

Thoracic Aortic Dilation & Aneurysm Management

Step 1

Dilated aorta* identified on TTE, CT or MRI

Ensure patient has complete TTE

This helps clarify aorta anatomy including the aortic valve

Control Blood Pressure < 130/80

First-line agents: Metoprolol Succinate and ARBs

Start a statin if any imaging or clinical evidence of atherosclerosis

Statins may slow growth of aneurysm and prevent adverse remodeling

Counsel on Smoking Cessation

NRT, bupropion and varenicline are all safe to use

Step 2

If any of the following, then refer to Aorta Clinic

Medical History

- Turner Syndrome
- Marfan Syndrome
- Loeys-Dietz Syndrome
- Ehlers-Danlos Syndrome
- Bicuspid aortic valve
- Congenital heart disease
- Currently Pregnant

Family History

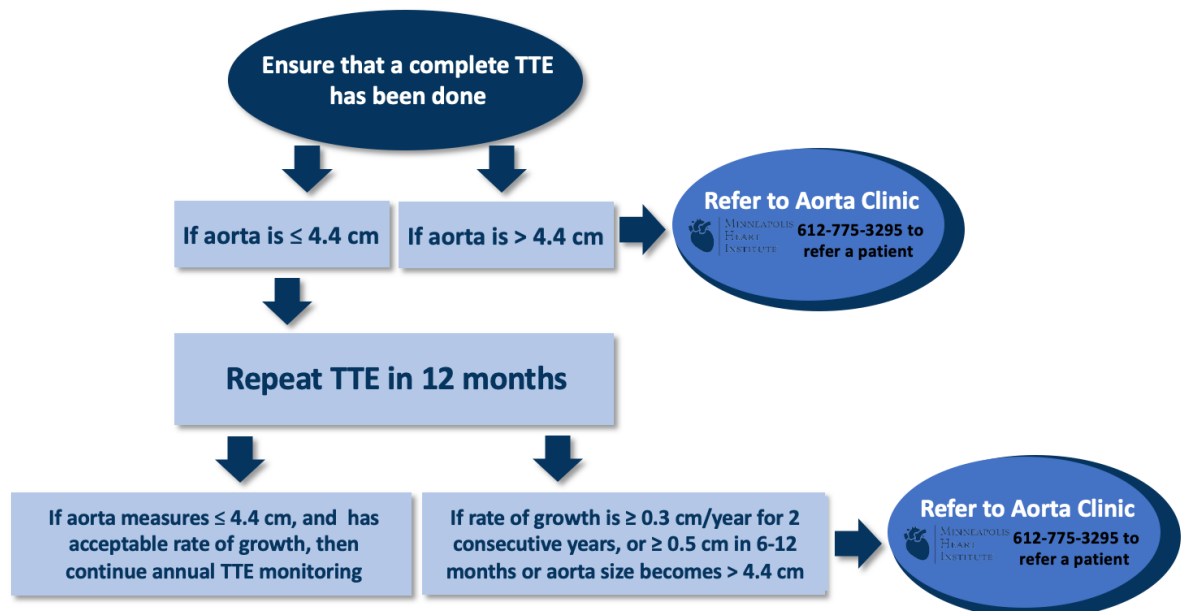
- Family history of aortic aneurysm or dissection
- Unexplained sudden death in a 1st or 2nd degree family member

Age

- Age < 50 at the time of diagnosis

Step 3

Follow Up



*Includes aortic sinus and ascending aorta