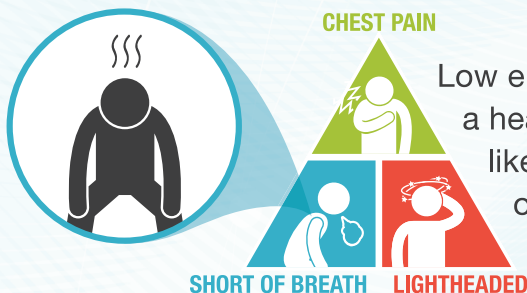


- What everyone should know about - HEART VALVES

FEELING TIRED

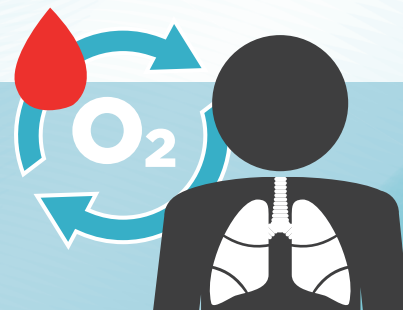
all the time isn't normal.



Low energy doesn't always mean you have a heart problem, but if you have symptoms like these, it's important to get them checked out by your healthcare provider.

What do heart valves do?

Healthy heart valves open and close to keep blood flowing in the right direction. Blood flow is important because the blood carries oxygen and nutrients to the body.



GET THE FACTS

What happens when heart valves do not work correctly?

When heart valves do not work correctly, a person might begin to notice symptoms.

Symptoms of heart valve problems can include:

- Feeling very tired or sleepy all the time
- Getting too tired to finish activities that used to be easy to do
- Fainting or feeling lightheaded and dizzy
- Chest pains or irregular-feeling heartbeats



Get regular check-ups.

Tell your healthcare provider about symptoms if you notice them.



KNOW THE SYMPTOMS



CHEST PAIN



SHORT OF BREATH



LIGHTHEADED

Talk to your doctor if you or someone you know has one or more of these symptoms.



When heart valve warning signs are missed:

- The heart may develop problems over time.
- The heart muscles can become weak.
- The area around the heart can get damaged by a valve that isn't working.

Valve problems need to be treated before damage occurs. Without treatment, some valve problems can become deadly.

Keep appointments.

If you've been told that you have a heart condition that needs to be watched, find out how often it needs to be re-checked.



For more information to help you keep your heart healthy and live well, visit heart.org/heartvalves