A study evaluating the effect of therapy on age at prophylactic surgery is enrolling patients.

Currently, the guidelines recommend the use of two medications to slow the progression of aortic dilatation in Marfan syndrome: beta-blockers and angiotensin receptor blockers. By treating patients with these medications, we aim to delay the point at which the aorta must be replaced to prevent an aortic aneurysm tear, or dissection. The choice between these medications—or using both—is left to the physician's expertise and (the patient's) preference, as there is limited evidence for the superiority of one option over the other.

If one of these medications proves to be more effective at reducing the speed of aortic dilatation, it is expected that patients treated with this option would, on average, require surgery at a later age. However, observing such an effect requires a large number of patients. Since Marfan syndrome is a rare disease, it is difficult to find the necessary number of patients within a single country. Therefore, collaboration with other centers across Europe is essential.

In this study, we evaluate the age at the time of aortic root surgery based on the medication received prior to surgery in France, the Netherlands, Belgium, and Spain.