

Silence is not golden. **Life is.**

Gary, aortic stenosis patient



Fatigue. Dizziness. Shortness of breath. These symptoms may be more serious than you realize. They could be symptoms of heart valve disease such as aortic stenosis.

If you feel like something is wrong, don't stay silent. Speak up and talk to your doctor about your symptoms. Be your own advocate—**it could save your life.**

Visit [MyInteractiveASJourney.com](https://www.MyInteractiveASJourney.com) to learn more.



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This Valve Disease Day, we're boosting awareness with tools to help you learn what to watch for—and why it's so important to speak up.

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