



## Julia's Story

### Initial diagnosis

When Julia, 20, decided to seek medical advice due to a persistent heart murmur, she was diagnosed with a congenital heart defect known as a bicuspid aortic valve. The suggestion was that an aortic valve replacement or repair surgery may be required. As an avid sports enthusiast, such surgery would result in having to halt all sport related activities. This all seemed confusing to Julia as she was not experiencing any major symptoms.

### Where to turn?

Still at such a young age, major surgery was an unwelcome stress when Julia should have been looking forward to the beginning of her adult life. This, accompanied by the fact she would no longer be able to participate in the activities that formed such a large part of her life, meant she decided to get in touch with the Second Medical Opinion service.

### The Second Medical Opinion service steps in

Julia was put in touch with a Second Medical Opinion expert cardiologist who carried out a complete and detailed review of Julia's previous diagnostic studies. The conclusion was that the severity of the condition had been hugely overestimated.

Julia was reassured there was no need to stop participating in any sports, and that the major heart surgery was completely unnecessary as there was no notable progression present in her condition which would warrant such a drastic step.

Thanks to getting a professional second opinion, Julia was given huge peace of mind. She was able to enjoy the same quality of life she previously had and learnt that her condition was entirely manageable without the need for surgery.

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## For more information, visit

[www.canadalife.co.uk/group/secondmedicalopinion](http://www.canadalife.co.uk/group/secondmedicalopinion)



**AROUND  
≥ 5  
PEOPLE  
WHO UNDERGO  
AORTIC VALVE  
REPLACEMENT  
SURGERY DIE FROM  
COMPLICATIONS EITHER  
DURING OR SHORTLY  
AFTER SURGERY**

**155,000  
PEOPLE  
DIE FROM  
HEART AND CIRCULATORY  
DISEASE IN THE UK EACH YEAR**

**7 MILLION  
PEOPLE  
ARE ESTIMATED  
TO BE LIVING WITH  
CARDIOVASCULAR  
DISEASE IN THE UK**

**EVERY  
3  
MINUTES**



**SOMEONE HAS A  
HOSPITAL EPISODE  
ATTRIBUTED TO A  
HEART  
ATTACK**

## Prevention

You can keep a healthy heart by using these top ten tips...

- 1** Quit smoking
- 2** Get active
- 3** Maintain a healthy weight
- 4** Eat a balanced diet
- 5** Increase fibre intake
- 6** Cut down on saturated fats
- 7** Get your 5 a day
- 8** Cut down on salt
- 9** Eat fish
- 10** Drink less alcohol



- [www.nhs.uk/Livewell/Healthyhearts/Pages/Healthy-heart-tips.aspx](http://www.nhs.uk/Livewell/Healthyhearts/Pages/Healthy-heart-tips.aspx)
- [www.nhs.uk/Conditions/Aorticvalvreplacement/Pages/Whatsitpage.aspx](http://www.nhs.uk/Conditions/Aorticvalvreplacement/Pages/Whatsitpage.aspx)
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