



DISCUSS ALL TREATMENT OPTIONS WITH YOUR DOCTOR.

Your doctor can describe the risks and benefits and help you decide which option is right for you.

**If you have primary or
secondary mitral regurgitation,
explore your treatment options.**

**The right treatment can help
you feel better and improve
your quality of life.**

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Abbott

3200 Lakeside Dr., Santa Clara, CA 95054 USA,
Tel: 1.800.227.9902

www.structuralheart.abbott

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UNDERSTANDING MITRAL REGURGITATION

**Important Information
and Treatment Options
for Patients with a Leaking
Heart Valve**



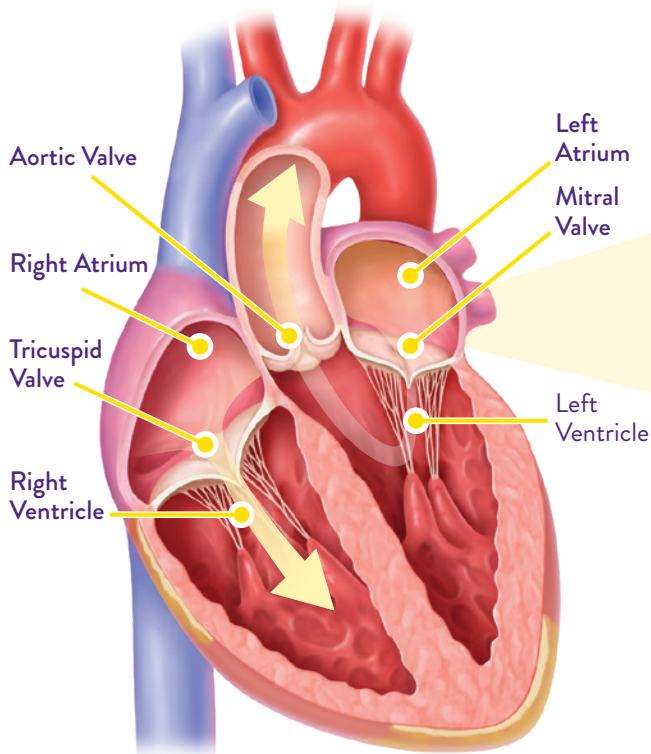
UNDERSTANDING YOUR HEART

HOW YOUR HEART WORKS

Your heart beats thousands of times per day, pumping dozens of gallons of blood each hour. It pumps blood through your lungs, where the blood is replenished with oxygen, and pumps it back out to the rest of your body.

The heart has four chambers; the upper two chambers are called the **left atrium** and **right atrium**, and the lower two are called the **left ventricle** and **right ventricle**.

Heart valves are the doorways between these chambers. They open to let blood pass from one chamber to the next, closing quickly between heartbeats so blood does not flow backward.



Note: pulmonary valve not shown

MITRAL REGURITATION CAN CAUSE **ANY** OF THE FOLLOWING SYMPTOMS:

- Shortness of breath
- Fatigue
- Coughing
- Lightheadedness/fainting
- Swollen feet or ankles
- Excessive urination
- Inability to exercise

If you're experiencing any of these symptoms, talk to your doctor. Left untreated, mitral regurgitation may lead to congestive heart failure and eventually death.

THE MITRAL VALVE AND MITRAL REGURITATION

The **mitral valve** is the valve between the left atrium and left ventricle of your heart. In a normally functioning mitral valve, blood flows in a single direction between the left atrium and left ventricle. When your mitral valve's two leaflets (or flaps) do not close properly, some blood flows backward through the valve back into the left atrium. This is called **mitral regurgitation** (or **MR**) and may also be referred to as a **leaking heart valve**.

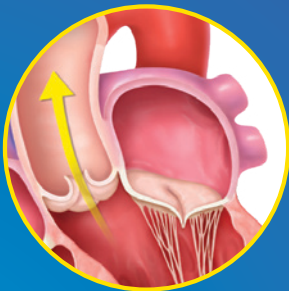
To compensate and keep blood flowing through the body, the left ventricle pumps harder. This strain can lead to other heart complications which can be more serious if there is heart failure present.



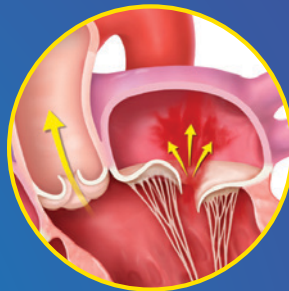
THERE ARE 2 TYPES OF MITRAL REGURGITATION (MR)

One type of mitral regurgitation is called **primary MR** (also called degenerative or organic). It is caused by an abnormality in the mitral valve itself. Primary MR can be related to age, a valve abnormality present from birth, heart disease, coronary artery disease, or a history of rheumatic fever.

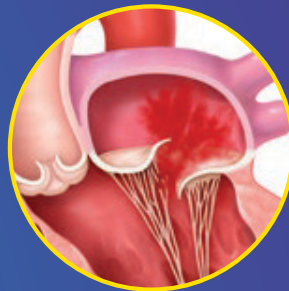
The other type is called **secondary** (or functional) **mitral regurgitation**. It is caused by heart disease that leads to an enlarged left ventricle which prevents the valve from closing properly. This enlarging of the ventricle is most common in heart failure patients.



Normally functioning
mitral valve



Primary mitral regurgitation
Prolapse



Primary mitral regurgitation
Flail



Secondary mitral regurgitation

WHAT ARE YOUR TREATMENT OPTIONS?

There are multiple options to treat your mitral regurgitation. Mitral regurgitation can only be effectively treated with interventional methods: medications, mitral valve surgery, or transcatheter mitral valve repair. You will be evaluated by a team of heart doctors to determine which treatment option is right for you.

MEDICATIONS

There are medications available to improve your heart's function and reduce symptoms, such as fluid build up in your lungs, but such medical therapy often do not address the underlying problem with your mitral valve.

MITRAL VALVE SURGERY

If your mitral regurgitation type is primary, there are two options for surgical treatment: mitral valve repair or mitral valve replacement. Repair of the natural valve is preferred over replacement. If the valve cannot be repaired, it is replaced with an artificial valve.

While open-heart surgery is an effective treatment for primary mitral regurgitation, your doctor may suggest an alternative treatment due to your age, advanced heart failure, or other serious medical conditions.

TRANSCATHETER MITRAL VALVE REPAIR

Transcatheter mitral valve repair (TMVr) is a minimally invasive procedure that may be an option for patients with severe mitral regurgitation. Unlike open-heart surgery, this procedure does not require opening the chest and temporarily stopping the heart. In this procedure a clip will be implanted via a catheter through a small incision in your leg, onto the center of your mitral valve leaflets. This reduces mitral regurgitation, and the valve continues to open and close on either side of the clip, allowing blood to flow through.



**REPAIR YOUR
LEAKING HEART VALVE.
RECLAIM YOUR LIFE.**

**For more information on mitral
regurgitation and potential treatment
options go to [KnowMoreMR.com](https://www.knowmoremr.com)**



Open smart phone camera and
hover over the QR graphic above.