



## Thoracic Aortic Aneurysms & Dissections

### Do's & Don'ts For Patients

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#### **DO:**

- ☑ Maintain strict blood pressure control (~130/80).
- ☑ Maintain a healthy weight.
- ☑ Regular mild-moderate physical activity, such as
  - walking
  - swimming
  - light jogging
  - biking
  - dancing
  - stair climbing
- ☑ Eat a “heart smart” diet (no added salt, low sodium, low fat and cholesterol).
- ☑ Remember to take antibiotics before any dental or invasive procedure if you have had a surgical repair of your aortic aneurysm.
- ☑ Follow-up with your doctor(s) on a regular basis to monitor your general health and aneurysm.
- ☑ Have all first-degree relatives (parents, siblings and adult children) screened by their doctor for aortic aneurysms with a CT scan of the entire aorta. Aneurysms can run in families.

#### **DO NOT:**

- ⊗ Push, pull, bear down or lift anything heavier than 30 pounds.
- ⊗ Get tattoos or piercings.
- ⊗ Smoke (avoid second hand smoke as well) or use any tobacco products.
- ⊗ Shovel snow, chop wood, dig earth or use a sledgehammer.
- ⊗ Lift heavy weights (heavy = 30 pounds or more).
- ⊗ Ride amusement park rides.
- ⊗ Participate in rigorous, competitive and/or contact sports.
- ⊗ Use a shotgun that has a recoil energy more than 45 foot-pounds (do ask a specialist for advice/products to reduce recoil energy).
- ⊗ Use a bow that has a draw weight that is more than 45 pounds (do see a specialist for advice/products to reduce draw weight).

**This form does not list every possible activity restriction.**

**For your safety, talk to your surgeon about your work and leisure activities.**