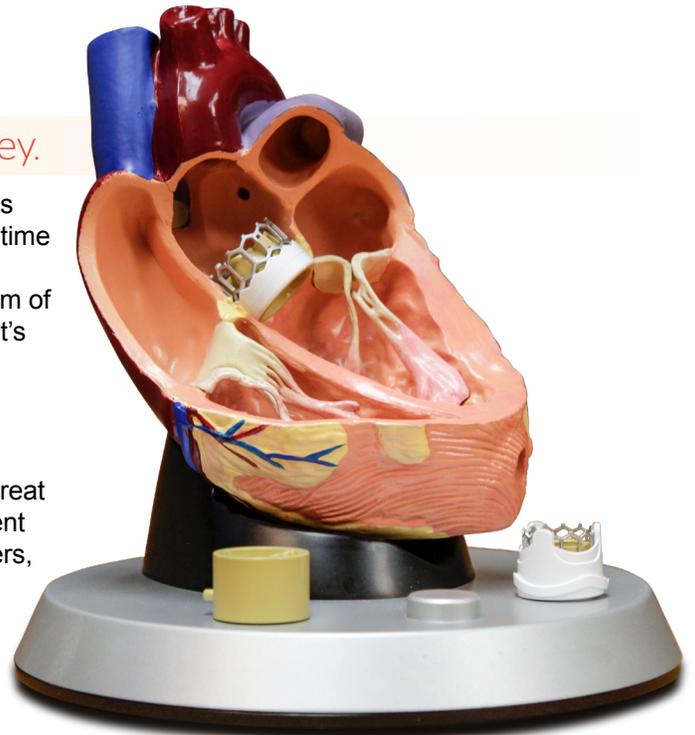
For some, medication is all that's needed to treat aortic stenosis. Others need surgery. And while some do well with traditional aortic valve replacement performed during open-heart surgery, it's not worth the risk for others. When open-heart surgery isn't an option, TAVR offers a second chance at healing.

A minimally invasive procedure, TAVR doesn't require a large incision in the chest. It takes place through a tiny incision in the groin.

## Life After TAVR

Currently, it's unknown how long TAVR can last before needing replacement. However, many have enjoyed the benefits of TAVR for at least five years. Researchers suspect it can last even longer.

Equally as exciting is the improved life expectancy and quality of life after TAVR. Recent research found patients who can't have open-heart surgery improve their life expectancy almost three-fold with TAVR. And for most patients, quality of life improves rapidly. In fact, many feel better within two weeks, and full recovery takes only a month longer.



## EXPERTS ON YOUR SIDE

**WHEN YOU COME** to Reid Health for TAVR, you have access to an experienced team of cardiac experts. These caring experts will partner with you in your care:

- Ahmed Amro, MD  
interventional cardiologist
- Jithendra Choudary, MD  
interventional cardiologist
- Ahmad "Feras" Elbash, MD  
interventional cardiologist
- Muhammad "Bilal" Quraishi, MD  
interventional cardiologist
- Mohey Saleh, MD  
cardiovascular and  
thoracic surgeon
- Catherine Berry, NP-C  
nurse practitioner
- Lindsey Hobson, AGACNP-BC  
nurse practitioner

Have questions  
for our nurse  
practitioners? Call  
(765) 560-0783.





## Aortic Stenosis

**THE MAIN ARTERY** that carries blood out of the heart is called the aorta, and the valve that opens to allow blood to flow out of the heart and into the aorta is called the aortic valve. Aortic stenosis is diagnosed when the aortic valve doesn't function properly, resulting in poor blood flow from the heart.

Aortic stenosis most often develops in older adults, as calcium buildup narrows the aortic valve over time. It can also occur in younger people because of a congenital heart defect. More rarely, aortic stenosis can develop from chest radiation or rheumatic fever.

