

BEST PRACTICE RECOMMENDATIONS

ABDOMINAL AORTIC ANEURYSMS

Rupture of Abdominal Aortic Aneurysms (AAAs) is one of the most fatal surgical emergencies, with a mortality rate of approximately 90%, whereas the mortality rate for elective repair of AAAs is 3-7%. Surveillance of AAAs at recommended intervals enables timely elective repair, limits ruptures and thereby saves lives. To address this crucial need, RP developed and implemented Best Practice Recommendations (BPRs) RP-wide for the surveillance of AAAs. RP BPRs are based on the 2013 ACR white paper on Managing Incidental Vascular Findings on Abdominal and Pelvic CT and MRI.

AAA size (cm)	Recommended Follow-Up
≤ 2.6 cm to 2.9 cm	Normal Diameter of infrarenal aorta
2.1 cm to 2.5 cm	Not AAA. If reported AND described as dilated, no f/u rec
2.6 cm to 2.9 cm	Every 5 years ¹
3.0 cm to 3.4 cm	Every 3 years
3.5 cm to 3.9 cm	Every 2 years
4.0 cm to 4.4 cm	Every 12 months, Recommend vascular consultation
4.5 cm to 5.4 cm	Every 6 months, Recommend vascular consultation
≥ 5.5 cm	Referral to vascular specialist

1. For aortas with maximum diameter of 2.6-2.9 cm meeting the criteria for AAA (≥1.5 x proximal normal segment, no f/u if < 1.5 x proximal normal segment). This only applies to suprarenal aortas.

References

ACR Managing Incidental Vascular Findings on Abdominal and Pelvic CT and MRI, 2013
Society for Vascular Surgery AAA Guidelines Update, 2018
Society for Vascular Surgery - Guidelines for AAA, 2009
The risk of rupture in untreated aneurysms: The impact of size, gender, and expansion rate, 2003
Guidelines for the treatment of abdominal aortic aneurysms, 2003
Incidence, follow-up, and outcomes of incidental abdominal aortic aneurysms, 2010
AAA A Comprehensive Review, 2011
Rupture Rates, 2003
Small AAAs JVS, 2003
Small AAAs NEJM, 2003
Ultrasound surveillance of ectatic abdominal aortas, 2008

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In accordance with RP's mission to provide high clinical quality to our patients, referring physicians, and clients, RP has developed numerous Best Practice Recommendations (BPRs). RP's BPRs are developed through extensive literature review and in collaboration with our radiologists across multiple specialties. RP is committed to excellence and accountability and therefore consistently monitors BPRs adherence and provides feedback to our practices.

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