Clinical Guideline

BICUSPID AORTIC VALVE DISEASE AND ASSOCIATED AORTOPATHY

SETTING South West England and South Wales

GUIDELINE FOR Cardiology teams in South West England and South Wales hospitals

PATIENT GROUP Adult patients with congenital heart disease

GUIDANCE

Follow-up: depending on degree of AS/AR; at least annual
3 yearly if BAV with no functional disease

Associated lesions: usually occurs in isolation but associated with:
coarctation of the aorta/arch hypoplasia (common)
other left-sided obstructive lesions, i.e. subaortic stenosis, parachute mitral valve, supramitral ring, known as Shone's syndrome
ascending aortopathy (80%), aneurysm, and dissection (even if no AS/AR)
VSD, PDA
Turner syndrome associated with AS and coarctation

Inheritance: affects 1% population; 25% BAV in first degree relatives. Maternal inheritance 6-10%. Consider autosomal dominant aortopathies (e.g. mutations in ACTA2, MYH11) and also mutation in NOTCH I if premature calcification.

Long-term complications: aortic stenosis/regurgitation
left ventricular hypertrophy/dilation/impairment
aortic root or ascending aortic dilation (may occur without functional valve disease)

Post surgical intervention: recurrent aortic stenosis/regurgitation
damage to aortic or mitral valve
heart block
iatrogenic VSD

Post Ross: RV to PA conduit degeneration
pulmonary autograft degeneration
coronary abnormalities

At each visit:

History: usually asymptomatic
dyspnoea in severe AR - surgery
dyspnoea, syncope, angina in AS (heralds poor prognosis – urgent surgery)

Exam: ejection click
heaving apex in AS, thrusting in AR

ejection systolic murmur over aortic valve, radiating to carotids, +/- thrill at suprasternal notch in AS
early diastolic murmur in AR

ECG: left ventricular hypertrophy +/- strain
look for ischemic changes or arrhythmia

Echo: 3-5 yearly if mild AS/AR, 2-3 yearly if moderate AS/AR, 6-12 monthly if peak velocity ≥4m/s or severe AR with dilating LV
assess morphology, level of obstruction and associated lesions
peak and mean gradient
valve area (indexed)
measurements of aorta: annulus, sinus of Valsalva, sinotubular junction, ascending aorta, transverse arch
LV size/volume, systolic and diastolic function

Further investigations:

CXR: dilated aorta or calcification of aortic valve may be visible

CPET: to assess functional capacity, symptoms and physiology for risk stratification and timing of surgery
in borderline severe asymptomatic aortic stenosis in young adult when advising on athletic participation or pregnancy
dobutamine stress testing in low flow low gradient AS

Holter: not routine

TOE: to assess likelihood of valve repair in AR (rarely AS)

Catheter: rarely needed unless pre-Ross to assess coronary arteries if CT is inadequate

EP study: not usually indicated

MRI: mainly for assessment of aorta outside echo windows (whole aorta needs to be imaged lifelong); if < 40 mm, reimage every 2 years; if > /= 40 mm, yearly
alternative method of quantifying AR

Drugs: nothing slows progression of AS (including statins)
vasodilators not indicated for long-term therapy in AR, consider careful use if BP >140 mmHg (calcium channel blocker or ACE inhibitor)
◦ consider beta-blockers to delay/prevent aortic root dilatation/progression (benefit only shown in Marfan's or acute dissection)

Pregnancy: pre-pregnancy counselling unless mild disease
high risk in severe AS, aortopathy >50mm, or moderate LV impairment and mechanical prosthetic valves on warfarin
balloon dilation of severe AS during pregnancy can be considered

Contraception: avoid combined pill if on warfarin for mechanical valve

Endocarditis: antibiotic prophylaxis before high-risk dental work if prosthetic valve, previous endocarditis, residual defects at the site of or adjacent to the site of prosthetic

material

Discuss for surgery if:

Symptomatic with severe AS:
mean gradient ≥ 40mmHg or
mean gradient < 40 mmHg with reduced EF and evidence of flow reserve (low-flow/low-gradient severe AS)

Asymptomatic with severe AS
Abnormal exercise test with symptoms or drop in BP or
LVEF<50% not due to another cause

Discuss anyway if:

- very severe AS (peak velocity ≥ 5.5 m/s)
- severe valve calcification and an increase in aortic velocity ≥0.3 m/s per year.
- BNP x3 normal
- sPAP >60mg on cath

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Severe AR with:

- Symptoms
- LV systolic dysfunction (LVEF ≤ 50%) if no other cause
- Severe LV dilatation (LVEDD >70mm or LVESD >50 mm (or 25 mm/m2)

Asecnding aortic aneurysm with:

a. aorta diameter ≥5.5 cm
b. aortic diameter ≥50 mm with risk factors (family history of dissection, HT, coarctation, growth >3mm/yr, desire for pregnancy)
c. Turners syndrome if ASI ≥ 25mm/m2 if elongated transvers aorta, BAV, coarctation or hypertension. ≥27mm/m2 otherwise.

Other issues: Consider avoidance of mechanical valve in women of reproductive age
Counsel against competitive and strenuous isometric exercise in moderate to severe AS

RELATED DOCUMENTS

Regional Referral Guidance for Adult Patients with Congenital Heart Disease
Regional Referral Pathway for Cardiac Disease in Pregnancy
Subvalvar aortic stenosis
Supravalvar aortic stenosis
Pregnancy aortopathy guideline
Choice of valve prosthesis patient guideline

REFERENCES

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AUTHORISING BODY Cardiac Executive Group, Bristol Heart Institute

SAFETY None

QUERIES **Bristol:** Contact any of the following via UHBristol switchboard – 0117 923 0000

Dr S Curtis, Consultant Cardiologist
Dr G Szantho, Consultant Cardiologist
Dr M Turner, Consultant Cardiologist
Dr R Bedair, Consultant Cardiologist

Cardiff: Specialist ACHD Team – Cardiff via UHWales switchboard - 029 2074 7747

Dr N Masani
Dr H Wallis
Dr DG Wilson
ACHD Co-ordinator Elizabeth Corris – 02920 743 892
ACHD Specialist Nurse Team Bethan Shiers / Sarah Finch 02920 744 580

South Wales: Lead Local Health Board Cardiologists:

Abertawe Bro Morgannwg LHB Dr H Wallis 01639 862049
Dr C Weston & Dr M Heatley 01792 205666 ext 30836
Aneurin Bevan LHB Dr P Campbell 01633 238863
Cwm Taf LH Dr C Williams 01443 443642
Hywel Dda LHB Dr H Wallis 01639 862049