

Symptoms of Heart Valve Disease



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to your
heart 

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Identifying Symptoms for Heart Valve Disease

When the valves in your heart don't work properly, your heart needs to beat harder to compensate for the reduced blood flow. Over time, valve disease may progress to a point that symptoms begin to appear.



Some people with heart valve disease might not have symptoms for many years. When signs and symptoms^{1,2} occur, they might include:



Shortness of breath and/or struggling to catch your breath

You may notice this most when you are active (doing your normal daily activities like walking the dog or vacuuming) or when you lie down flat in bed.



Chest pain or discomfort

You may feel pressure or weight in your chest with activity or when going out in cold air.



Fainting

Some people feel very dizzy and some actually faint.



Weakness or dizziness

You may feel too weak to carry out your normal daily activities. Dizziness can also occur.



Fatigue

You may feel much more tired than normal or like everything takes a lot more effort than it used to, that you are slowing down and struggling to do activities you could normally do or finding it hard to keep up with your friends.



Irregular heartbeat

This may feel like a rapid heart rhythm, irregular heartbeat, skipped beats, or a flip-flop feeling in your chest.



Swelling of your ankles and feet

This is called edema and is caused by your heart losing its ability to pump blood effectively round your body.

When to see a doctor

If you think you have any symptoms of heart valve disease it is very important to visit your doctor and talk about how you are feeling as soon as possible.

Symptoms can take a long time to develop but when they do it is an important sign to your doctor that you now require treatment.

6 in 10³

heart valve disease patients didn't have or recognize their symptoms, and were only diagnosed after a regular check-up

2 of 3³

heart valve disease patients knew little to nothing about it before their diagnosis



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Information on this material includes educational information regarding certain conditions and potential therapies or treatment options. Other therapies or treatment options may be available, and you should discuss any educational information you access online with your healthcare professional. Appropriate treatment for individuals is a matter for healthcare professionals to decide in consultation with each individual.

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¹ Carabello BA. Introduction to aortic stenosis. Circ Res 2013;113:179–85.

² Mayo Clinic Staff. www.mayoclinic.com <http://www.mayoclinic.org/diseases-conditions/aortic-stenosis/basics/symptoms/con-20026329>. Accessed August 12, 2016

³ US Census Bureau 2016. American Fact Finder. <http://bit.ly/2waFWma>