

Mitral Regurgitation

Mitral regurgitation - often referred to as a leaky mitral valve - is a form of heart valve disease. It happens when the valve fails to close completely. When the valve leaks, the heart can't pump blood as well.

Signs and Symptoms



Fatigue



Shortness of breath



Chest pain



Rapid fluttering heartbeat



Swollen feet/ankles



Heart Murmur

There are two types of mitral regurgitation (MR):

Primary MR (degenerative) is caused when there is a structural issue with the mitral valve or one of its components

Secondary MR (functional) is caused when there are structural changes in the left ventricle, or less commonly, the left atrium.

Monitoring and Treating Mitral Regurgitation (MR)

Your healthcare professional will monitor your condition using echocardiograms (ultrasounds of the heart) to identify the type of MR, assess severity, and track progression. Based on these results, your MR may be classified as mild, moderate, or severe.

Treatment Options for MR

Medical Management

Medications and lifestyle changes, like reducing fluid intake and tracking your weight, can help manage symptoms. Although these treatments don't repair the leaky valve, they may be the most appropriate approach during the "watchful waiting" period or for individuals who are not candidates for procedures or opt against it.

Catheter-Based Treatments

A mitral valve repair or replacement can be performed through a catheter to help reduce regurgitation in some patients

Surgical Options

Your health care team may recommend open-heart surgery to repair or replace the mitral valve.

Having regular check-ups with your health care team ensures your condition is managed properly.