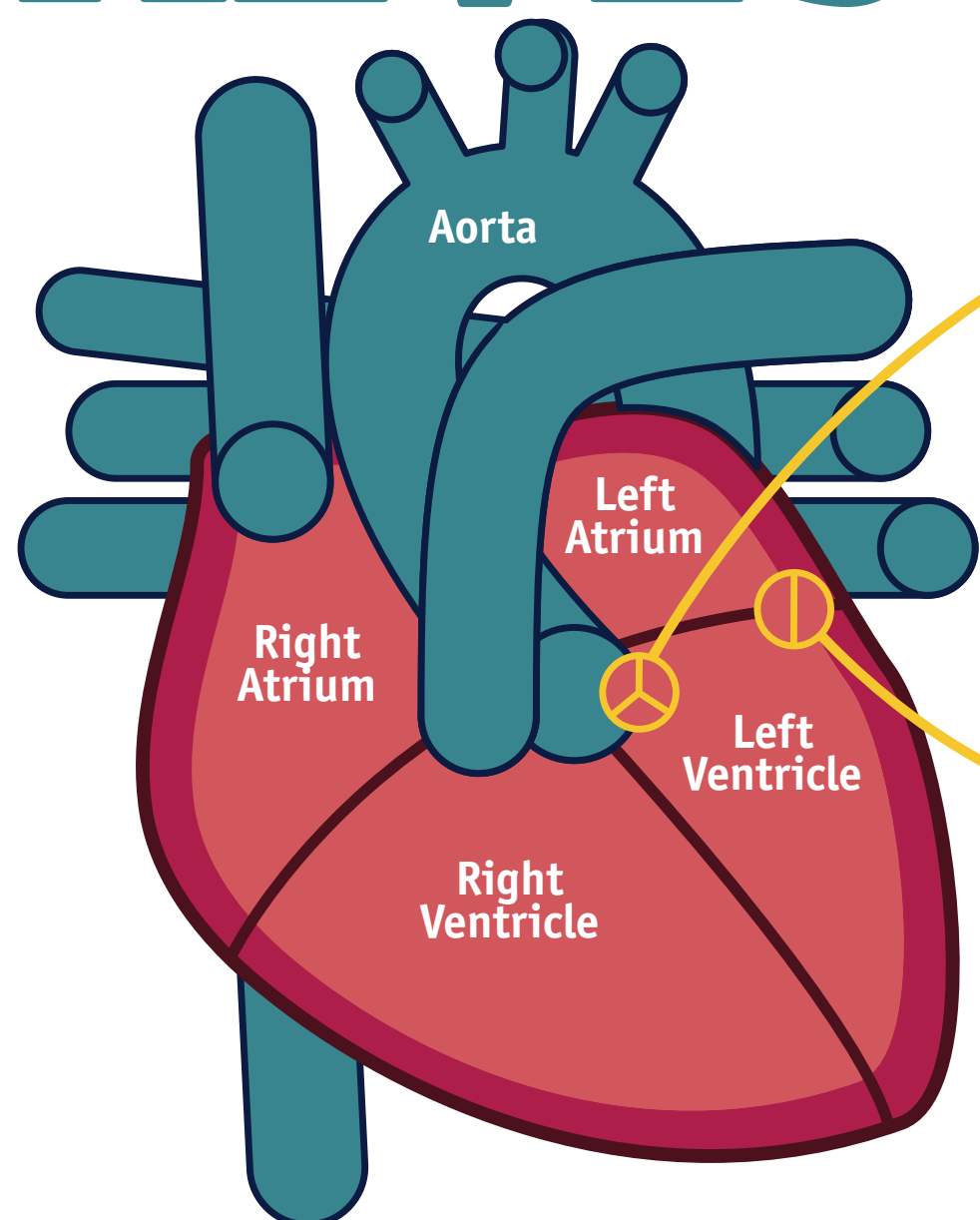


Know Your VALVES

Most heart valve problems involve the **aortic & mitral valves**.



AORTIC VALVE
between the left ventricle and the main artery (aorta)

MITRAL VALVE
between the left atrium and the left ventricle

SIGNS & SYMPTOMS

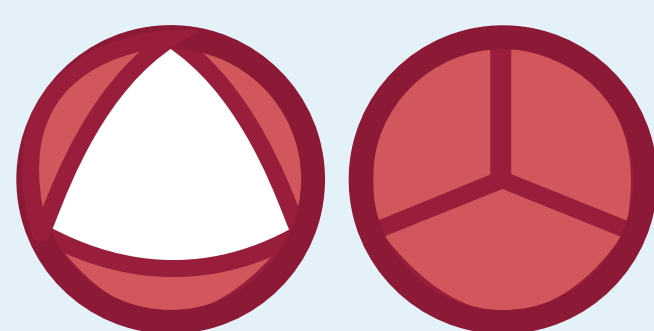
May vary, but often include:

- Heart murmur or unusual heartbeat
- Shortness of breath
- Swelling in the legs
- Chest pain
- Unusual fatigue
- Feeling dizzy or fainting

➤ **HEART VALVE DISEASE** happens when **at least 1 of the 4 valves** in the heart **no longer works** the way it should.

Most Common VALVE ISSUES

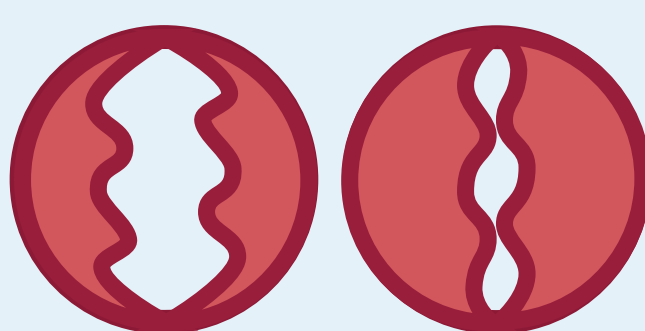
NORMAL



open closed

The valve fully opens & closes.

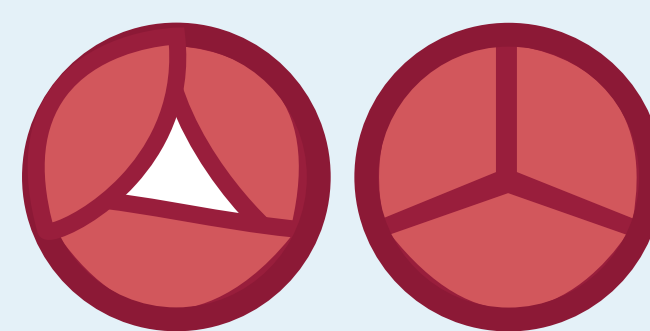
Mitral REGURGITATION



open closed

The valve doesn't fully close and leaks.

Aortic STENOSIS



open closed

The valve doesn't open enough.

What YOU CAN DO



MEDICAL & SURGICAL THERAPIES

The valve may be repaired or replaced.



LIFESTYLE CHANGES

to support overall heart health.

For more information, visit [CardioSmart.org/HeartValveDisease](https://www.cardiosmart.org/HeartValveDisease)

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