Understanding a Potential Heart Valve Problem

Your heart has four valves that need to open and close properly. When one or more valves are not working properly, medical care and follow-up visits are important.

1. What's the problem?

- **Stenosis:** Are any of my heart valves too narrow to allow enough blood to flow?

  - ____________________________
  - ____________________________
  - ____________________________

- **Regurgitation:** Are any of my valves leaking significantly?

  - ____________________________
  - ____________________________
  - ____________________________

2. What does it mean?

- **How serious is the problem?**

  - ____________________________
  - ____________________________
  - ____________________________

- **What happens if I decide to ignore it?**

  - ____________________________
  - ____________________________
  - ____________________________

3. What should I do?

- **Should I be aware of any related emergency conditions that are more likely because of my valve problems?**

  - ____________________________
  - ____________________________
  - ____________________________

- **Are there any medications I should take for symptoms?**

  - ____________________________
  - ____________________________
  - ____________________________

- **What symptoms or circumstances would warrant a call to your office?**

  - ____________________________
  - ____________________________
  - ____________________________

Learn more at [www.heart.org/heartvalves](http://www.heart.org/heartvalves)