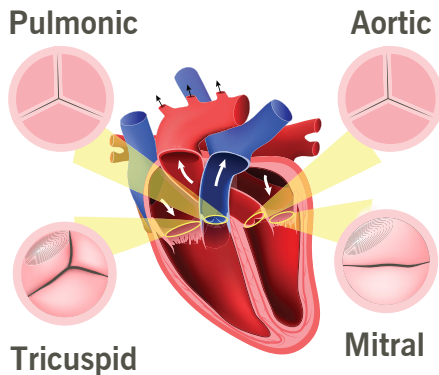


# — What is Valve Disease —



## What Are Heart Valves

### You have 4 heart valves

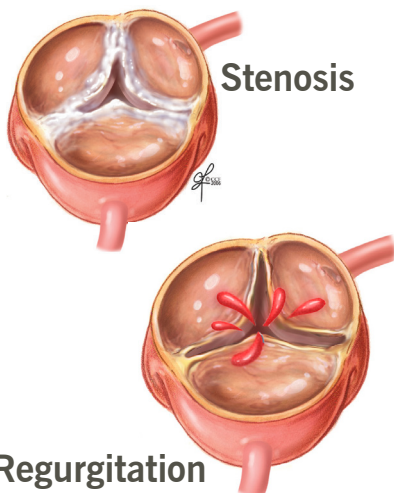
- Aortic
- Mitral
- Pulmonic
- Tricuspid

### What do valves do?

Keep blood flowing through the heart in the right direction

### How do valves work?

Little flaps called leaflets open and close to let blood in and out



## Valve Problems

### Valve problems

- **Stenosis** (sten-oh-sis) – Stiff, narrow valves make it hard for blood to move through the valve
- **Regurgitation** (ree-gur-ji-tay-shun) - Leaky valves let blood move backward







### How does valve disease happen?

- Sometimes you are born with it
- Can be caused by an infection, even one you had a long time ago
- Valve can change over time
- Sometimes doctors can't figure out how it happened

# — What is Valve Disease? —



## How Does Valve Disease Make Me Feel?

- Short of breath 
- Heart palpitations (heart skipping or fluttering)
- Chest pain or pressure 
- Swollen ankles, feet or belly 
- Fast weight gain 
- Tired 
- Weak or dizzy 



CALL YOUR DOCTOR IF YOU HAVE ANY SYMPTOMS OR IF THEY GET WORSE










## How Do I Know If I Have Valve Disease?

- Doctor hears heart sounds that aren't normal (heart murmur)
- Echocardiogram (echo) – to see how well your heart valves are working



## What Can I Do?

- **See your doctor** for regular visits 
- **Take your medicine** like your doctor tells you to 
- **Make lifestyle changes** – good blood pressure, stop smoking, healthy diet and exercise    
- **You may need valve repair or a new valve** 
  - There are different ways to fix or replace the valve
  - There are different kinds of valves to replace the old one
  - Your doctor will talk to you about your treatment options and help you choose the best one