



CARDIAC ALERT CARD

for Turner Syndrome

**I have Turner syndrome and
I am at risk for Dilation of the Aorta.**

**Please call 911 immediately if I have collapsed,
am unresponsive, have shortness of breath, or
develop sudden onset of chest or back pain.**

▶ CALL 911 ◀

**Turner syndrome is associated with: Enlarged
Ascending Aorta, High Blood Pressure, Coarctation
of Aorta and Bicuspid Aortic Valve.**

**I am at a greater risk for aortic dissection than the
general population, especially during pregnancy.**

MY NAME

EMERGENCY
CONTACT

EMERGENCY
CONTACT'S PHONE

MY PHYSICIAN

MY PHYSICIAN'S
PHONE

MEDICATIONS / KNOWN HEART CONDITIONS / NOTES

Symptoms of Aortic Dissection

Can be variable, relatively minor, and nonspecific.

Chest pain is the most common symptom, but pain can also occur in the back and/or the abdomen. The pain may be described as severe or vague, constant or intermittent, migratory, tearing tightness, or fullness. Other signs and symptoms can include cardiovascular instability, pulselessness, parasthesia, paralysis, syncope, or a sense that "something is terribly wrong."

A normal X-ray does NOT rule out the possibility of aortic dissection.

The most definitive tests for aortic dissection are:

CT Scan • Transesophageal Echocardiogram • MRI

Choose which is most readily available and expertly performed and interpreted.

Please do not discount aortic dissection until it has been definitively ruled out.

Important information for medical professionals is available. Please contact us today.



Turner
Syndrome
Society
of the United States

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Please note: Women with TS require careful monitoring after any surgical procedure.