

Thoracic Aortic Dilation & Aneurysm Management

Step 1

Dilated aorta* identified on Echo, CT or MRI

Obtain echocardiogram

This helps clarify aorta & aortic valve anatomy

Control Blood Pressure < 130/80

First-line agents: Metoprolol Succinate and ARBs

Start a statin if evidence of atherosclerosis

Statins may slow growth of aneurysm and prevent adverse remodeling

Counsel on Smoking Cessation

NRT, bupropion & varenicline are all safe to use if needed

Step 2

If any of the following, then refer to Cardiology

Medical History

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

Family History

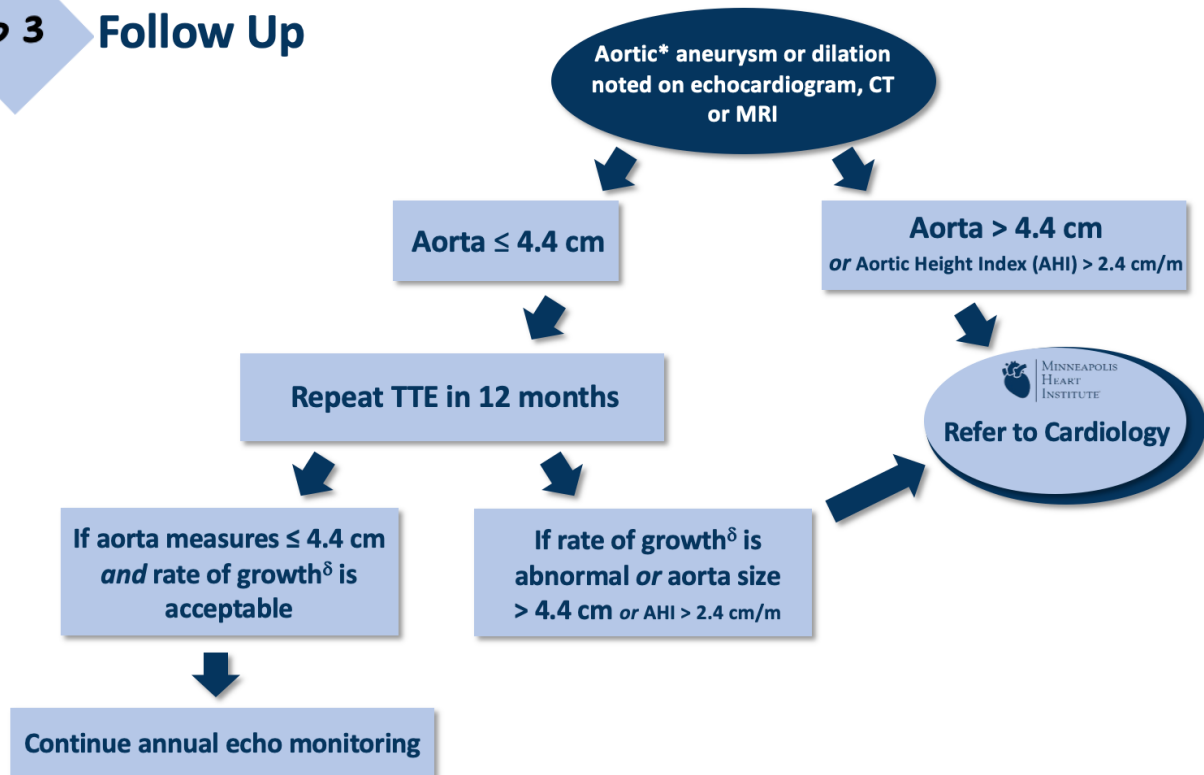
- Family history of aortic aneurysm or dissection
- Unexplained sudden death in a 1st or 2nd degree family member < age 60

Age

- Age < 50 at the time of diagnosis

Step 3

Follow Up



* Includes aortic sinus and ascending aorta

^δ Abnormal rate of growth= aorta size increase of ≥ 0.3 cm/year for 2 consecutive years, or ≥ 0.5 cm in 6-12 months