Thoracic Aortic Aneurysms & Dissections
Do’s & Don’ts For Patients

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.

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