### Signs and Symptoms

People with mild aortic stenosis may not have any problems until the condition worsens. Over time, however, they may develop some of these aortic stenosis signs and symptoms:

- Chest pain or discomfort
- Cough that may be bloody
- Difficulty breathing while exercising
- Fainting, weakness, or dizziness
- Fatigue
- Palpitations (noticeable heartbeat that could be rapid or irregular)

### Treatment

The minimally invasive **transcatheter aortic valve replacement (TAVR)** procedure can treat aortic stenosis. During TAVR, the surgeon makes a small incision in your groin and then guides a thin catheter to your aortic valve. Once there, the surgeon places a new valve inside of the old valve, which restores proper blood flow from the heart.

| To learn more, visit [reidhealth.org/tavr](https://reidhealth.org/tavr).

## Transcatheter Aortic Valve Replacement (TAVR)



## Open-Heart Surgery

**TAVR IS A** surgical procedure performed to replace an aortic valve in patients with aortic stenosis. Unlike open-heart surgery, TAVR is minimally invasive. It boasts a 96% success rate and can improve symptoms within 30 days of the procedure.

During TAVR, the provider makes small incisions in your groin so he or she can guide a thin catheter to your heart. Once there, the surgeon places a new aortic valve inside the old one, restoring blood flow from the heart. The surgery typically lasts less than two hours.

After TAVR, patients are generally allowed to go home within one to three days.

**HISTORICALLY, AORTIC STENOSIS** was only able to be treated via surgical aortic valve replacement, which requires open-heart surgery.

During open-heart surgery, the provider opens the chest via a large incision in the breastbone to gain access to the heart. The heart is then stopped, and a heart-lung machine keeps the blood flowing. The surgeon then removes the original aortic valve and replaces it with a new one. This surgery normally takes three to five hours.

After open-heart surgery, patients typically stay in the hospital for a week to 10 days.

| To see if you're a good candidate for TAVR, visit [reidhealth.org/tavr](https://reidhealth.org/tavr).

# A Timeline for TAVR Recovery

If TAVR is the best option for you, Reid Health is right beside you during your recovery.

**THE TAVR PROCEDURE** typically takes less than two hours. Recovery usually takes about six weeks.

## Day of Your Surgery

For the first six to eight hours after your surgery, you will be on bed rest. After this, your providers will help you sit upright in a chair, working your way toward taking a few steps. You should be able to walk to the bathroom by the end of the day.

## Days 1-3

You will most likely stay in the hospital for the first three days. People can typically walk to the bathroom, shower, and get dressed. Focus on staying positive and finding activities you enjoy at rest, like reading a book, watching movies, or playing board and card games.

## Days 5-10

You will most likely be recovering at home during this time. After one week, you will have a visit with your provider to check your progress.

## Weeks 2-3

During this time, you should start cardiopulmonary rehabilitation. You will most likely still need plenty of rest, so don't try to push yourself too hard.

## Beyond

After 30 days, you will have another postoperative visit to check your progress, and then another visit after one year. You should avoid strenuous activity and continue cardiopulmonary rehabilitation for 12 weeks. Your provider will let you know when you can return to work, but for most patients, it's within two to six weeks.

## Reid Health Cardiopulmonary Rehabilitation Program

Reid Health's cardiopulmonary rehabilitation program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, an organization dedicated to reducing mortality and disability from cardiovascular and pulmonary diseases. The certification recognizes Reid Health as a leader in cardiac and pulmonary rehab.

Our cardiopulmonary rehabilitation program combines exercise, education, counseling, and support to enable faster recovery and healthier lives for our patients.

Because physical activity can help prevent further heart issues, we ensure our rehabilitation patients establish a manageable exercise routine to carry with them after our program is over.

Benefits of our cardiopulmonary rehabilitation program:

- Build healthy habits
- Increase endurance and stamina
- Learn about heart-healthy living
- Lower blood pressure
- Strengthen heart and body

Ready to schedule a consultation for TAVR?  
**Let us help.**

## REID HEALTH CARDIOPULMONARY REHABILITATION LOCATIONS

Reid Health offers cardiopulmonary rehabilitation in two convenient locations.

### RICHMOND, INDIANA

1100 Reid Parkway, Suite 220  
Richmond, IN 47374

**(765) 983-3297**

Hours: Monday – Friday, 7 a.m. – 5 p.m.

### CONNERSVILLE, INDIANA

1941 Virginia Ave.  
Connersville, IN 47331

**(765) 827-7753**

Hours: Monday – Friday, 7 a.m. – 5 p.m.



**Reid Health**