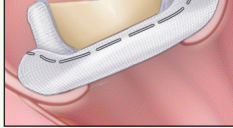




Treatment for Valve Disease

Medical Treatment

- See your doctor for regular appointments 
- Take all medicine like your doctor tells you to 
- Don't smoke 
- Eat healthy foods 
- Exercise 
- Control your blood pressure 

Surgery

- Fix your valve
- Put in a new valve 
- There are different kinds of valve surgery
 - Traditional surgery = a bigger incision 
 - Minimally invasive = smaller incisions 

Catheter Treatments

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- A catheter is a long, thin tube that can be used to fix a valve or put a new valve in place
 - TAVR uses a catheter to replace the aortic valve
 - MitraClip is a small device that helps the mitral valve close tighter
 - TMVR uses a catheter to replace the mitral valve
 - Balloon Valvotomy uses a catheter with a tiny balloon at the end. The balloon opens up a narrow mitral or aortic valve to let more blood flow through it.

Treatment for Valve Disease



Healthy Valve Tips

Tips to take care of your heart after surgery and keep untreated valve damage from getting worse:

- See your heart doctor for regular visits



- Take all your medications like your doctor tells you to



- Control your blood pressure

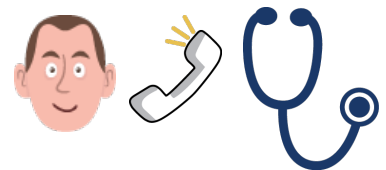


- Prevent heart valve infection (endocarditis)

- Take care of your teeth and gums –
Brush your teeth and see your dentist for regular check-ups



- Ask your doctor if you need to take medications
to prevent infection before medical or dental procedures



- Avoid dirty needles that can be used for tattoos,
body piercings, and IV drug use



- Call your doctor if you have signs of infection

