

Aortic Stenosis May Be Symptomless Until Blood Flow Greatly Reduced

CRMC Offers Minimally Invasive Aortic Valve Replacement

Aortic stenosis, a narrowing of the aortic valve opening, is one of the most common and most serious valve disease problems. Aortic stenosis (AS) restricts the blood flow from the left ventricle to the aorta and may also affect the pressure in the left atrium.

Although some people have AS as a result of a congenital heart defect called a bicuspid aortic valve, this condition more commonly develops during aging as calcium or scarring damages the valve and restricts the amount of blood flowing through the valve. Age-related aortic stenosis usually begins after age 60 but often does not show symptoms until ages 70 or 80, when blood flow has become significantly reduced.

Symptoms of aortic stenosis may include:

- Breathlessness
- Chest pain (angina), pressure or tightness
- Fainting, also called syncope

- Palpitations or a feeling of heavy, pounding, or noticeable heartbeats
- Decline in activity level or reduced ability to do normal activities requiring mild exertion
- Heart murmur

A person suffering from AS may not complain of symptoms. However, if family members notice a decline in routine physical activities or significant fatigue, it is worth a visit to a healthcare provider to check for the possibility of reduced heart function. Possible treatments may include valve repair or valve replacement. If surgery is recommended, it is important to proceed without postponing this important treatment.

Fortunately, Cookeville Regional offers transcatheter aortic valve replacement (TAVR), a minimally invasive alternative to open-heart surgery for severe AS, close to home for patients who qualify.

Source: American Heart Association (heart.org)

For more information, talk to your primary care physician or call The Valve Clinic, located at Tennessee Heart, at (931) 646-4093.

Heart Program Expands Again with Structural Heart Program

Cookeville Regional is proud to offer the only structural heart program in the Upper Cumberland. Led by Dr. Matthew Sample, the program is comprised of a team of interventional cardiologists, cardiothoracic surgeons and dedicated clinical support staff specializing in the diagnosis and treatment of conditions affecting the valves and other vital structures of the heart.

Available treatments and procedures include...

- Transcatheter Aortic Valve Replacement (TAVR)
- Patent foramen ovale repair
- Balloon aortic valvuloplasty (BAV)
- Percutaneous paravalvular leak closure
- Atrial septal defect (ASD) closure
- Traditional valve surgery

And, coming soon...

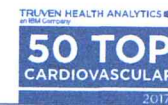
- Transcatheter mitral valve repair (TMVR)(Mitra-Clip[®])
- Left atrial appendage occlusion (LAAO)(WATCHMAN) with a TM on WATCHMAN

For outpatient visits, The Valve Clinic is located at Tennessee Heart and may be reached through a dedicated phone line at

(931) 646-4093



The Heart and Vascular Center at Cookeville Regional has been ranked among the 50 Top Cardiovascular Hospitals in the nation for 2017.



The expansion of our heart program to include this program is a win for our region,

said CEO Paul Korth. "It is the only structural heart program in the Upper Cumberland, and we are proud to say that we are ahead of most hospitals our size in offering such specialized services. It is just one more way that our residents are able to stay closer to home for specialized care."



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