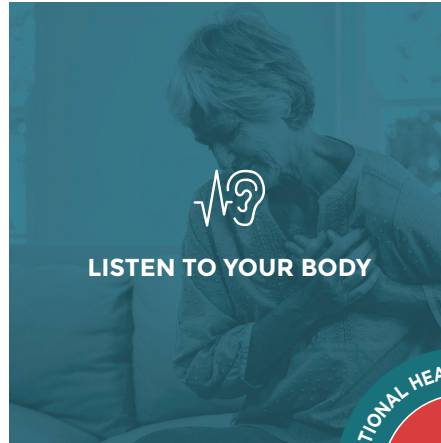


Symptoms of valve disease may be dismissed as a “normal” part of aging so watch for shortness of breath, weakness, dizziness, tightness in the chest, and fatigue

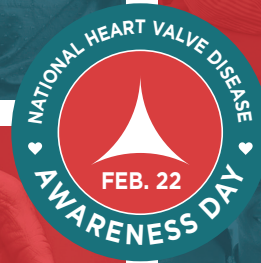


Detecting valve disease can be as simple as a routine check with a stethoscope or an echocardiogram—so see your healthcare professional regularly—especially if you have risk factors

Valve disease becomes more common with age—1 in 10 Americans older than 75 have the disease—and previous heart conditions, congenital abnormalities, and infections that impact the heart also put you at heightened risk



Help raise awareness by joining the National Heart Valve Disease Awareness Day campaign and teach your loved ones about this serious disease





**As many as 11.6 million Americans are estimated to have heart valve disease**  
yet **3 out of 4** Americans  
know little to nothing about it

Heart valve disease can be disabling and deadly but can usually be successfully treated in patients of all ages. This makes recognizing symptoms and getting a diagnosis critical so make sure you and your loved ones *Listen to Your Heart*

