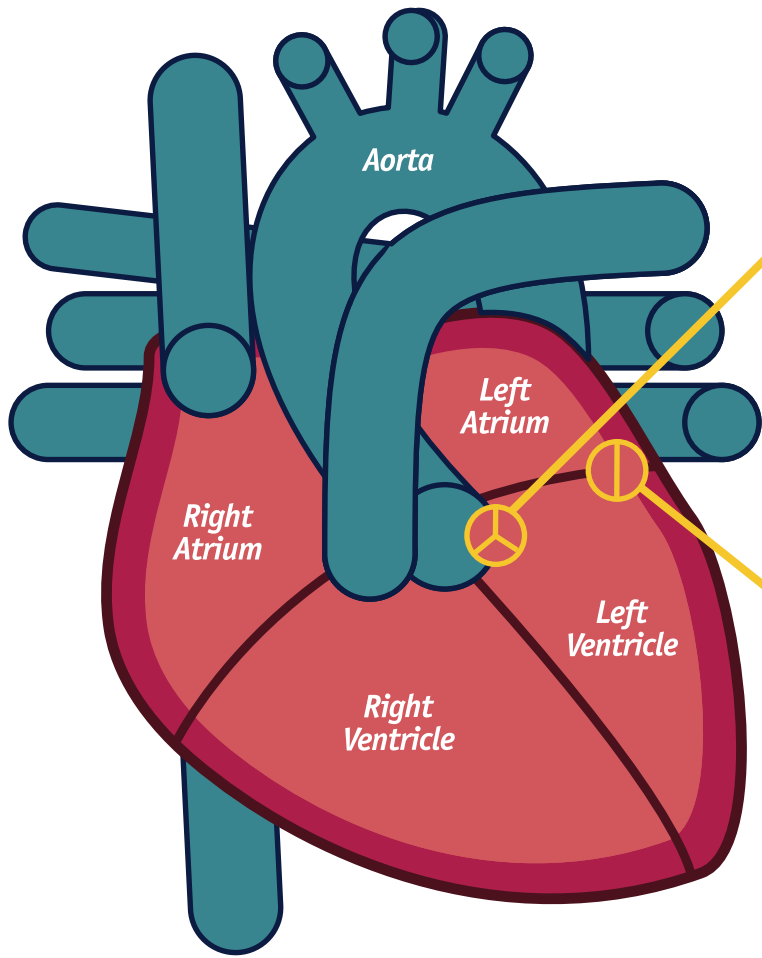


Know Your VALVES

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

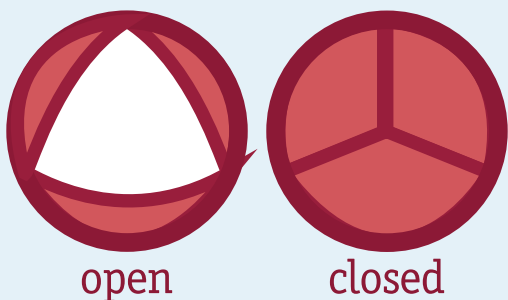
May vary, but often include:

- ▶ 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.

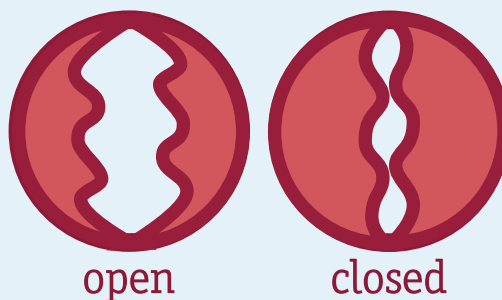
Most Common VALVE ISSUES

NORMAL



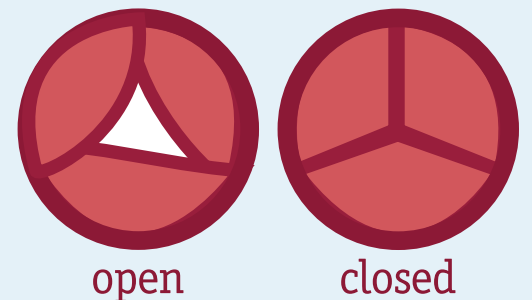
The valve fully opens & closes.

Mitral REGURGITATION



The valve doesn't fully close & leaks.

Aortic STENOSIS



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

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