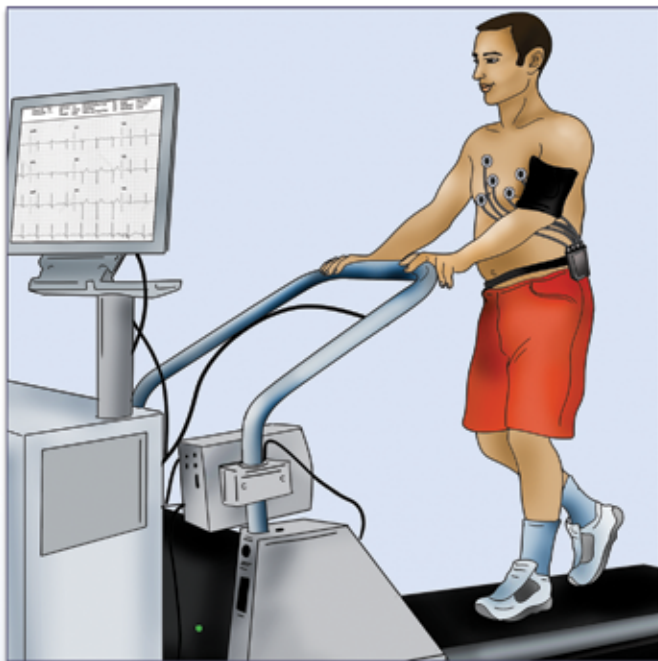


## Treadmill or bicycle exercise test

Stickers are placed on the chest to record the electrical activity of the heart. You are then asked to walk on a treadmill or pedal on a bike whilst your blood pressure and heart rate are monitored. During the bike test we also take ultrasound pictures of the heart.



## Do I need to change my lifestyle?

As with any type of heart disease, it is important that you follow a healthy diet and keep your weight within a normal range. If you smoke it is advisable that you stop. Your GP can guide you to support to help you stop smoking. Most patients with valve disease will be encouraged to take regular gentle exercise but you should check this with your healthcare professional. If you are planning pregnancy, you should discuss this with your healthcare professional first and let them know immediately if you become pregnant. Patients with heart valve disease should maintain good oral hygiene and visit the dentist regularly.

## What symptoms should I look out for when I have heart valve disease?

You may have been referred to the Complex Valve Assessment clinic if you have developed symptoms of heart valve disease and these will be fully assessed when you attend.

If your symptoms change following your assessment then it is important that you inform your healthcare professional.

### Important symptoms to be aware of:

- Increasing shortness of breath (especially on exertion or when lying flat in bed)
- Severe or increasing ankle swelling
- Chest pain or tightness
- Dizziness or blackouts on exertion
- Recurrent fevers and/or unintentional weight loss

## Consultant Cardiologist

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## Consultant Cardiac Scientist

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# PATIENT INFORMATION LEAFLET

## The Complex Valve Assessment Clinic

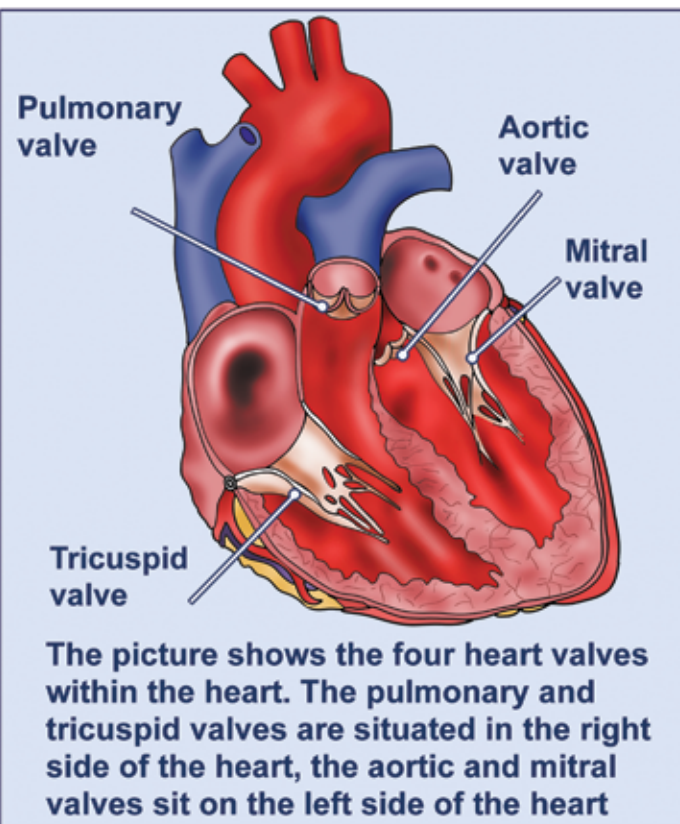


## MANCHESTER HEART VALVE TEAM



### **What are Heart Valves?**

There are four valves in the heart. They allow blood to be directed around the heart and when working normally allow the blood to flow in one direction. They open and close with every heartbeat - that's 100,000 times a day!



### **What is Heart Valve disease?**

Heart valve disease is a term used to describe heart valves which are not functioning normally. Sometimes people are born with abnormal heart valves (congenital abnormalities) or the valve disease can be acquired due to degeneration (wear and tear), infection or previous rheumatic fever.

When valves do not function correctly they either become stenosed (narrowed) or regurgitant (leaky).

Heart valve disease is usually diagnosed when the doctor listens to your heart and hears a murmur. The term murmur is used to describe a sound caused by abnormal blood flow across a diseased heart valve.

Most of the time, heart valve disease does not cause any symptoms but simply needs monitoring. If treatment of valve disease is necessary, options for treatment include open heart surgery (heart valve repair or replacement) and keyhole valve replacement or repair techniques.

### **What is the Complex Valve Assessment Clinic?**

This is a Specialist Clinic at Wythenshawe Hospital. You will usually be referred to this clinic by a Consultant Cardiologist, your GP or a Cardiac Surgeon.

There is a telemedicine clinic (telephone discussion) where you will be consulted by a Consultant Cardiac Scientist who will ask you about your symptoms. Based on this discussion you will be offered a face to face clinic appointment the following week to undertake any diagnostic tests. During this appointment a management plan will be decided between yourself, the Consultant Cardiac Scientist and a Cardiologist

Once you have been seen in clinic you will be referred to the Nurse-led valve surveillance clinic, to a Consultant Cardiologist or a Cardiac Surgeon.

### **What should I bring to clinic?**

Please bring your current medication list along with you. Wear clothes that are comfortable and easy to change in and out of. Please also wear comfortable footwear without a heel. Expect to spend around 2 hours within the cardiology department on the day of your appointment.

### **What tests will I need?**

The tests you will need will depend on your heart valve condition. You may have more than one test which may include:

#### **• Electrocardiogram (ECG)**

Stickers are placed on the chest and the electrical activity of the heart is recorded.



#### **• Echocardiogram (Echo)**

During an echocardiogram (echo or cardiac ultrasound) an ultrasound probe is placed on the chest and moving pictures of the heart are produced. The test takes around 30 minutes.

#### **• Blood tests**

These usually include basic checks for anaemia and kidney function. We also often measure a specialist heart function test known as BNP.