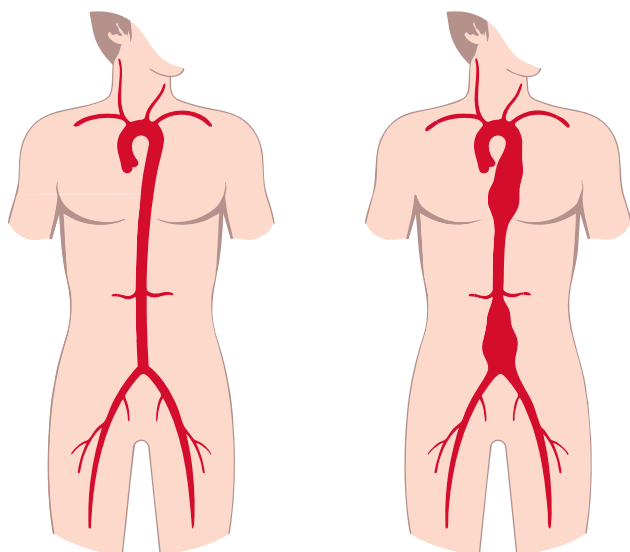


WHAT IS AN ABDOMINAL AORTIC ANEURYSM?

Your aorta is the largest artery in your body. It runs from your heart through your chest and abdomen, carrying blood to the rest of your body—including your legs and feet.

An aneurysm happens when part of a blood vessel bulges out, like a weak spot in a garden hose. When this happens in your stomach, it's called an **abdominal aortic aneurysm (AAA)**.



ARE YOU AT RISK?*

You are more likely to develop an abdominal aortic aneurysm if you:

- + Are 60 or older
- + Are male
- + Smoke or use tobacco
- + Have a family history of abdominal aortic aneurysm
- + Have high blood pressure or peripheral artery disease

*Tip: If you have one or more of these risk factors, talk to your provider about screening.

WHY DOES AN AAA HAPPEN?

The wall of your aorta is made up of proteins that give it strength and shape, similar to the poles that hold up a tent. Over time, these proteins can weaken or break down. Without strong support, the wall of the aorta can stretch and slowly “balloon” out.



Symptoms & When It Becomes An Emergency

Many people with an abdominal aortic aneurysm (AAA) don't experience any symptoms, which is why it's often referred to as a “silent” condition. However, if an AAA ruptures, it can lead to life-threatening bleeding and may cause **sudden, severe, and constant abdominal or back pain**—if this occurs, call 911 immediately.

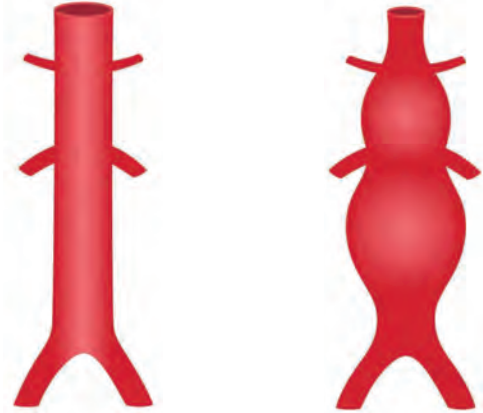
TREATMENT AT ORACLE HEART & VASCULAR

At Oracle Heart & Vascular, we offer newer and less invasive options to treat your AAA. Recovery is quicker than ever, and catheter-based procedures have fewer risks than traditional surgery.

PREVENTION TIPS:

Regular check-ups can help detect an AAA early

- + Managing your blood pressure, not smoking & keeping a healthy lifestyle can lower your risk
- + If AAA runs in your family, talk to your provider.



Healthy Aorta

AAA Aorta

HOW ARE ABDOMINAL AORTIC ANEURYSMS (AAA) DIAGNOSED?

Though AAA may be found in a routine exam, it's usually diagnosed with:

- + **Ultrasound:** a quick, painless test that uses sound waves to create images of your aorta
- + **CT (computed tomography) scan:** a detailed imaging test that shows the aneurysm's size & shape clearly.



Treatment And Recovery

If your abdominal aortic aneurysm (AAA) is larger than 5.5 cm—about the size of a lemon—we will likely recommend surgery. If it is smaller than 5.5 cm, we typically recommend monitoring it with an abdominal ultrasound once a year.

Recovery Timeline

Most people stay in the hospital a few days after the procedure. Full recovery takes 1-2 months.

A provider's decision to repair an AAA depends on:

- The risk that it could rupture/burst
- Overall health and other medical conditions
- How quickly it's growing