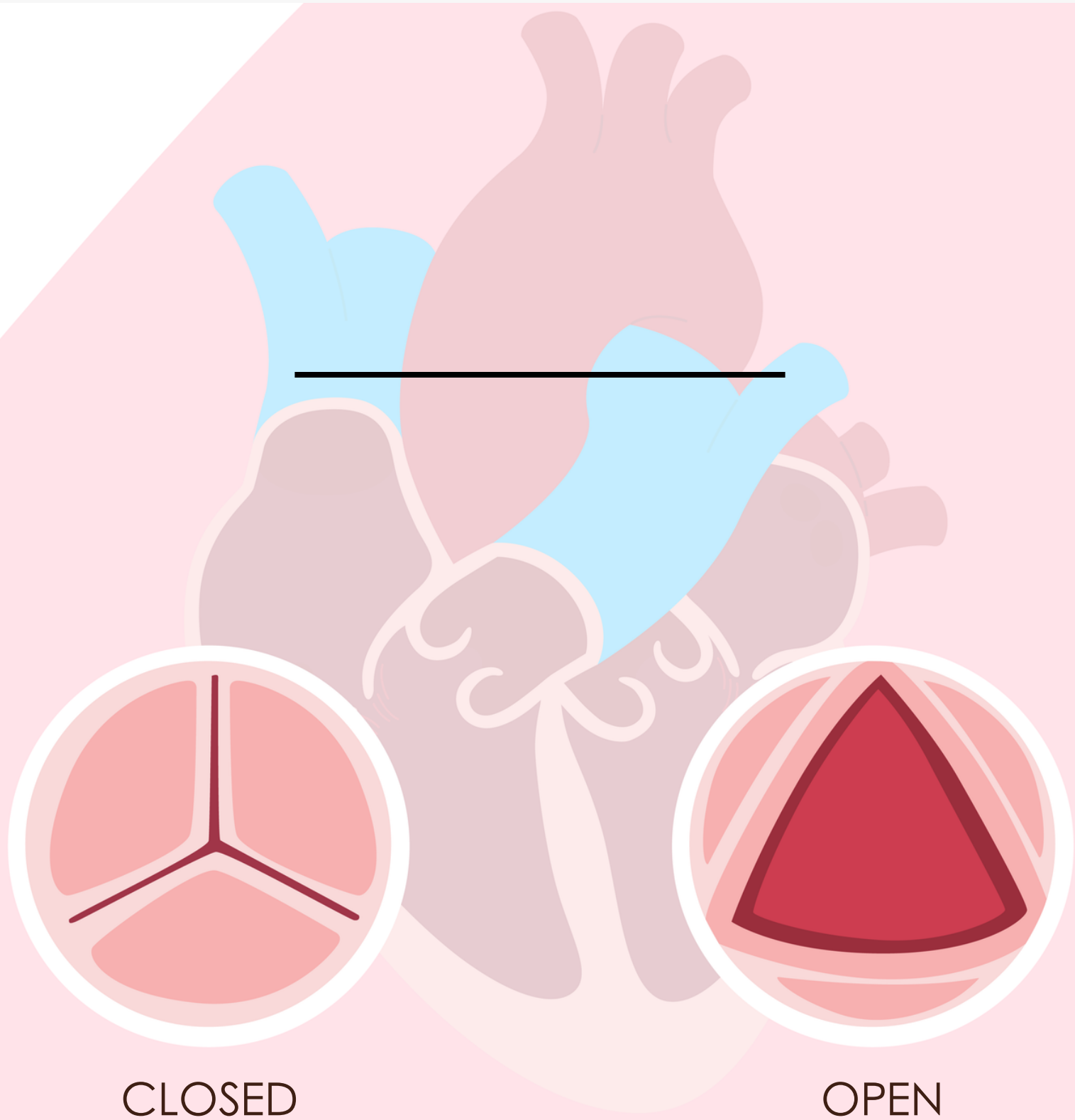


YOUR HEART HAS **4** VALVES.
ANY ONE OF THEM CAN BE
AFFECTED BY HEART VALVE DISEASE.

