

Fast Facts

Heart Valve Disease

- The heart has four valves that help manage the way blood flows through it
 - Valves are mitral, tricuspid, pulmonary, and aortic
- Each valve has flaps (leaflets or cusps) that open and closes once during each heartbeat
 - If valves don't function properly, the blood flow is disrupted
 - Malfunction can take one of three forms: regurgitation, stenosis, atresia
- Certain factors can increase chances of developing heart valve disease, such as being older, history of infections that impact the heart, history of high blood pressure/high cholesterol/diabetes/other conditions that affect the heart, history of heart disease/heart attack, or history of congenital heart conditions
- Can cause grave complications, like heart rhythm abnormalities, heart failure, blood clots, stroke, and death

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Heart murmur (abnormal sound heard with a stethoscope) -Irregular heartbeat -Chest pain -Swelling to ankles/feet/abdomen -Dizziness -Fainting -Fatigue -Shortness of breath (esp. during exertion or when lying down) 	<ul style="list-style-type: none"> -Determined by what symptoms being experiencing, the severity of disorder, and how quickly condition is worsening <i>Initial Approach:</i> <ul style="list-style-type: none"> -Monitor through regular follow-up appointments -Make lifestyle changes -Medications to treat symptoms <i>Repair:</i> <ul style="list-style-type: none"> -Separate fused valve flaps -Replace cords that support a valve -Remove excess tissue preventing the valves from closing tightly -Close secondary holes in valve -Tighten or reinforce the ring around a valve by implanting an artificial one <i>Replace:</i> <ul style="list-style-type: none"> -Mechanical valve -Biological tissue valve (usually made from cow, pig, or human heart tissue) 	<ul style="list-style-type: none"> <i>Live a heart-healthy lifestyle:</i> <ul style="list-style-type: none"> -Eat a diet that's high in fruits, vegetables, low-fat/fat-free dairy products, poultry, fish, and whole grains while being low in saturated/trans fats, salt, and sugar -Get regular physical activity (at least 30 minutes of moderate exercise daily) -Do not smoke -Manage stress -Get enough sleep consistently

©2021 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.