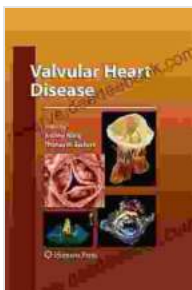


Valvular Heart Disease: A Comprehensive Guide to Contemporary Cardiology

Valvular heart disease (VHD) is a condition that affects the heart valves, which are responsible for regulating blood flow through the heart. VHD can occur when the valves become damaged, narrowed, or leaky, which can lead to a number of serious health problems.

VHD is a common condition, affecting an estimated 2.5% of the adult population in the United States. The most common type of VHD is aortic stenosis, which occurs when the aortic valve becomes narrowed. Other types of VHD include mitral regurgitation, tricuspid regurgitation, and pulmonary stenosis.



Valvular Heart Disease (Contemporary Cardiology)

by Adolph Barr

★★★★★ 5 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

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VHD can be caused by a number of factors, including:

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- Age: The risk of VHD increases with age.

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- Congenital heart defects: Some people are born with heart defects that can lead to VHD.

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- Rheumatic fever: Rheumatic fever is a bacterial infection that can cause inflammation of the heart valves.

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- Endocarditis: Endocarditis is an infection of the inner lining of the heart, which can also cause damage to the heart valves.

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- Atherosclerosis: Atherosclerosis is a hardening of the arteries, which can lead to the development of VHD.

Symptoms

The symptoms of VHD can vary depending on the type of valve that is affected. However, some common symptoms include:

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- Shortness of breath

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- Chest pain

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- Fatigue

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- Lightheadedness or dizziness

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- Palpitations

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- Swelling in the legs, ankles, or feet

Diagnosis

VHD is diagnosed through a physical examination and a variety of tests, including:

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- Echocardiogram: An echocardiogram is an ultrasound of the heart that can show the structure and function of the heart valves.

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- Electrocardiogram (ECG): An ECG is a recording of the electrical activity of the heart that can help identify any abnormalities in the heart rhythm.

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- Chest X-ray: A chest X-ray can show the size and shape of the heart and can help identify any signs of VHD.

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- Cardiac catheterization: Cardiac catheterization is a procedure in which a thin tube is inserted into the heart to measure the pressure and blood flow through the heart valves.

Treatment

The treatment for VHD depends on the type and severity of the condition. Treatment options may include:

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- Medications: Medications can be used to control symptoms of VHD and to prevent further damage to the heart valves.

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- Surgery: Surgery may be necessary to repair or replace damaged heart valves.

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- Transcatheter aortic valve replacement (TAVR): TAVR is a minimally invasive procedure that can be used to replace the aortic valve without the need for open-heart surgery.

Prevention

There are no surefire ways to prevent VHD, but there are a number of things you can do to reduce your risk, including:

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- Control your blood pressure.

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- Control your cholesterol levels.

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- Don't smoke.

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- Get regular exercise.

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- Eat a healthy diet.

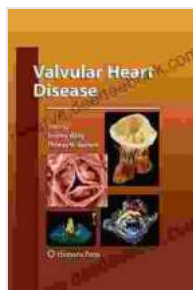
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- See your doctor regularly for checkups.

Outlook

The outlook for people with VHD depends on the type and severity of the condition. With early diagnosis and treatment, most people with VHD can

live a long and healthy life.



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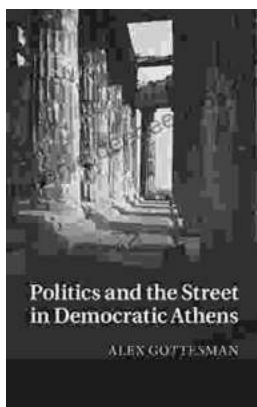
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