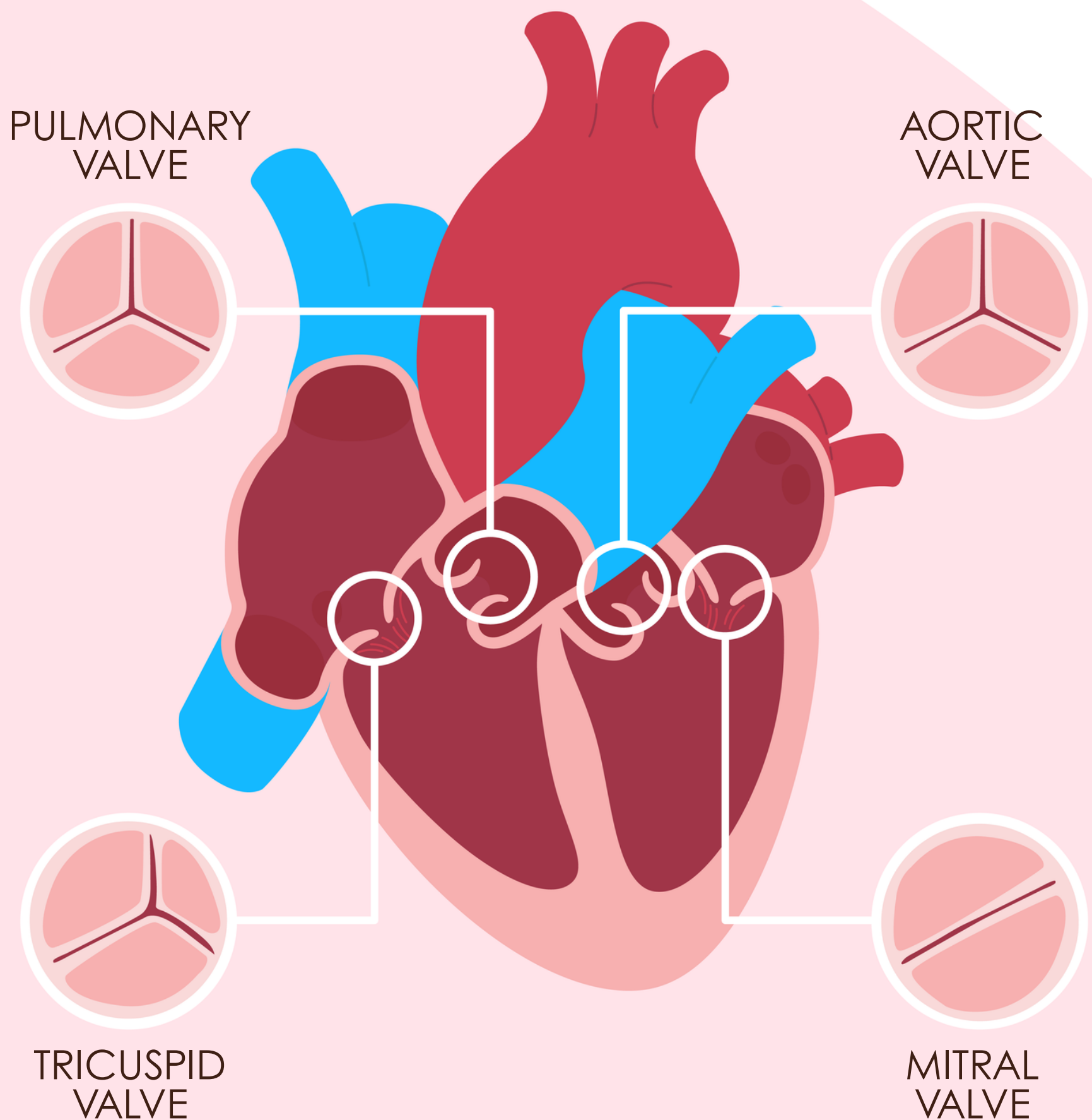


*Listen to
your heart* 

HEART VALVE DISEASE (HVD) HAPPENS WHEN ONE OR MORE OF THE HEART'S VALVES BECOME **DAMAGED** OR **DON'T WORK PROPERLY**, AFFECTING HOW BLOOD FLOWS THROUGH THE HEART.



