2019

# RECOVERY TRIAL

## Early Surgery or Conservative Care for Asymptomatic Aortic Stenosis

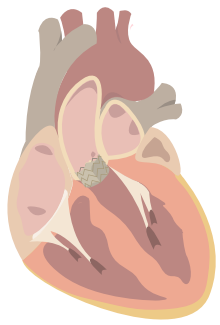
AMERICAN COLLEGE of CARDIOLOGY

**Randomized, parallel, clinical trial**

**Objective: To assess the safety and benefit of surgery vs. watchful waiting among patients with asymptomatic very severe aortic stenosis.**

**145 patients**

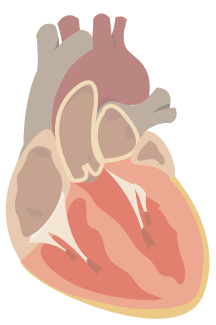
**Inclusion criteria: Patients 20-80 years of age with very severe aortic stenosis (aortic valve area [AVA] 0.75 cm2, peak velocity ≥4.5 m/sec, or mean gradient ≥50 mm Hg) and were asymptomatic were randomized.**



**Early surgical aortic valve replacement (n = 73)**

**VS**

**Watchful waiting (n = 72)**



## PRIMARY OUTCOME

**Operative mortality or CV mortality at 4 years %**

**P < 0.05**

1.0 | 6.0

## SECONDARY OUTCOME

**CV mortality at 4 years %**

**HR 0.09; 95% CI 0.01-0.67, p < 0.05**

1.0 | 15

**All-cause mortality at 8 years %**

**P < 0.05**

10 | 32

**Conclusion: Among asymptomatic patients with very severe aortic stenosis, the incidence of the composite of operative mortality or death from CV causes during the follow-up period was significantly lower among those who underwent early aortic-valve replacement surgery than among those who received conservative care.**

Kang DH, Park SJ, Lee SA, et al. Early Surgery or Conservative Care for Asymptomatic Aortic Stenosis. *N Engl J Med* 2019; Nov 16: [Epub Ahead of Print].