



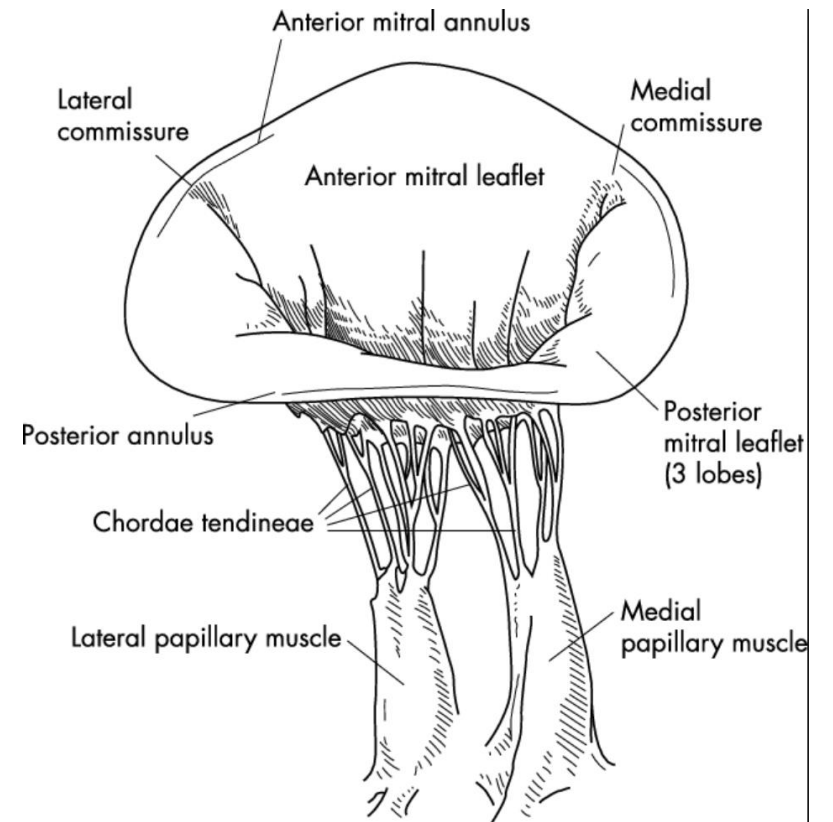
Mitral Valve Disease

G. Randall Green, MD
Chief, Division of Cardiac Surgery
Co-Director of the Upstate Heart Institute
SUNY Upstate Medical University
Syracuse, New York

