

Treatment for Valve Disease



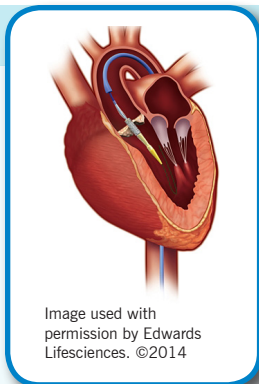
Medical treatment

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



Surgery

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



Catheter treatments

- 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.
- TMVR uses a catheter to replace the mitral valve.
- MitraClip is a small device that helps the mitral valve close tighter.
- 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.

Living with Valve Disease



Healthy valve tips

- 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). Make sure you:

- 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 medicine before you have a medical or dental procedure.

- Do not use dirty needles for tattoos, body piercings or IV drug use.



- Call your doctor if you have signs of infection.

