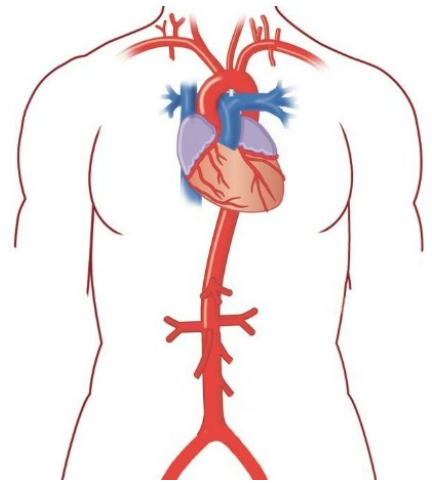


Aortic Disease & Mental Health Resources



Individuals who have experienced aortic disease (dissection or who are at risk of aortic dissection) often experience diverse emotional reactions due to their health status. Navigating the recovery and management of aortic disease is often confusing and overwhelming. Aortic disease is a life-long chronic disease that is often accompanied by feelings of isolation, anxiety/depression and sometimes PTSD. It is important to help patients validate their feelings and establish healthy relationships that can help them cope with their diagnosis.

Aortic Hope

aortichope.org

Mission—serves a community of patients, survivors, and caregivers living with aortic disease. The organization's goals are to:

- ▶ Spread Hope—provides inspirational stories posted by community members, sends Hope Mail Care Packages to community members and has a Blog Series
- ▶ Create Awareness—educate the public
- ▶ Provide Support—during the recovery and management of aortic disease. Has weekly online support groups including guest speakers.



**AORTIC
HOPE**
CONNECTING HEARTS
ONE BEAT AT A TIME

Aortic Dissection: The Patient Guide (free booklet on website)

John Ritter Foundation for Aortic Health

johnritterfoundation.org

The foundation works to fund research, provide education and raise awareness of thoracic aortic aneurysm and dissection.

johnritterfoundation.org/mental-health

The John Ritter Foundation for Aortic Health has supported the development of educational resources addressing mental health topics.

Life With Aortic Disease: Caring For Your Mental Health (free booklet on website)



**The John Ritter
Foundation
for Aortic Health™**



**University of
Vermont Health**

UVMHealth.org

More Resources

THINK AORTA US

www.thinkaorta.us

Campaign committed to saving lives by increasing the correct identification and diagnosis of aortic dissection.

- ▶ #ThinkAortaThinkFamily

Aortic Dissection: The Patient Guide (free booklet on website)

**THINK
AORTA**

thinkaorta.us/think-family



#ThinkAortaThinkFamily

Aortic Bridge

www.aorticbridge.org

Public charity whose members include patients with aortic disease, survivors of aortic operations, care givers, medical professionals, nurses and physicians.

- ▶ Goal: to provide support and education for patients, families, care givers, health care professionals and physicians with respect to aortic disease.
- ▶ Promotes the importance of learning more about your families medical history
- ▶ Hopes to decrease anxiety about the diagnosis of aortic disease through education, conversations, and support for all those effected.



Aortic Dissection Awareness

aorticdissectionawareness.org

National patient charity for Aortic Dissection in the UK & Ireland.

- ▶ Mission: to save lives by improving diagnosis of Aortic Dissection and ensuring that every family affected by this disease has access to the best available information, care and support.

Aortic Dissection: The Patient Guide (free booklet on website)

