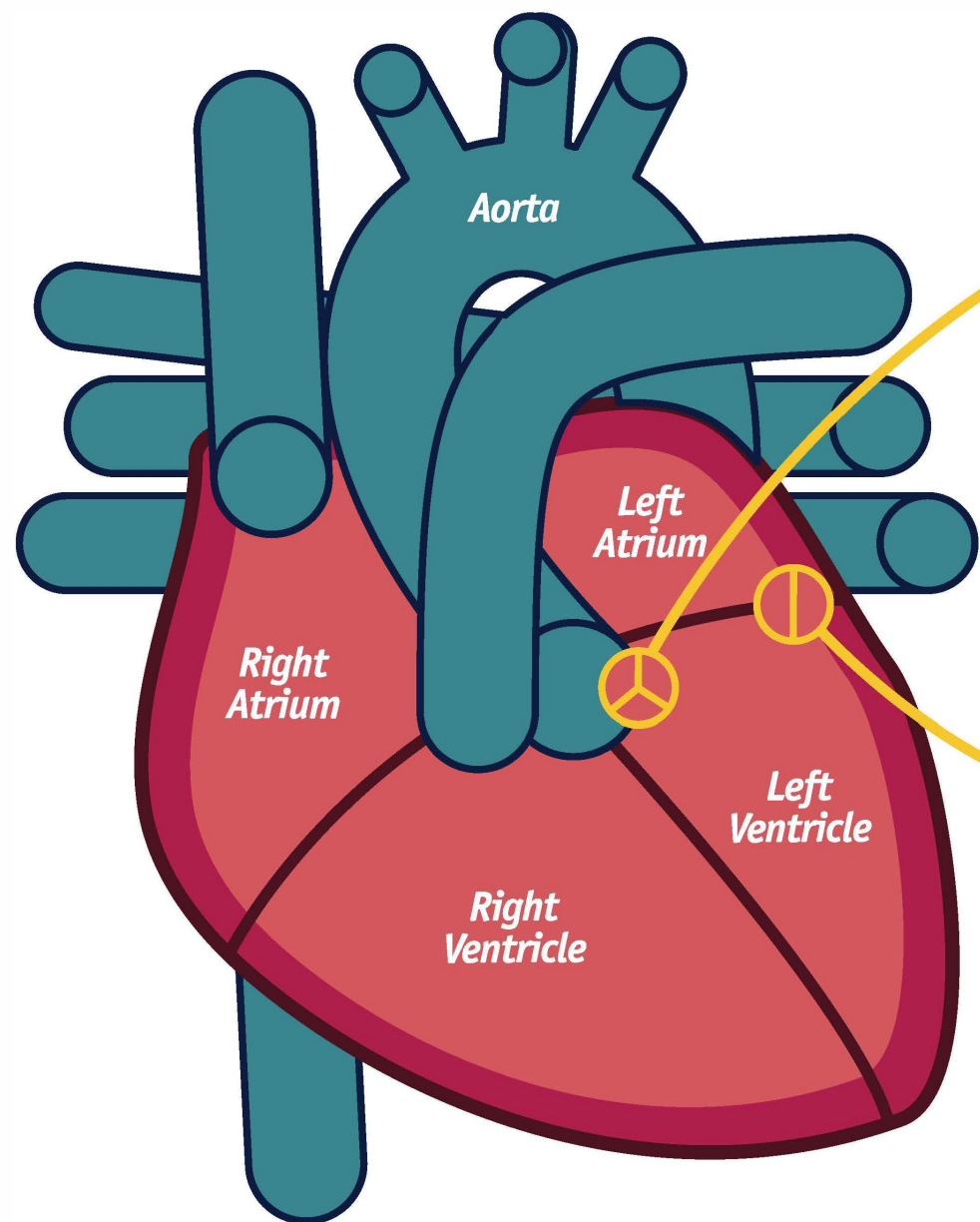


Know Your VALVES

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

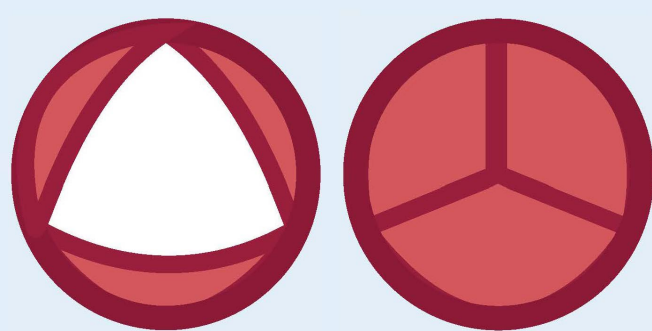
May vary, but often include:

- ▶ 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

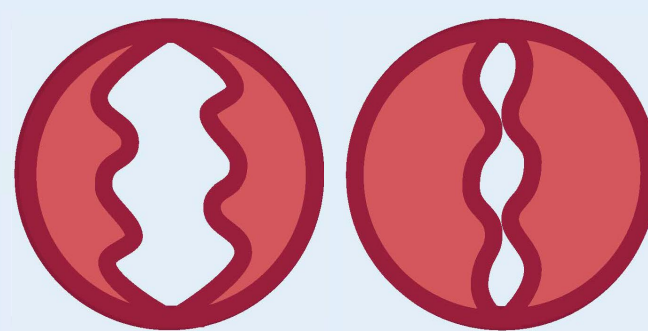
NORMAL



open closed

The valve fully opens & closes.

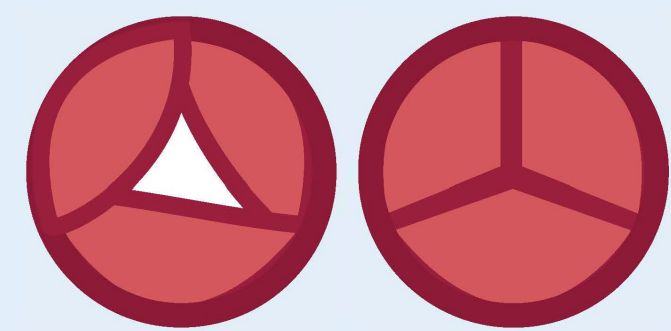
Mitral REGURGITATION



open closed

The valve doesn't fully close & 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](https://www.CardioSmart.org/HeartValveDisease)