

Gloucestershire Aneurysm Screening Project

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Patient Information for the
Gloucestershire Health Community

Advice for patients with a slightly enlarged aorta

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Introduction

This information leaflet has been designed to provide information for men who are found to have a slightly enlarged aorta.

Your ultrasound scan has shown that the diameter of the aorta, the main blood vessel in your abdomen, is slightly larger than average.

Please be reassured that this represents no immediate danger to your health and is no cause for panic or alarm.

As you know, the purpose of the ultrasound examination is the early detection of significant stretching or bulging of the aorta, known as an aneurysm. The degree of stretching of your aorta is not great enough to be called an aneurysm and presents no risk at its present size.

However, because your artery has been found to be larger than average, it would be a sensible precaution to keep it under observation in case any further stretching occurs in the future.

Our past experience shows that any increase in size of the aorta is a slow and gradual process, usually no more than a few millimetres per year.

A repeat ultrasound scan in one year's time is all that is required to ensure that there is no further obvious enlargement.

The result of today's examination will be passed to your own doctor (GP), should you wish to make an appointment to discuss it with him/her. If you are a smoker you should certainly consider giving it up and it would be worthwhile to have a check on your blood pressure since both these factors can influence the later development of an aneurysm.

Loss of any excess weight and a change in your diet to reduce fats and cholesterol are other factors that you may like to consider and discuss.

We will automatically send you a follow up appointment for a repeat scan in about one year and you need take no further action until then.

If you have any further queries or worries, please do not hesitate to contact the coordinator of this screening project who will be able to advise you.

