



Press Summary: Abdominal Aortic Aneurysm (AAA)

HealthYes! Public Relations Group has proactively gathered relevant Statistics, Warning Signs, Risk Factors & Disease information on [Abdominal Aortic Aneurysm](#) or [AAA](#), and summarized it below. The information provided is designed to aid medical reporters when completing their due diligence and authoring [articles](#) or [news stories on HealthYes!](#) and [cardiovascular disease](#) in public media. Our hopes are that by building awareness via the media, a more informed and healthy community will result.

- Disease Information
 - An [abdominal aortic aneurysm](#) is a localized dilatation of the abdominal aorta which exceeds the normal diameter by more than 50%. The normal diameter of the infrarenal aorta is 2 cm. It is caused by a degenerative process of the aortic wall, however the exact etiology remains unknown. An [abdominal aortic aneurysm](#) weakens the walls of the blood vessel, leaving it vulnerable to bursting open, or rupturing, and spilling large amounts of blood into the abdominal cavity. The most important complication of an [abdominal aortic aneurysm](#) is rupture, which is most often a fatal event.
 - Other common terms: [AAA](#), triple-A

- Statistics
 - Most aneurysms (3 out of 4) are found by chance when a diagnostic test, such as x ray or ultrasound, is performed for a different reason. (Source: *Aneurysm*. National Institutes of Health)
 - Each year, physicians diagnose approximately 200,000 people in the United States with AAA. (Source: *Abdominal Aortic Aneurysm*. Vascular Web. Society of Vascular Surgeons)
 - Less than half of small (<5.0 cm) AAA's are detected on routine physical examination. Abdominal ultrasound can detect an aneurysm and investigate its size and location. (Source: *Abdominal Aortic Aneurysm*. USC Center for Vascular Care)
 - Approximately 30% to 50% of patients with a ruptured AAA die before they ever reach a hospital. Even with surgery, there is 50-70% mortality rate associated with a ruptured AAA. Early detection and timely repair are paramount to AAA management. (Source: *Abdominal Aortic Aneurysm*. USC Center for Vascular Care)
 - About 15,000 Americans die each year from ruptured aortic aneurysms. Ruptured aortic aneurysm is the 10th leading cause of death in men over age 50 in the United States. (Source: *Aneurysm*. National Institutes of Health)
 - Many cases of ruptured aneurysm can be prevented with early diagnosis and medical treatment. (Source: *Aneurysm*. National Institutes of Health)
 - Additional [Abdominal Aortic Aneurysm](#) or [AAA](#) Statistics
 - Full Medical Bibliography on [Ultrasound of Aorta for Abdominal Aortic Aneurysm](#)

- Warning Signs
 - Like most cardiovascular diseases, [abdominal aortic aneurysm](#) is considered a “silent killer.” [AAA](#) develops over time and is best prevented through early identification of risk. Those that do experience warning signs of [abdominal aortic aneurysm](#) often experience one or more of the following:
 - Intense back or abdominal pain
 - Rapid pulse
 - Nausea or vomiting
 - Excessive sweating
 - shock

- [Abdominal aortic aneurysm](#) Risk Factors
 - Controllable Risk Factors:
 - [Atherosclerosis](#)
 - High cholesterol
 - High blood pressure
 - Smoking
 - Diabetes
 - Being overweight
 - Lack of exercise and physical activity
 - Uncontrollable Risk Factors:
 - Age: those over 60 are at greatest risk
 - Gender: more men die of [abdominal aortic aneurysm](#)
 - Family history: 20% of those with [AAA](#) have close relatives with [AAA](#)

For more information on [AAA](#) or [abdominal aortic aneurysm](#), or to request a press kit, please contact our Director of Communications by phone at 1-800-555-9190 or by email at PR@HealthYes.com.