

# Treatment for Valve Disease

## Medical Treatment

- See your doctor for regular appointments 
- Take all medicine like your doctor tells you to 
- Don't smoke 
- Eat healthy foods 
- Exercise 
- Control your blood pressure 

## Surgery

- Fix your valve
- Put in a new valve 
- There are different kinds of valve surgery
  - Traditional surgery = a bigger incision 
  - Minimally invasive = smaller incisions 

## Catheter Treatments

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- A catheter is a long, thin tube that can be used to fix a valve or put a new valve in place
  - TAVR uses a catheter to replace the aortic valve
  - MitraClip is a small device that helps the mitral valve close tighter
  - TMVR uses a catheter to replace the mitral valve
  - Balloon Valvotomy uses a catheter with a tiny balloon at the end. The balloon opens up a narrow mitral or aortic valve to let more blood flow through it.

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## Healthy Valve Tips

Tips to take care of your heart after surgery and keep untreated valve damage from getting worse:

- See your heart doctor for regular visits 
- Take all your medications like your doctor tells you to 
- Control your blood pressure 
- Prevent heart valve infection (endocarditis)
  - Take care of your teeth and gums –  
Brush your teeth and see your dentist for regular check-ups 
  - Ask your doctor if you need to take medications to prevent infection before medical or dental procedures 
- Avoid dirty needles that can be used for tattoos, body piercings, and IV drug use 
- Call your doctor if you have signs of infection 