

# Surgical and Transcatheter Aortic Valve Replacement

If your doctor determines that heart valve replacement may be an option for you or a loved one, ensure your heart is in the most capable hands. Our outcomes far exceed national benchmarks in safety, life expectancy and risks of complications.

Valve replacement is performed at the following RWJBarnabas Health facilities:

- Jersey City Medical Center, Jersey City
- Newark Beth Israel Medical Center,\* Newark
- Robert Wood Johnson University Hospital,\* New Brunswick
- Saint Barnabas Medical Center,\* Livingston

\* Also performing Transcatheter Aortic Valve Replacement (TAVR)

## TAVR Screening Programs

Individuals may be screened for TAVR at Newark Beth Israel Medical Center, Robert Wood Johnson University Hospital and Saint Barnabas Medical Center. In addition, working in conjunction with the structural heart team at Newark Beth Israel Medical Center, Jersey City Medical Center and Monmouth Medical Center offer TAVR Screening Programs to their communities.

The Programs are comprised of a multidisciplinary team of cardiac surgeons, interventional cardiologist, radiologists and nurse practitioners who provide the radiological, laboratory and functional testing necessary to evaluate a patient's suitability for the procedure.

Eligible patients should expect to undergo TAVR within two weeks of their initial consultation.

1.888.724.7123  
[rwjbh.org/tavr](http://rwjbh.org/tavr)

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**RWJBarnabas**  
HEALTH

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# Innovative heart valve replacement.

# Because you can't be replaced.

Surgical and Transcatheter Aortic Valve Replacement

**RWJBarnabas**  
HEALTH

Performing more TAVR procedures than anyone in New Jersey.



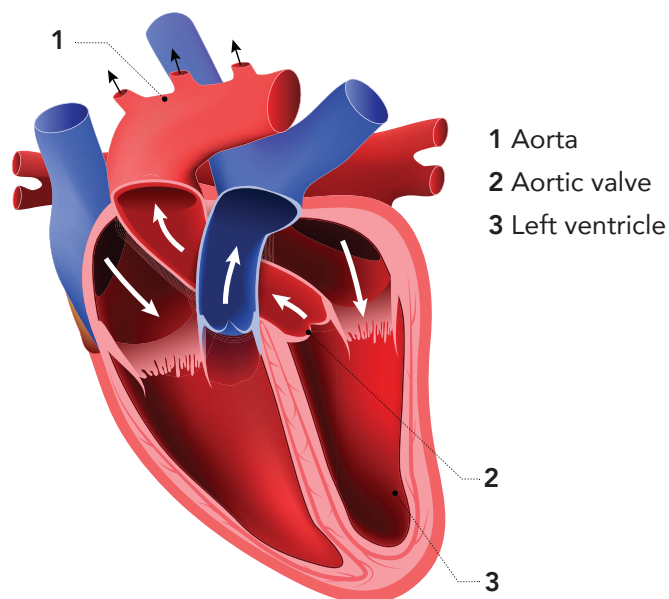
## What is Aortic Stenosis?

Aortic stenosis is a narrowing of the aortic valve that occurs as a result of calcium deposits that cause the valve to narrow. It impacts approximately 300,000 Americans and is most common in people 60 and older.

Because the aortic valve sits between the main pumping chamber of the heart (called the left ventricle) and the main blood vessel in the body (called the aorta), all of the blood in the body must flow through this valve. The narrowed valve restricts needed blood flow to the body's organs, including the brain, heart and kidneys.

Over time, individuals develop symptoms such as:

- Shortness of breath
- Chest pain
- Loss of consciousness (syncope)



## What is the treatment for Aortic Stenosis?

### Surgical Aortic Valve Replacement (SAVR):

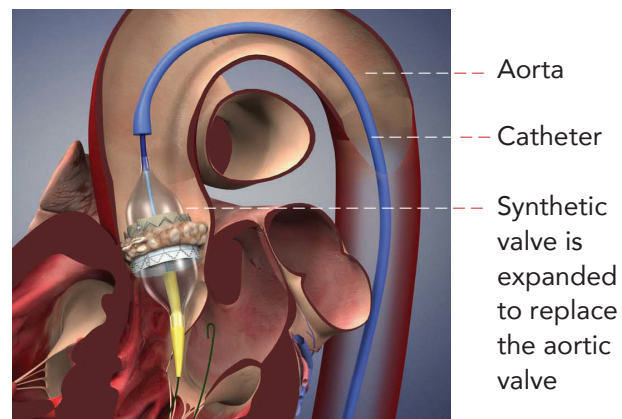
In the operating room, an incision is made in the chest and a heart lung machine is used to stop the heart. The diseased valve is removed and replaced with an artificial valve.

- Procedure Duration: 2 – 3 hours
- Hospital Stay: 5 – 8 weeks
- Recovery Period: 6 – 8 weeks

### Transcatheter Aortic Valve Replacement (TAVR):

In the hybrid cardiac room, a synthetic or artificial valve is threaded through a blood vessel to the heart on the tip of a catheter. Physicians use state-of-the-art imaging to place the new valve, which begins to work immediately. Patients should expect to go home the following day.

**Minimally invasive:** For eligible patients, a minimally invasive valve replacement provides an alternative to a sternotomy and allows our expert surgeons to perform the operation from between the ribs, which often results in less pain and a quicker recovery time. This evolving procedure provides our clinical team with a better view of some parts of your heart.



### What are the benefits of TAVR?

- No chest incision
- Quicker recovery
- Less pain
- Fewer complications
- Shorter hospital stay (most patients go home the next day)

### SAVR or TAVR: Which is right for me?

Currently, TAVR is FDA approved for the treatment of patients considered at high and intermediate risk for open heart surgery. Conventional SAVR remains the gold standard for the treatment of patients considered low risk for open heart surgery.

In collaboration with your cardiologist, the RWJBarnabas Health Center TAVR Team will determine which treatment is best for you.

Evaluation includes:

- Assessment of heart and lung function and overall well-being
- Imaging of the heart (echocardiogram)
- Imaging of blood vessels (CT scan)

RWJBarnabas Health may have other options for TAVR as part of FDA approved clinical trials.