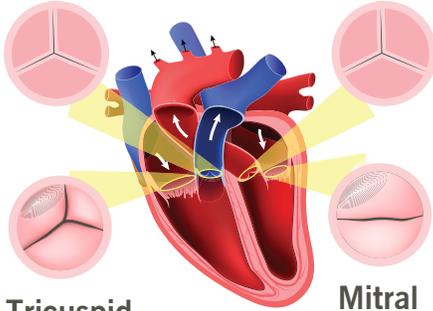


— What is Valve Disease



Pulmonic

Aortic



Tricuspid

Mitral

What Are Heart Valves

You have 4 heart valves

- Aortic
- Mitral
- Pulmonic
- Tricuspid

What do valves do?

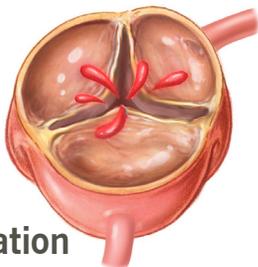
Keep blood flowing through the heart in the right direction

How do valves work?

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



Stenosis



Regurgitation

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

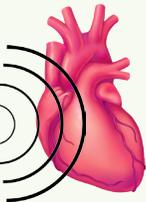
— What is Valve Disease? —

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