

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

Aortic Dissection: Your Targets

Blood pressure and heart rate control are important in managing your aortic dissection. Lowering your heart rate and blood pressure decreases the stress on your heart and aorta. This minimizes your risk for further complications including aneurysm, rupture or recurrent dissection.

- 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 complications.

Aim for these targets:

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