THE HEART HAS **4** VALVES: AORTIC, MITRAL, TRICUSPID AND PULMONARY. ANY OF THESE VALVES CAN BECOME **NARROWED, STIFF, OR LEAKY** OVER TIME.



COMMON SYMPTOMS MAY INCLUDE:
BREATHLESSNESS, FATIGUE, DIZZINESS
OR CHEST PAINS, AND ARE OFTEN
MISTAKEN AS A NORMAL PART OF
GETTING OLDER.



FATIGUE



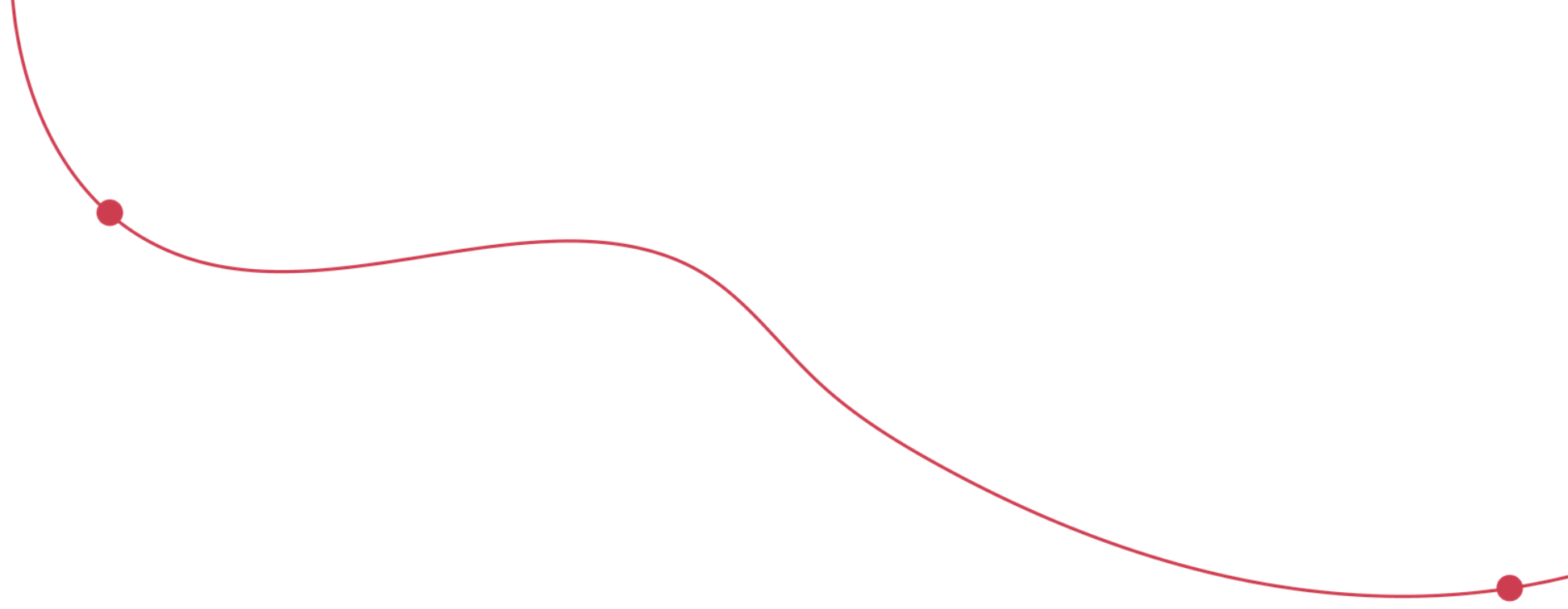
CHEST PAINS



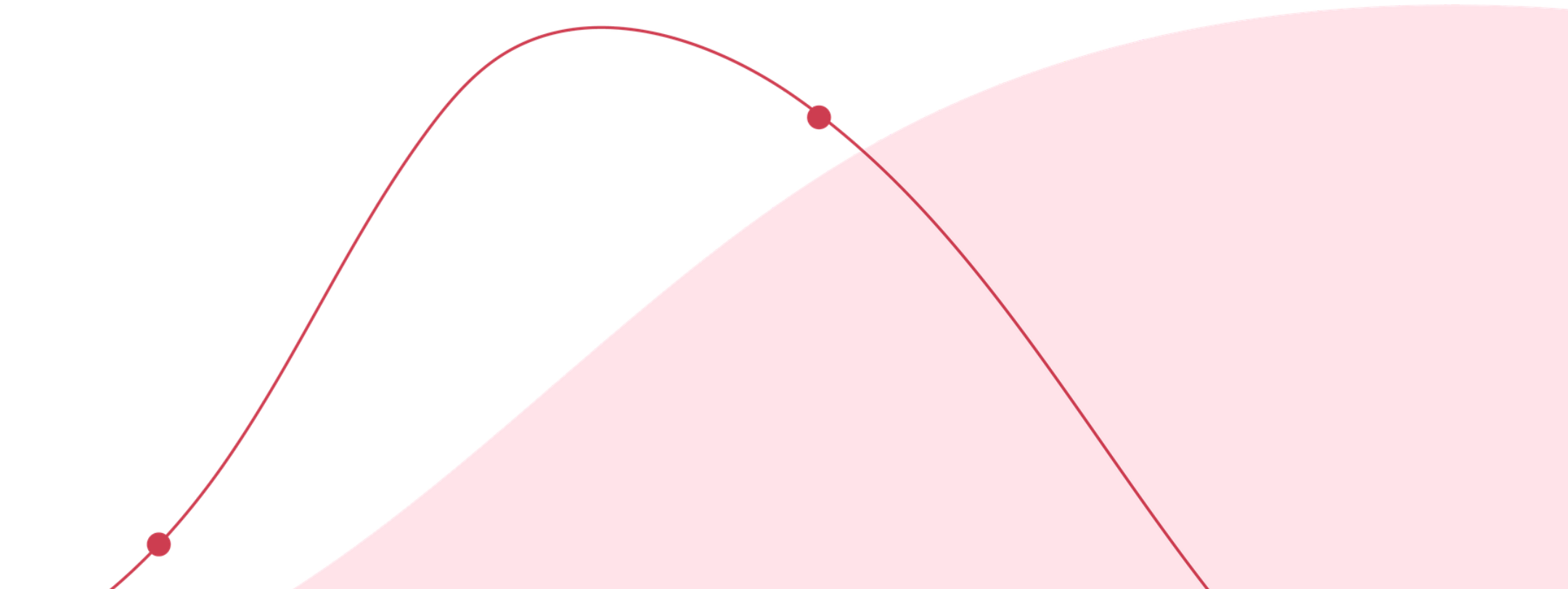
BREATHLESSNESS



DIZZINESS



SOME HVD PATIENTS **DO NOT**
SHOW SYMPTOMS OR HAVE
NO SYMPTOMS FOR MANY
YEARS, WHICH CAN MAKE
DIAGNOSIS DIFFICULT.



UP TO **2.5%** OF THE GENERAL POPULATION
AND **13%** OF PEOPLE **OVER THE AGE OF 75**
ARE THOUGHT TO BE LIVING WITH HVD.



THE RISK OF HVD INCREASES SIGNIFICANTLY AFTER AGE 60, BUT IT CAN ALSO AFFECT YOUNGER PEOPLE BORN WITH CONGENITAL HEART CONDITIONS OR THOSE AFFECTED BY RHEUMATIC HEART DISEASE.



