

Aortic Dissection: An Overview

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Editorial

Aortic dissection is a rare occurrence. It mostly affects men in their 60s and 70s. Aortic dissection symptoms can be mistaken for those of other disorders, causing diagnostic delays. When an aortic dissection is diagnosed early and treated swiftly, however, the chances of survival rise dramatically.

Symptoms

Symptoms of an aortic dissection may resemble those of other heart diseases, such as a heart attack. The following are some of the most common indications and symptoms:

- Sudden acute chest or upper back pain that spreads to the neck or down the back, commonly described as tearing or ripping
- Sudden, excruciating stomach pain
- Consciousness loss
- Shortness of breath Symptoms that are similar to those of a stroke, such as sudden vision issues, trouble speaking, and weakness or paralysis on one side of your body
- One arm or thigh has a weaker pulse than the other
- Leg ache
- Walking is difficult

Causes

- A weakening portion of the aorta's wall causes an aortic dissection.
- Depending on whether segment of the aorta is injured, aortic dissections are categorised into two groups:

A is the most common type: A rip in the section of the aorta where it exits the heart is the more common and serious form. A rip in the ascending aorta (upper aorta) that extends into the abdomen is also possible.

- B is the most common. A tear in the lower aorta (descending aorta) causes this sort of rupture, which can also extend into the belly.

Risk factor

Aortic dissection can be caused by a variety of factors, including:

- High blood pressure that is uncontrolled (hypertension)
- Atherosclerosis (hardening of the arteries) (atherosclerosis)
- Artery that is weakened and bulging (aortic aneurysm)
- Aortic valve stenosis is a condition in which the aortic valve (bicuspid aortic valve)

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- Aortic stenosis (narrowing of the aorta) at birth (aortic coarctation)

Aortic dissection is more likely in those who have certain hereditary illnesses, such as:

- **Turner's syndrome:** It is a condition in which a person. This illness can cause high blood pressure, heart issues, and other health problems.
- **Marfan syndrome:** It is a condition that affects people of all ages. This is a condition in which the connective tissue that supports the body's numerous tissues is weak. A family history of aortic aneurysms and other blood vessel aneurysms, as well as aortic dissections, is common in people with this illness.
- **Other conditions affecting the connective tissue:** Ehlers-Danlos syndrome is a series of connective tissue illnesses characterised by loose joints and weak blood vessels, and Loeys-Dietz syndrome is characterised by twisted arteries, particularly in the neck.

Complications

Aortic dissection can result in the following complications:

- As a result of significant internal bleeding, he died.
- Kidney failure or life-threatening intestine damage are examples of organ damage.
- Stroke
- Damage to the aortic valve (aortic regurgitation) or a rupture into the heart's lining (cardiac tamponade)

Prevention

By avoiding chest injuries and taking actions to maintain your heart healthy, you can lower your risk of an aortic dissection.

- **Blood pressure must be kept in check:** Get home blood pressure measurement equipment if you have high blood pressure and want to keep track of it.
- **Smoking is prohibited:** Take steps to quit smoking if you do.
- **Keep your weight in check:** Exercise regularly and eat a low-salt diet rich in fruits, vegetables, and whole grains.
- **Always buckle up:** In the event of an automobile collision, this decreases the chance of chest harm.
- **Consult your physician for assistance:** Tell your doctor if you have a history of aortic dissection, connective tissue disease, or a bicuspid aortic valve. Determine how frequently you have an aortic aneurysm.
- **Don't forget to fasten your seatbelt:** This lowers the chances of sustaining a chest injury in the event of an automobile collision.
- **Consult your physician:** Tell your doctor if you have a family history of aortic dissection, connective tissue condition, or a bicuspid aortic valve. Find out how often you need to be monitored if you have an aortic aneurysm and whether surgery is required to correct it.

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