

# Mitral Valve Prolapse

## The heart

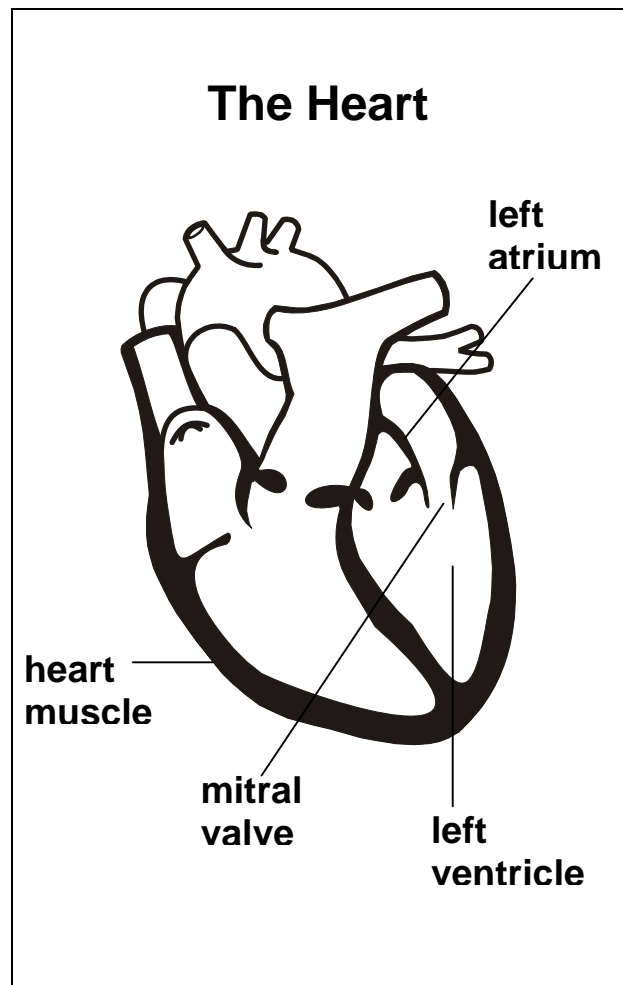
Your heart is made up of 4 chambers. The right and left sides of the heart have upper chambers called atriums and lower chambers called ventricles. There is a valve between each atrium and ventricle.

## The mitral valve

The valve acts like a door. It opens to let the blood flow from the left atrium into the left ventricle. The valve then closes to prevent the blood from going back up into the atrium.

## Mitral Valve Prolapse (MVP)

Mitral valve prolapse happens when the mitral valve bulges up into the left atrium. Mitral valve prolapse is also called MVP. This means the valve does not close tightly and therefore blood can trickle back into the atrium.



## How will I feel if I have mitral valve prolapse?

Some people with mitral valve prolapse have no problems or symptoms. Some people have:

- shortness of breath
- fatigue or feeling very tired
- chest pain
- feeling anxious
- migraine headaches
- palpitations
- stroke

**please turn over →**

## **What causes mitral valve prolapse?**

We do not know why some people have mitral valve prolapse. We do know these facts:

- Mitral valve prolapse can be caused by illnesses such as rheumatic fever, lupus, muscular dystrophy, or heart disease.
- Mitral valve prolapse is found in men and women of all ages.
- It is more common in women between 20 to 50 years old.
- Mitral valve prolapse occurs in families. Let your doctor know if anyone in your family has MVP.

## **How will the doctor know if I have mitral valve prolapse?**

Your doctor will listen to your heart with a stethoscope and hear an extra heart sound. You may then have one or both of these tests:

1. A 2-dimensional echocardiogram also called a 2-D Echo. This is an ultrasound of your heart.
2. An electrocardiogram also called an ECG.

## **How is mitral valve prolapse treated?**

Treatment depends on your problems or symptoms. If you do not have any symptoms, the only treatment will be follow-up tests. If you have symptoms, your doctor may order more tests and treatments. This may include medications such as antibiotics.

## **What is the medical follow-up for mitral valve prolapse?**

If you are told that you have mitral valve prolapse you should see your cardiologist each year for an echocardiogram. If the cardiologist tells you that you have MVP, it is very important to wear Medical Alert identification.

It is also important to let any doctor or dentist know you have mitral valve prolapse before any dental work or surgery. You may need to take antibiotic medication before these procedures.