

Use this form to talk with your care team about your mitral regurgitation (MR). You can also print out and use the *My Mitral Regurgitation Tracker* worksheet to write down important information that your doctor will use to help manage your condition.

I was told I have mitral regurgitation on

(Date): _____ by (Doctor's name): _____

My valve is leaky because: _____

(Explain in your own words. For example: It's something I was born with, it developed after a heart attack or heart surgery, etc.)

My mitral regurgitation is (circle one):

Mild Moderate Severe

I also have other medical problems and/or heart disease risk factors that include:

My Treatment Plan

My heart team has recommended several ways to help me manage my MR. (Check all that apply)

✓	Treatment Approach	Additional Notes
	Watch and wait to see how my MR progresses	
	Consider heart valve repair	
	Consider heart valve replacement	
	Regular follow up appointments	<i>How often?</i>
	Repeat echocardiograms	<i>How often?</i>
	Other tests:	<i>How often?</i>
	Lifestyle changes (For example, a heart healthy diet low in sodium, not smoking, watching your weight, exercising per your doctor's advice, etc.)	<i>Including:</i>
	Medications (Keep an updated list of all of the medications you take, including the dosages and how often. Use the My MR Tracker to write down all of your medications.)	<i>Including:</i>
	Other:	

Mitral Regurgitation

Activities to avoid: are there any activities I should be avoiding or limiting?

I need to limit or I have to be careful to: _____

Keeping Tabs On Certain Things At Home

Your MR care is a team effort. There are certain health measures that can give you and your heart team a more complete picture of your MR and heart health. They can also help your health care team know if your treatment is working and when changes might be necessary.

I should be taking and writing down my (check all that apply):

Weight Blood pressure Pulse/heart rate Other: _____

My health care provider wants me to measure and record these numbers (circle one):

Daily Weekly Monthly Other: _____

What Does My Latest Echo Say about my MR?

An ultrasound of your heart – called an echocardiogram – can give you and your heart team a lot of information about your MR and how your heart is working. For example, it measures your:

Ejection fraction (EF): measures how well your heart is working or if there is any weakening.

Left ventricular systolic diameter (LVSD): measures the size of the left ventricle of the heart and whether there is an enlargement of the heart.

Pulmonary artery systolic pressure (PASP): gauges the pressure in the lungs.

Ask what the results of your latest echocardiogram or other tests say about your MR and its treatment.

Date of my Echocardiogram	Ejection fraction (EF)	Is my heart normal or enlarged? (LVSD)	Are my pressures normal or not? (PASP)	What do these mean?
	%			
	%			
	%			
	%			
	%			

My next appointment is on: _____ **My next echo is on:** _____

Who should I call in an emergency or if I feel worse before my next scheduled visit?

Contact name: _____ Phone number: _____



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