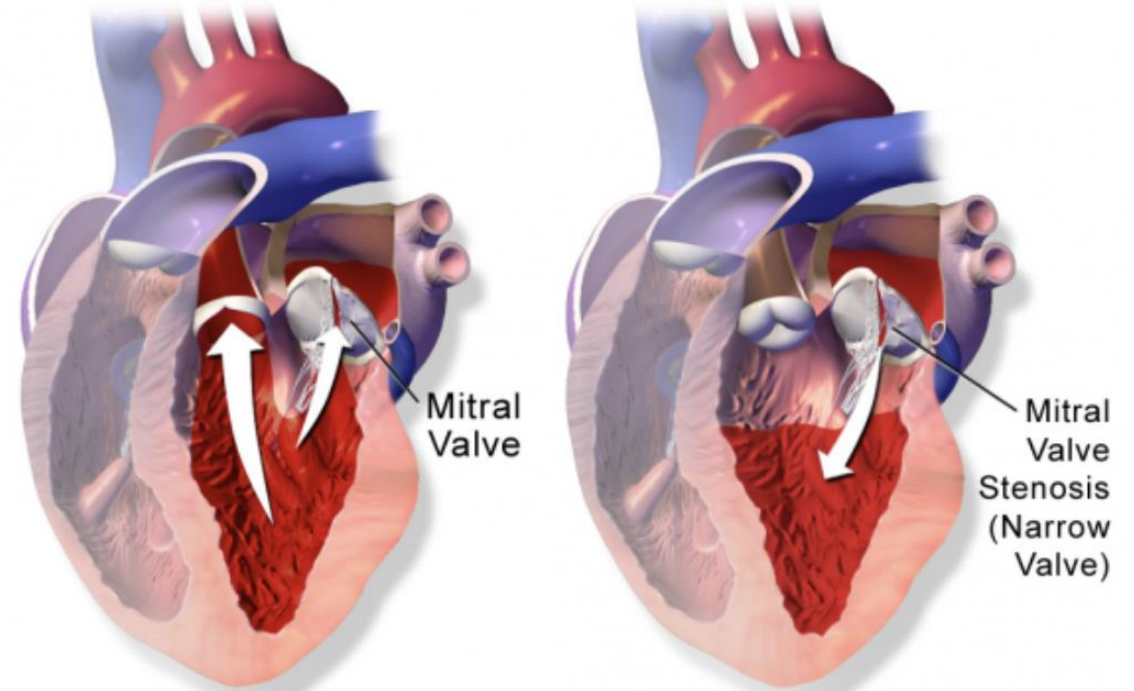
Overview

Mitral Valve Disease

The mitral valve is one of the two main valves on the left side of your heart. Normally, the mitral valve has two flaps (leaflets) that open and close, allowing blood to flow from your left atrium to your left ventricle and preventing it from flowing backward into the left atrium and lungs. Mitral valve disease occurs when the mitral valve doesn't work properly.



Types of Mitral Valve Disease



Mitral Valve Regurgitation

Mitral Valve Stenosis

There are two main types of mitral valve disease:

- 1 **Stenosis** — the valve does not open enough to allow sufficient blood flow. Usually this is the result of hardening (calcification) of the leaflets, which prevents their movement.
- 2 **Regurgitation** — blood leaks backward out of the valve. Usually this is either the result of the leaflets being pulled apart so that blood leaks backward between them, or by damage to the valve structure.

Causes and Symptoms

CAUSES AND SYMPTOMS OF MITRAL VALVE DISEASE

COUGH

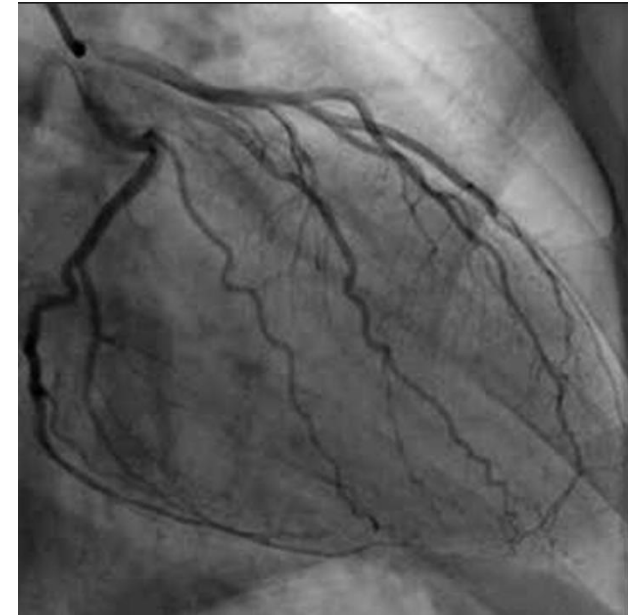
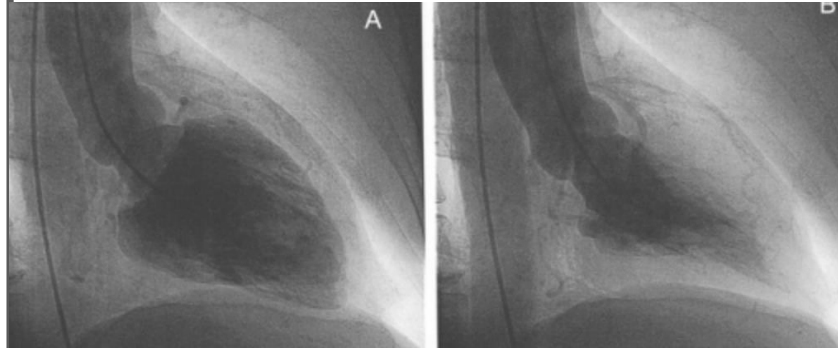
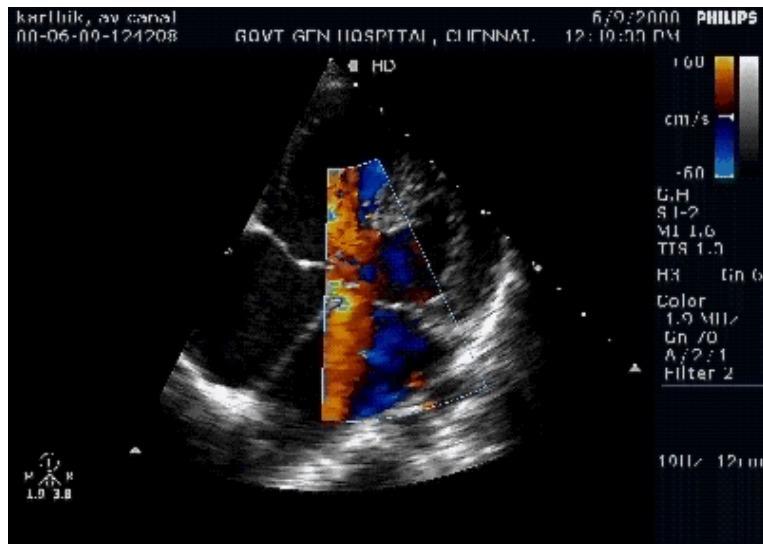
SHORTNESS OF BREATH

