



## What are Innocent Heart Murmurs?

Innocent heart murmurs are sounds made by blood circulating through the heart. The sounds result from blood traveling through the heart's chambers and valves or through blood vessels near the heart.

Innocent heart murmurs are also called "functional" or "physiologic murmurs." These terms all refer to the normal sound of blood moving through the heart and the blood vessels.



### Are innocent heart murmurs normal?

Innocent murmurs are common in children and quite harmless. In any group of children, a large percentage is likely to have had one at some time.

They are very common during infancy and childhood. They may disappear and then reappear. Most innocent murmurs disappear when a child becomes an adult, but some adults still have them.

### How is an innocent murmur detected?

Your child's health care provider can hear these murmurs by listening to their heart with a stethoscope. If the doctor hears a heart murmur, they may recommend more testing, such as an electrocardiogram (ECG) or echocardiogram (echo), to confirm that the murmur is innocent. After that, there's usually no need for further heart tests.

Your child's heart rate increases when they exercise or feel excited. This may cause the murmur to become louder. Don't worry. This still doesn't mean that the murmur is a reason for concern.

*(continued)*



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### Will my child have any restrictions or need medications?

Unless testing suggests otherwise, your child's heart is normal. You don't need to restrict their diet or activities. No medication is needed.

Your child can lead an active, healthy life!



### HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at [heartinsight.org](http://heartinsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/supportnetwork](http://heart.org/supportnetwork).

### Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your health care provider.

For example:

**When should I schedule my child's follow-up visit?**

### MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit [heart.org/answersbyheart](http://heart.org/answersbyheart) to learn more.