

Patient Information

Mitral Valve Stenosis

BACKGROUND INFORMATION

- The mitral valve is one of the four valves in the heart. This valve allows blood to enter into the left ventricle (main pumping chamber) from the left atrium (collecting chamber for blood coming from the lungs.)
- Stenosis is a condition where the valve cannot open completely (becomes stiff), preventing normal blood flow across the valve.
- Caused either by thickening related to previous rheumatic fever or age-related “wear and tear”
- Can be closely associated with atrial fibrillation, especially as the stiffness of the valve progresses

SYMPTOMS

- Initially patients are asymptomatic.
- When the valve becomes more significantly narrowed, the most common symptoms are:
 - shortness of breath with exertion, or when laying down flat at night
 - leg swelling
 - chest pain

DIAGNOSTIC TESTS

- Listening with a stethoscope (auscultation by a physician)
- Echocardiogram (cardiac ultrasound)

TREATMENT

- Medications to treat symptoms (diuretics) and control heart rate (beta blockers)
- In certain cases, a balloon is used to “stretch out” the valve and improve the opening.
- In many cases, surgical valve replacement can be required.

FOR MORE INFORMATION or to make an appointment at URMC Cardiology at Highland Hospital, please call (585) 341-6780 or visit us online at www.highlandheart.urmc.edu