CHEST PAIN

DIZZINESS

SWOLLEN FEET OR LEGS

FATIGUE



Diagnosis

Treatment Options

Medication

Medication cannot correct a faulty mitral valve, but it can help reduce symptoms. Potential medications include those that affect your blood pressure, heart rate, or the amount of extra fluid in your body.

Mitral Valve Repair

If your symptoms are more severe, your mitral valve may need to be repaired. A cardiothoracic surgeon can perform a surgical procedure to remove or reshape tissue, patch holes or tears in the...

[Continue Reading](#)

Mitral Valve Replacement

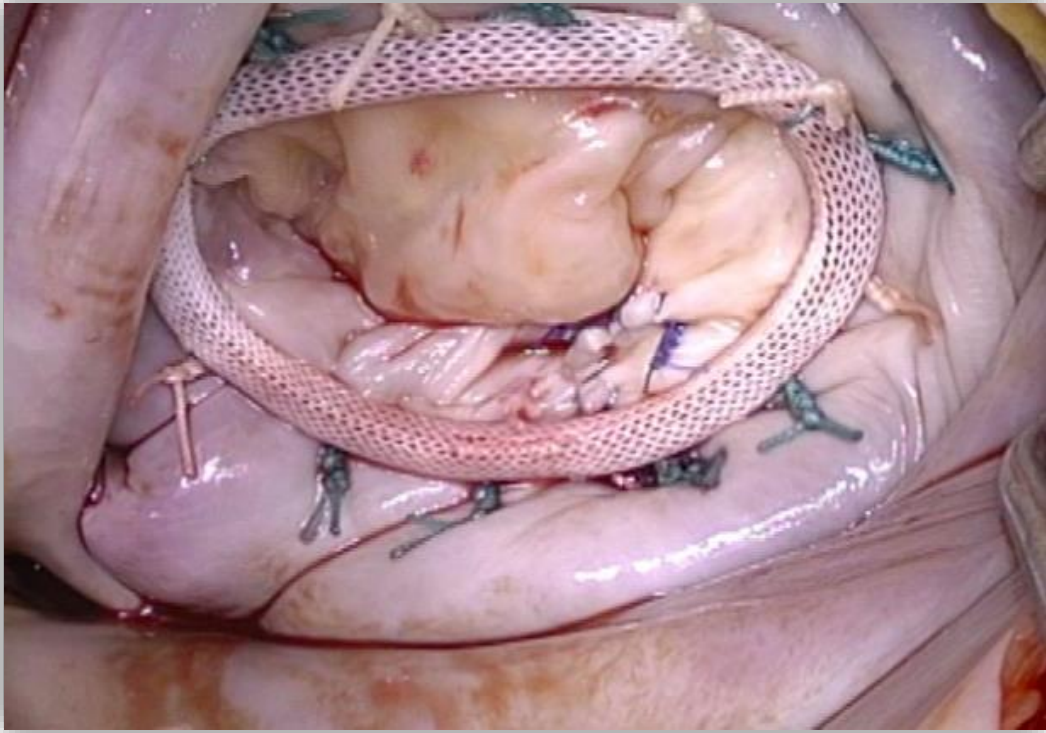
If the mitral valve is too damaged, it may need to be replaced. There are two options for mitral valve replacement—mechanical valves (metal) or biological valves (tissue)....

