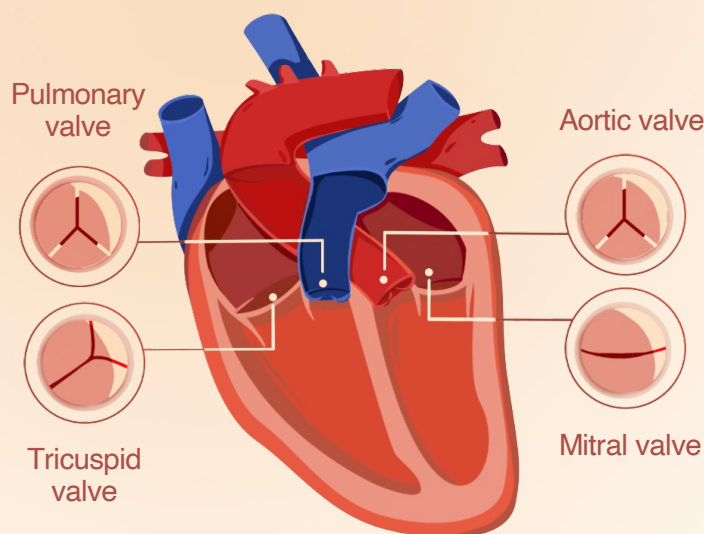


WHAT IS HEART VALVE DISEASE?

HEART VALVE DISEASE IS COMMON, SERIOUS, BUT TREATABLE.



The heart has **4 valves** that work like doors between the heart chambers; they open and close to allow blood to flow through. Heart Valve Disease happens when **at least 1 of the 4 valves in your heart** doesn't open and close as it should.

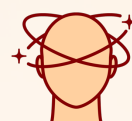
Heart valve disease makes the heart work harder and can cause:



Fatigue



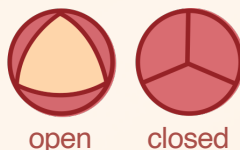
Breathlessness



Dizziness

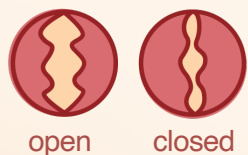
Many people don't present any symptoms until the heart valve problem worsens.

ANY VALVE IN THE HEART CAN BECOME DISEASED, BUT THE MITRAL AND AORTIC VALVES ARE MOST OFTEN AFFECTED, PREVENTING BLOOD TO FLOW NORMALLY.



NORMAL VALVE

The valve fully opens and closes allowing blood to flow normally.



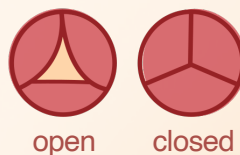
MITRAL REGURGITATION

The mitral valve doesn't fully close and leaks.

Common causes include:

Wear and tear due to age (most commonly after age 65); rheumatic fever; or it can be caused by other inherited or chronic conditions.

Aortic stenosis can't always be prevented because it can be caused by the natural process of ageing or congenital heart defects.



AORTIC STENOSIS

The aortic valve doesn't open enough, and blood cannot flow normally.

Common causes include:

Congenital heart conditions; infective endocarditis; enlargement of the left ventricle; getting older; radiation therapy; or rheumatic fever.

Mitral regurgitation often progresses slowly, but sometimes, it can develop quickly and cause sudden signs and symptoms.

Listen to your heart



#ListenToYourHeart

**ASK YOUR DOCTOR FOR A REGULAR
STETHOSCOPE CHECK. THIS SIMPLE
CHECK CAN SAVE YOUR LIFE.**

The first step in detecting Heart Valve Disease is having a stethoscope check. Your doctor may find signs such as a heart murmur, which could mean blood is moving through a stenotic or leaky valve.

LEARN MORE

