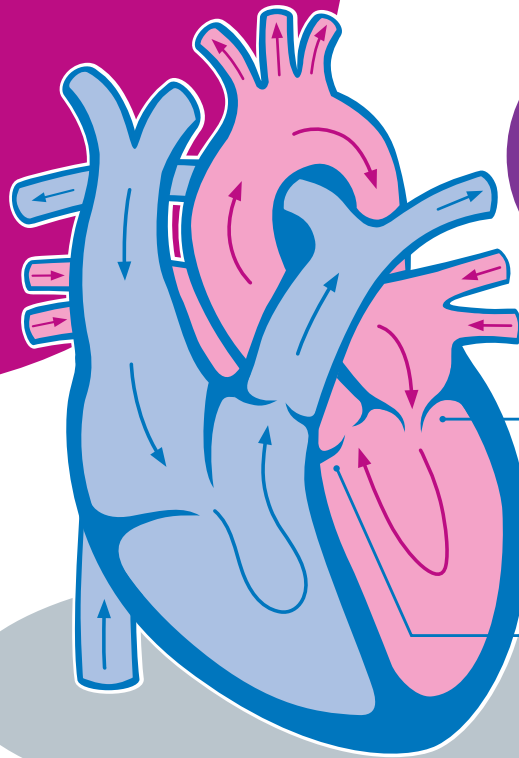


Heart valve disease

What is Heart valve disease?

Heart valve disease happens when there is a problem with one or more of the heart valves. Problems with your heart valves can make it difficult for blood to flow through your heart properly, and can put extra strain on your heart.



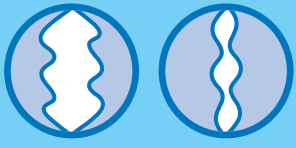
Most heart valve problems involve the **Mitral and Aortic valves**

Mitral valve
Blood containing oxygen arrives from your lungs into the left atrium of your heart, and passes through the mitral valve into the left ventricle.

Aortic valve
Blood then passes back out of the heart through the aortic valve, to provide oxygen-filled blood around your body.

Most common valve issues?

Mitral Regurgitation

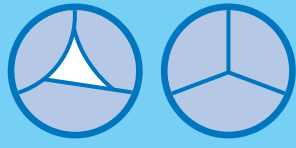


Open **Closed**

The valve doesn't fully close and leaks

The leaflets (flaps) stretch and become 'floppy', leading to blood leaking backwards (regurgitation).

Aortic Stenosis



Open **Closed**

The valve doesn't open enough

Valve becomes stiff and narrow, making it difficult for blood to leave the heart.

What are the signs?

Symptoms may vary but often include

- Tiredness
- Palpitations (uncomfortable pounding in the chest)
- Shortness of breath
- Swelling of ankles and legs
- Chest pain
- Dizziness
- Fainting

What happens after check ups?

Most people with heart valve disease will have regular check-ups with a cardiologist or their GP.

Check-up usually include having an echocardiogram to find out if there have been any changes to your condition.

You should see your GP at least once a year to review your health and any medication you're taking.