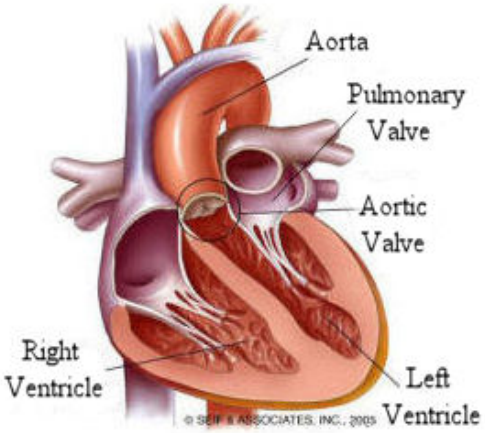
Mitral Valve Prolapse (MVP)

The mitral valve is located between the top and bottom parts of the heart on the left side. MVP is an abnormal bulging of 1 or both of the 2 mitral leaflets. The valve bulges into the top chamber (*atrium*) of the heart when the bottom chamber (*ventricle*) squeezes or contracts.

MVP is more common in females. It is an inherited problem and is usually not found until adolescence. It is not harmful and rarely needs other treatment.

PROBLEMS MAY INCLUDE:

- Chest pain.
- Palpitations.
- Anxiety.
- Panic attacks.
- Stroke, rarely.



HOME CARE INSTRUCTIONS

- Taking antibiotics before a dental or other medical procedure is no longer routine. Consult with your caregiver.
- Exercise as your caregiver instructs.
- Discuss cardiac risk factors associated with MVP with your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop frequent episodes of chest pain or an irregular heartbeat.
- You faint or pass out.
- You have severe chest pain or shortness of breath.
- You develop palpitations with weakness or dizziness.
- You have difficulty with vision or swallowing or weakness or numbness on one side of your body.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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