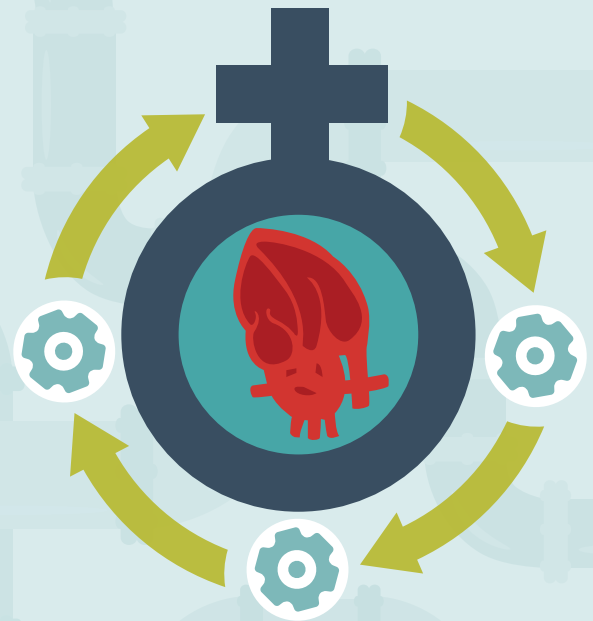




For more information on heart valve disease and to check out the video use this QR code!



Heart valve disease is the third most common cause of heart problems in the United States. The heart circulates blood through the lungs, where it is oxygenated and then pumped out to the rest of the body. Heart valves maintain the forward flow of blood across the heart and through the circulatory system. Heart valve disease occurs when one or more of the valves malfunction, potentially leading to heart failure if left untreated. These malfunctions can be categorized as stenosis or regurgitation. Because of gender-specific characteristics, such as pregnancy, women with heart valve disease deserve special attention.



HEART VALVE DISEASE & WOMEN



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www.womenheart.org/heartvalve

WOMENHEART: The National Coalition for Women with Heart Disease is the nation's first and still only patient-centered organization serving the 42 million American women living with or at risk for heart disease — the leading cause of death in women. WomenHeart is solely devoted to advancing women's heart health through advocacy, community education, and the nation's only patient support network for women living with heart disease. WomenHeart is both a coalition and a community of thousands of members nationwide, including women heart patients and their families, physicians, and health advocates, all committed to helping women live longer, healthier lives. To learn more about heart valve disease and other heart conditions or to donate visit www.womenheart.org.

SOURCES

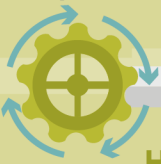
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HEART VALVE DISEASE & WOMEN

Heart valve disease occurs when one or more of the valves malfunction, potentially leading to heart failure if left untreated.

5 MILLION+ Americans are diagnosed with heart valve disease each year.



Heart valves maintain the forward flow of blood across the heart and through the circulatory system.

COMMON SIGNS & SYMPTOMS:

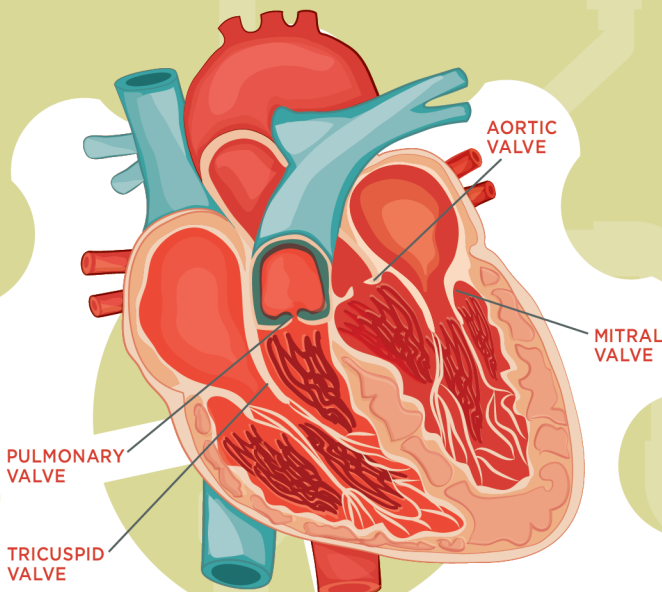
- Heart murmur (physician diagnosed)
- Chest pain or palpitations
- Shortness of breath
- Fatigue
- Weakness
- Lightheadedness/loss of consciousness

RISK FACTORS:

- Older age
- Previous heart disease diagnosis
- History of infective endocarditis, rheumatic fever, heart attack or heart failure
- High blood pressure, high cholesterol, diabetes, smoking, lack of exercise and other risk factors for plaque buildup

HEART VALVE REPAIR TREATMENT OPTIONS:

- Sometimes heart valves can be repaired without needing to entirely replace the valve. This is usually the treatment of choice for a leaking mitral valve.
- A **balloon valvuloplasty** is a minimally invasive procedure whereby the valve opening is expanded by an inflated balloon inserted through a vein in the leg.



Heart valve disease is the third most common cause of heart problems in the U.S.



TYPES:

STENOSIS occurs when a valve opening is narrowed, preventing full circulation of blood and causing the heart to work harder.

Patients with severe aortic stenosis have a **50% mortality rate** if left untreated.

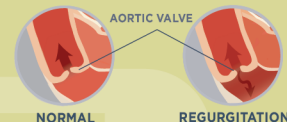
REGURGITATION occurs when a valve does not close completely, allowing backward flow of blood.



NORMAL VALVE



NARROWED VALVE



NORMAL

REGURGITATION



As women age they are at an increased risk for developing heart valve disease.

Heart valve disease is a particular challenge for childbearing women, especially if the mother has an artificial or abnormal heart valve.

HEART VALVE REPLACEMENT TREATMENT OPTIONS:

- When a valve cannot be repaired, valve replacement is the solution. Most commonly, a valve made of tissue from a pig, cow, human or from man-made materials is inserted during an open heart operation.
- Several newer minimally invasive heart valve replacement procedures are now available. **Transcatheter aortic valve replacement (TAVR)** is the most commonly performed and has shown good early outcomes in women.

Many factors must be considered to determine the best heart valve treatment for you, so discuss the pros and cons of the various options with your doctor.

WAYS TO LIVE WELL WITH HEART VALVE DISEASE:

- Medication adherence
- Exercise
- Blood pressure management
- Healthy diet
- Stop smoking
- Open discussion with your doctor

WWW.WOMENHEART.ORG/HEARTVALVE