



Mitral Valve Prolapse

Mitral valve prolapse (MVP) is a heart valve condition where the two flaps of the mitral valve do not close evenly. Instead, they bulge slightly upward into the left atrium when the heart beats.

MVP affects up to 3% of people and is usually a harmless condition; however, it can be associated with marked mitral valve regurgitation, bacterial endocarditis, congestive heart failure, atrial fibrillation, and in severe cases, even sudden death.

Signs and Symptoms

MVP often causes no symptoms. When they do occur, they may include the following:



Chest pain



Palpitations



Shortness of breath



Exercise intolerance

The two types of mitral valve prolapse (MVP):

Primary MVP

Characterized by myxomatous degeneration (abnormally stretchy valve leaflets).

Secondary MVP

Can occur as a part of other conditions, like certain connective tissue disorders.

Treatment for mitral valve prolapse (MVP):

Most people with MVP do not need treatment. Your care team will help you understand your level of risk and how to prevent complications.

If medication is prescribed, take as directed.

People with an abnormal mitral valve may need mitral valve repair or replacement if:

- Symptoms are getting worse
- Mitral regurgitation becomes severe
- The heart chambers become enlarged
- Heart function (ejection fraction) decreases

Additional notes:

- AHA/ACC guidelines recommend considering mitral valve repair in some patients with severe mitral regurgitation before symptoms develop.
- **Most people with MVP no longer need antibiotics before dental procedures.** They are only suggested for people with certain high-risk heart conditions.

Visit heart.org/HVDEducation for more heart valve information.