

If you have any questions, ask your physician or nurse.

Aortic Dissection: Your Targets

Managing your blood pressure and heart rate are important in managing your aortic dissection. Lowering your heart rate and blood pressure decreases the stress on your heart and aorta. This lowers your risk for future problems such as aneurysm, rupture or recurrent dissection.

Follow these guidelines:

- Check your blood pressure 2 times each day.
- Keep a log of your blood pressure readings.
- Bring the log to all your physician appointments.

Through careful monitoring and care, you may be able to control your risk for further problems.

Aim for these targets:

Targets	
Heart rate	Less than 60 beats per minute
Blood pressure	Systolic pressure (top number): less than 120 millimeters of mercury (mmHg)
Cholesterol	LDL (“bad”) cholesterol: less than 70 milligrams per decilitre (mg/dL)