[Continue Reading](#)

A faulty mitral valve that is not causing symptoms may not need any treatment, and mild symptoms may be treated with medication. With more severe symptoms, surgery may be required.

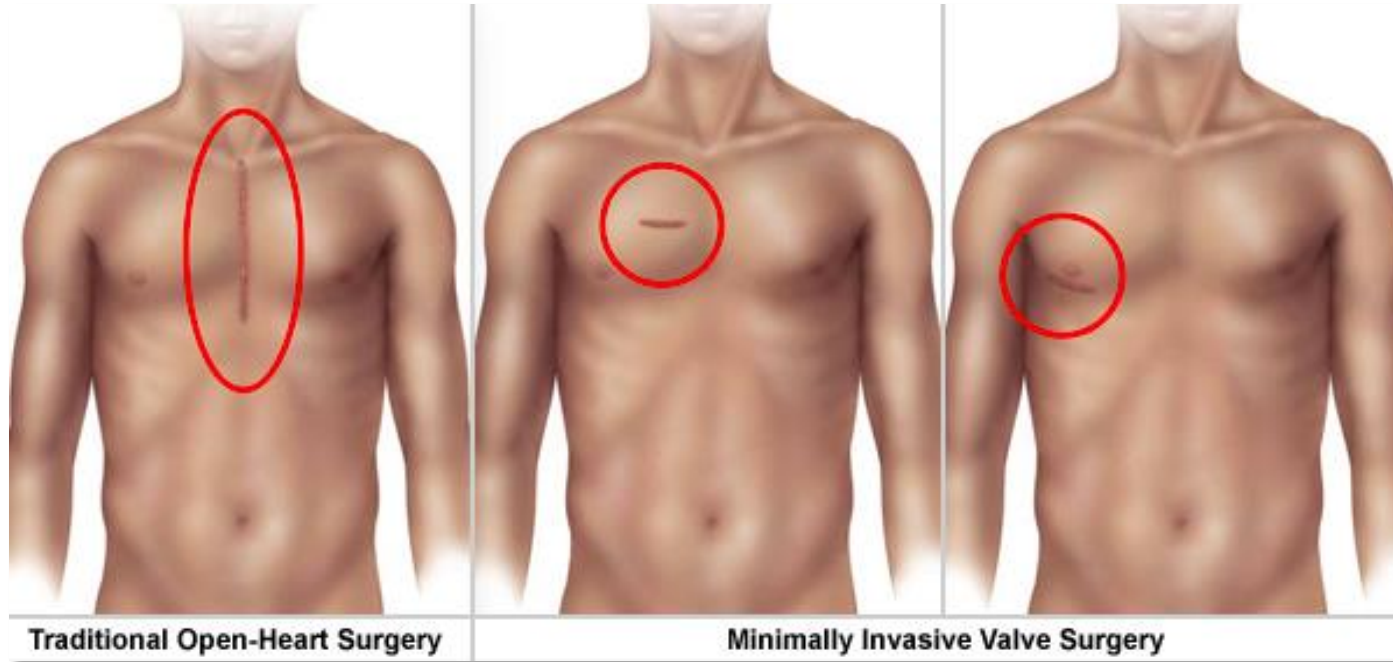


MITRAL VALVE REPAIR



MITRAL VALVE REPLACEMENT





ADVANTAGES

- Less blood loss
- Lower transfusion rate
- Lower infection risk
- Less surgical discomfort



Recovery

Most mitral valve surgeries have a low rate of complications; however, potential complications include bleeding, infection, blood clots, irregular heart rhythm, or heart attack.

1 Will my condition ever get better without treatment? Can it get worse?

2 Will I need surgery?

3 Are there any lifestyle changes I can make to avoid having surgery?

4 What are my options for replacement valves? What kind of valve do you recommend?

9 How long will I be in the hospital?

10 Will I have any restrictions after treatment? (activity, driving, etc)

11 How long will I be out of work?

12 Will I have to change my diet and/or lifestyle after treatment?

5 How often do you perform the procedure that you've recommended, and what is the success rate?

6 What are the potential side effects of this treatment?

7 Am I a candidate for minimally invasive surgery?

8 Can you walk me through the entire treatment process?

Common Questions