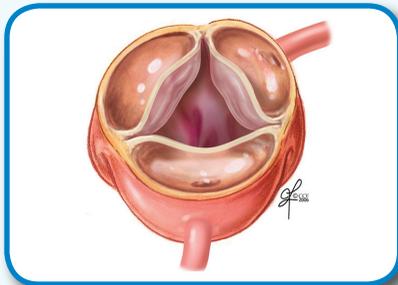


Bicuspid Aortic Valve Disease



What is bicuspid aortic valve disease?

Bicuspid Aortic Valve Disease, or **BAVD**, is when your aortic valve has two leaflets (cusps) instead of the normal three.



Normal Valve - 3 leaflets

Opens wide and closes securely so blood flow is normal



Bicuspid Valve - 2 leaflets

Valve does not work perfectly and blood may flow backwards

What causes bicuspid aortic valve disease?

The exact cause of BAVD is unknown. But, we do know:

2x more common in males than females

2% of the population has BAVD

 BAVD develops in early stages of pregnancy

While BAVD is always present at birth, many people do not have symptoms. If they do, symptoms usually start in adulthood. This is why it is important for family members of people with BAVD to be checked for the problem early in life.

What are the symptoms of valve disease?

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

Bicuspid Aortic Valve Disease



How do I know if I have bicuspid aortic valve disease?

- Your doctor may hear abnormal heart sounds (heart murmur). 
- An echocardiogram (echo) shows aortic valve problems, such as **regurgitation** or **stenosis**.
- Many BAVD patients also have aorta problems.



Stenosis - Stiff, narrow valves make it hard for blood to move through.



Regurgitation - Leaky valves let blood move backwards.



What can I do if I have bicuspid aortic valve disease?

There are different ways to manage BAVD.

- **See your doctor** for regular visits. 
- **Take medicine as instructed** by your doctor. 
- **Make lifestyle changes:** Stop smoking, eat healthy and exercise, etc.
- You may need a valve repair or new valve.
- **Family members should have an echo** to check for BAVD. 



30%

of BAVD patients have complications



80%

of BAVD patients will need surgery