



**References:** **1.** Patient education: Mitral regurgitation (Beyond the basics). UpToDate. Last updated 3.3.2020. Available at: <https://www.uptodate.com/contents/mitral-regurgitation-beyond-the-basics> (Accessed 18.6.2021). **2.** Mitral valve prolapse. Mayo Clinic. Available at: <https://www.mayoclinic.org/diseases-conditions/mitral-valve-prolapse/diagnosis-treatment/drc-20355452> (Accessed 18.6.2021). **3.** Mitral valve regurgitation. Mayo clinic. Available at: <https://www.mayoclinic.org/diseases-conditions/mitral-valve-regurgitation/symptoms-causes/syc-20350178> (Accessed 18.6.2021).

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## Structural Heart Hear the murmur

A MITRAL REGURGITATION  
MOBILE EXPERIENCE  
DEVELOPED FOR YOU



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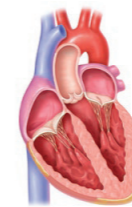
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## About The **MURMUR**

Mitral regurgitation is a common heart valve disorder<sup>1</sup> that can be diagnosed at any age<sup>2</sup>.

Mitral valve regurgitation is often mild and progresses slowly and may cause<sup>3</sup>:

- Dyspnea (especially when very active or when supine)
- Fatigue
- Heart palpitations
- Swollen feet or ankles



Mitral valve regurgitation is characterised by blood leaking backwards into the left atrium when the heart contracts.<sup>1-3</sup>

This leads to an abnormal heart murmur heard through a stethoscope.<sup>3</sup>



Scan the QR code to know more 'About the Murmur'

Treatment of mitral valve regurgitation depends on the severity of the condition.<sup>3</sup>

If left untreated, severe mitral valve regurgitation can cause heart failure or arrhythmias, even in patients that are asymptomatic.<sup>3</sup>



So, if you hear the murmur, **REFER to an echo cardiologist** for further evaluation.

