SOME FACTS ABOUT ABDOMINAL AORTIC ANEURYSMS

What is an Abdominal Aortic Aneurysm:

- The Aorta is the main blood vessel that leads away from the heart, down through the abdomen to the rest of the body. The abdominal aorta is one of the largest blood vessels in the body and is usually around 2cm wide - roughly the width of a garden hose.
- An Abdominal Aortic Aneurysm (AAA) is a swelling (called an Aneurysm) of the Aorta. It can swell to over 5.5cm and becomes what is classed as a large AAA.

Prevention:

- The best way to prevent an aneurysm, or to reduce the risk of an aneurysm growing bigger and possibly rupturing, is to avoid anything that could damage your blood vessels: so stopping smoking, eating a low-fat diet, exercising regularly and losing weight if you are overweight or obese will all help.

Research:

- It’s not known exactly what causes the aortic wall to weaken, although increasing age and being male are known to be the biggest risk factors. This research hopes to be able to find this out and help future generations who develop AAA, and possibly help prevent the development of AAA in the first place.
- We can only carry out research if we recruit enough men, so your help with this is vital.

Taken from the NHS Choices Website

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UKAGS Aneurysm Growth Study

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