

What is a heart murmur?

A heart murmur is an additional sound that can be heard when the heart is auscultated with a stethoscope.

What causes a heart murmur?

The majority of murmurs are ‘innocent’ murmurs which means that there are no structural issues in the heart. Sometimes though heart murmurs can be caused by abnormality in the heart.

How can we know if my child has an issue with their heart?

Usually, when we find that a child has a murmur, depending on their examination and how they present, we usually arrange for them to be followed up to see if the murmur is still present in the first instance. Sometimes they might need to have further tests including an echocardiography (jelly-scan of the heart) to investigate their heart further.

What do I need to look out for?

It is important that if your child has a murmur and becomes unwell, that you seek medical help immediately.

The **symptoms to look out for** include:

- Breathlessness,
- Poor feeding
- Poor weight gain
- Sweatiness when feeding
- Change in colour (blue tinge in lips and tongue)

Summary

A heart murmur is an additional sound when the heart is listened to.

Heart murmurs can be caused by a heart problem.

If a child with a heart murmur becomes unwell, seek immediate medical help.