

Fast Facts

Mitral Valve Regurgitation

- When the valve that separates the upper (atrium) and lower (ventricle) chambers on the left side of the heart doesn't close as tight as it should, which allows blood to backflow and doesn't move through your body
 - Also called mitral regurgitation, mitral insufficiency, or mitral incompetence
- Several possible causes including mitral valve prolapse, tissue cords stretch/tear, rheumatic fever (a complication of untreated strep throat), endocarditis (infection of the lining of the heart), atrial fibrillation (irregular heart rhythm), heart attack, enlargement of the left ventricle from high blood pressure (hypertension), congenital heart defects, a sudden traumatic injury to the chest, certain medications (ergotamine), or treatment therapies (radiation)
- Several complications heart failure (both right and left sided), pulmonary hypertension, and atrial fibrillation

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none">-Palpitations-Fatigue-Swollen feet/ankles-Shortness of breath, especially when being active or lying down-Heart murmur	<ul style="list-style-type: none">-Depends on severity <p><i>Mild:</i></p> <ul style="list-style-type: none">-Wait-and-see approach-Medicines to relieve symptoms (ex. diuretics, blood thinners, and blood pressure medicines) <p><i>Severe:</i></p> <ul style="list-style-type: none">-Mitral valve repair-Mitral valve replacement	<ul style="list-style-type: none">Maintain normal blood pressure and a healthy weight:-Eat a diet low in saturated/trans fats, sugar, salt, and refined grains-Eat fruits, vegetables, whole grains, and proteins (lean meats, fish, nuts)-Get regular physical activity-Limit how much alcohol use consume-Don't smoke

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