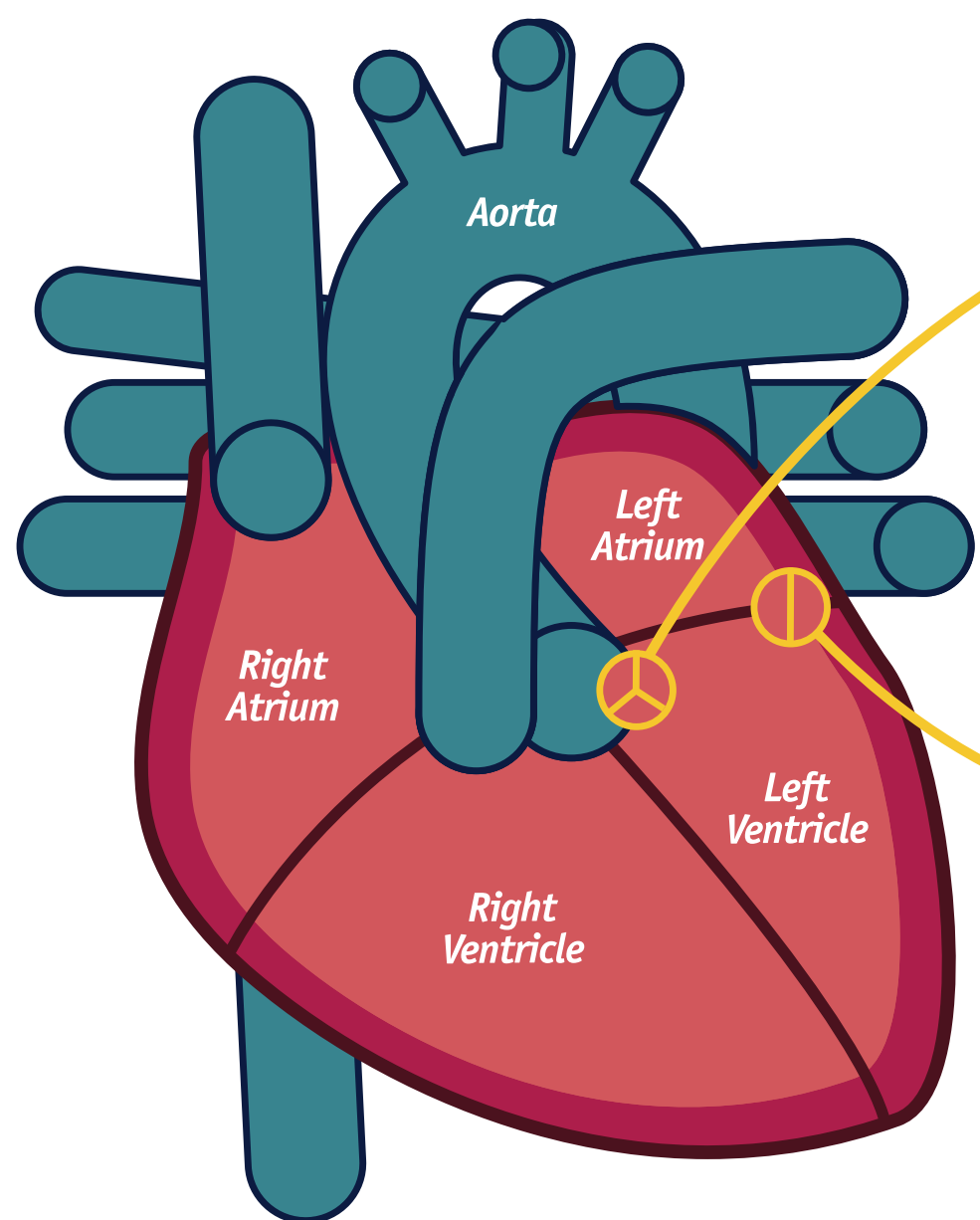


## Know Your VALVES

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

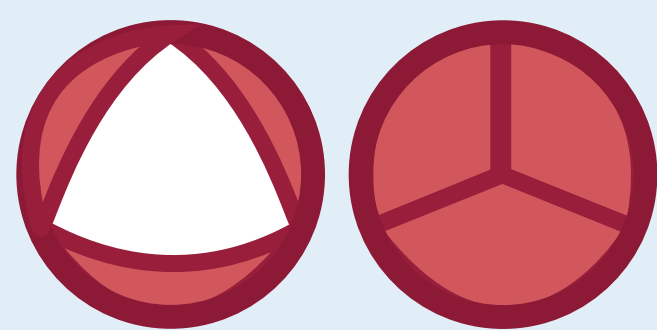
May vary, but often include:

- ▶ Heart murmur or unusual heart beat
- ▶ 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

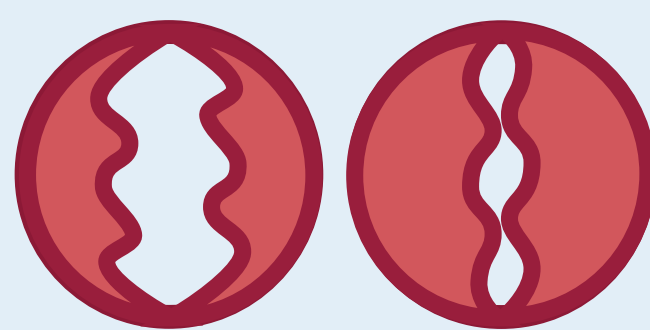
### NORMAL



open      closed

The valve fully opens & closes.

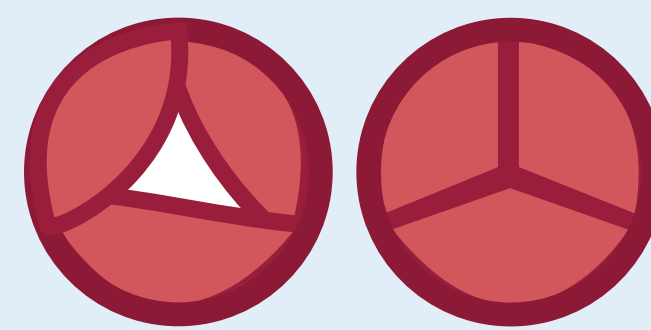
### Mitral REGURGITATION



open      closed

The valve doesn't fully close & 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.

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit [CardioSmart.org/HeartValveDisease](http://CardioSmart.org/HeartValveDisease)