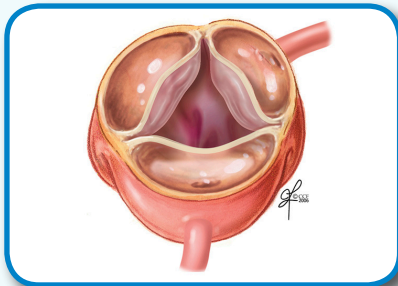


# Bicuspid Aortic Valve Disease



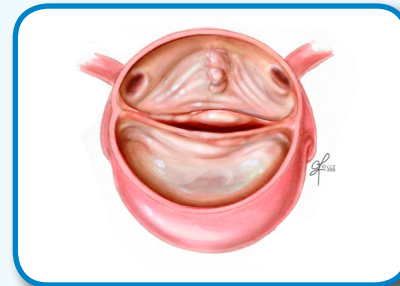
## What is bicuspid aortic valve disease?

Bicuspid Aortic Valve Disease, or **BAVD**, is when your aortic valve has two flaps (leaflets) instead of the normal three. Leaflets control the flow of blood through the valve.



**Normal Valve - 3 leaflets**

- Opens wide and closes tightly
- Blood flow is normal



**Bicuspid Valve - 2 leaflets**

- Valve does not work perfectly
- Blood may flow backwards

## What causes BAVD?

The exact cause of BAVD is not known. We do know:








**2x** more common  
in men than  
in women

**2%** of Americans  
have BAVD




BAVD  
develops in  
early stages  
of pregnancy

## What are the symptoms of valve disease?

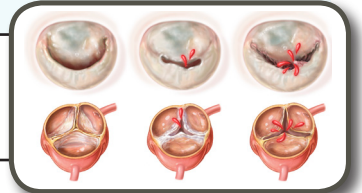
- Short of breath 
- Heart palpitations (skipping or fluttering)
- Chest pain or pressure 
- Swollen ankles, feet or belly 
- Fast weight gain  
- Tired 
- Weak or dizzy 

Many people do not have symptoms until they are adults. Some never have symptoms. This is why you should be checked for BAVD early in life if you have a family member with BAVD.

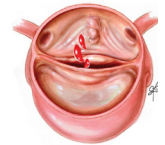
## How do I know if I have bicuspid aortic valve disease?

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

**Regurgitation** - Leaky valves let blood move backwards.






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



## 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 patients  
with BAVD  
have  
complications



**80%**  
of patients  
with BAVD  
need  
surgery