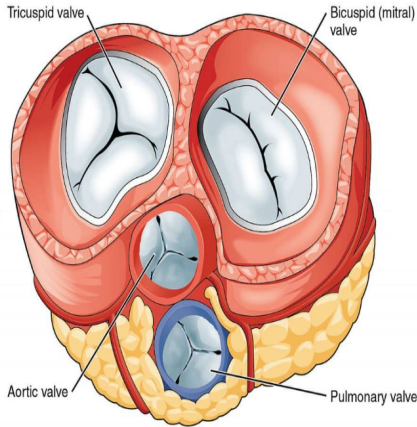


# What is Valvular Disease ?



## The Four Heart Valves



## What Is A Valve ?

### Human have 4 heart valves

- Aortic
- Mitral
- Pulmonic
- Tricuspid

### What do valves do ?

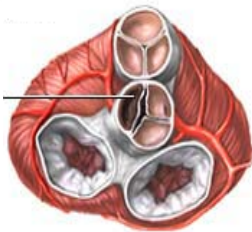
Keep the blood flow through the chambers of the heart organized and in the right direction.

### How do valves work ?

Little flaps called leaflets open and close to let blood in and out like a house doors or windows lets air in and out.

## Valve Problems

### Stenosis



### Regurgitation

## What Are The Causes Of An Abnormal Valve ?

### Valve problems

- **Stenosis:** Stiff, narrow and tight valves that makes it hard for blood to move through the valve normally and back up into the previous chamber.
- **Regurgitation:** Leaky valves, let blood move backward when the valve is closed into the previous chamber where the blood initially came from.

### How does valve disease happen?

- Sometimes you are born with it (congenital).
- Can be caused by an infection usually bacterial but also fungal especially with people who inject recreational drugs.
- Valve can change over time with aging.
- Can be hereditary or secondary to medication or radiation therapy for cancer.

## Symptoms



### How Does Valve Disease Presents ?

- Short of breath with activity that progresses over time until it happens with rest.
- Heart palpitations.
- Chest pain or pressure sometime it can present as heart attack.
- Swollen leg and belly
- Weight gain
- Fatigue
- Weakness
- Dizziness
- Passing out (Syncope)
- Air hunger while sleeping flat ( Orthopnea)

## Prevention



### How Can We Prevent Valve Disease ?

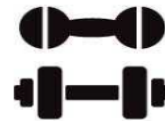
#### Tips to prevent acquired heart valve disease



**Stop**  
smoking



**Develop**  
a healthy diet



**Exercise**  
regularly



**Practise**  
good dental hygiene



**Manage and Treat**  
conditions such as Diabetes and High Blood Pressure

## Treatment



### What To Do ?

- Visit a cardiologist for a physical exam.
- If there is a doubt or abnormal heart sound ( heart Murmur) an echocardiogram to see how well your heart valves are working can help.
- Medication can buy time and temporize the need to have an intervention or a surgery to fix or change the valve.
- There are different ways to fix or replace the valve some are done by closed intervention without the need for an open heart surgery, other are done with open heart procedures.