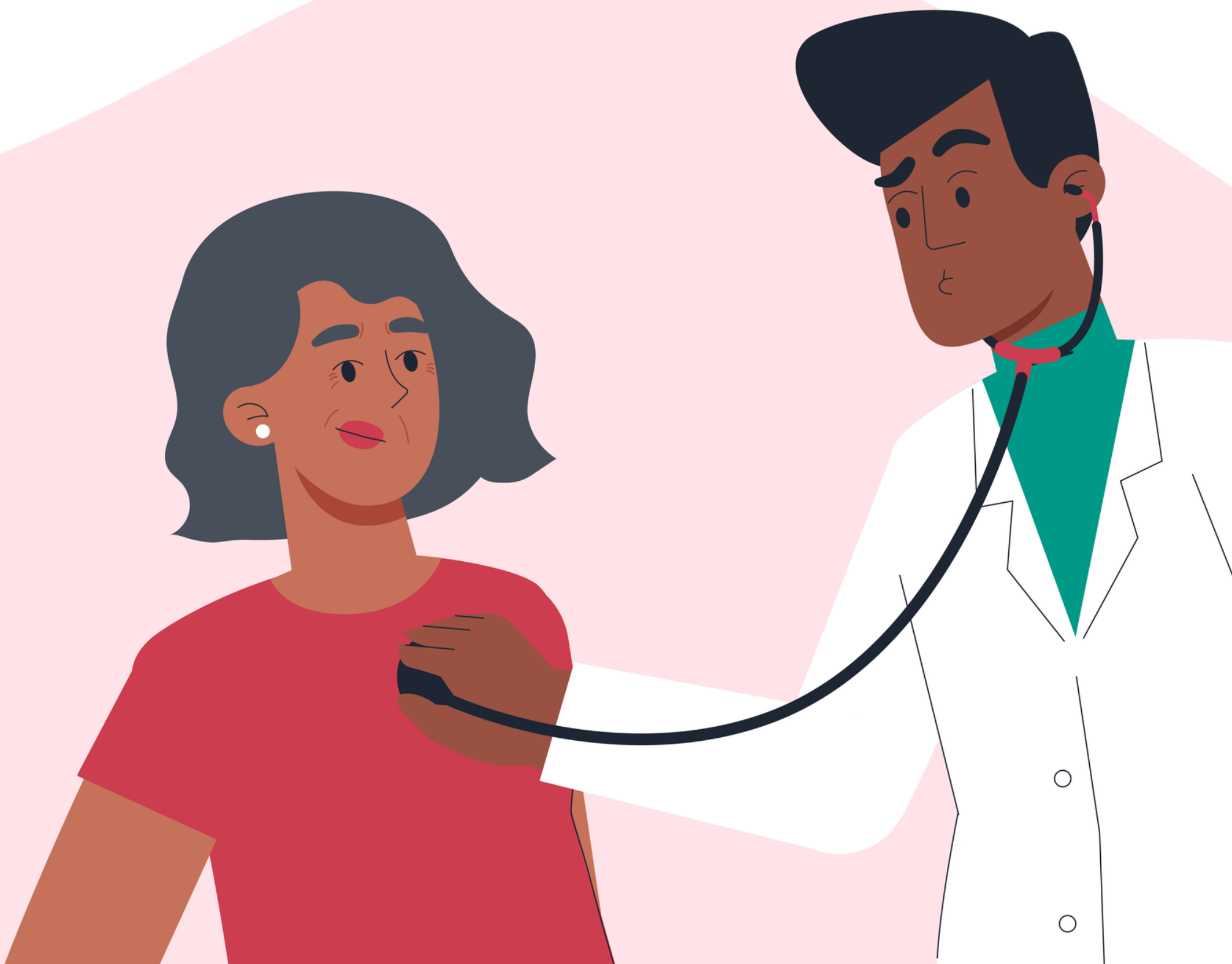
IN **WOMEN**, ESPECIALLY, HVD IS OFTEN DETECTED LATE.

SOME WOMEN HAVE MORE SUBTLE SYMPTOMS OR NO SYMPTOMS. SOMETIMES THEY ARE UNDERESTIMATED OR MISDIAGNOSED AS ANXIETY, MENOPAUSE OR OTHER CONDITIONS RELATED TO AGEING.



HEART VALVE DISEASE IS COMMON, SERIOUS, BUT TREATABLE. A SIMPLE STETHOSCOPE CHECK IS THE FIRST STEP TO DETECTING HEART VALVE DISEASE.

SO, A REGULAR STETHOSCOPE CHECK WITH YOUR DOCTOR IS A GOOD IDEA.



LISTEN TO YOUR
HEART
LISTEN FOR THE
MURMUR

*Listen to
your heart*

A graphic of a stethoscope with a red heart in the center, positioned to the right of the text "Listen to your heart".