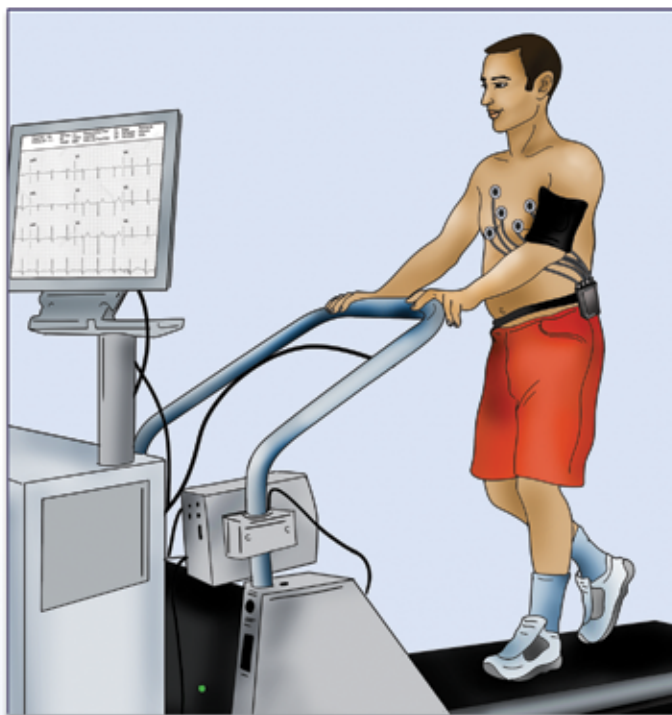


• Treadmill exercise test

Stickers are placed on the chest to record the electrical activity of the heart. You are then asked to walk on a treadmill whilst your blood pressure and heart rate are monitored.



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?

Heart valve disease is a chronic condition and you will be monitored by our clinic regularly.

If you experience any problems in between clinic appointments then it is important that you let your healthcare professional know.

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

Research

We are a Teaching Hospital and Specialist Cardiac Centre and as part of this are involved in research studies. You may be approached by a member of the research team to participate in a study. Many patients find this a rewarding and interesting experience. It is entirely your decision to take part and if you decide not to your treatment will not be affected in any way.

Nurse Led Valve Surveillance Clinic

Cardiology Dept
Wythenshawe Hospital
Southmoor Road
Manchester M23 9LT

Tel: 0161 291 4614

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Design: © Dr Laura Dobson



Manchester University
NHS Foundation Trust

PATIENT INFORMATION LEAFLET

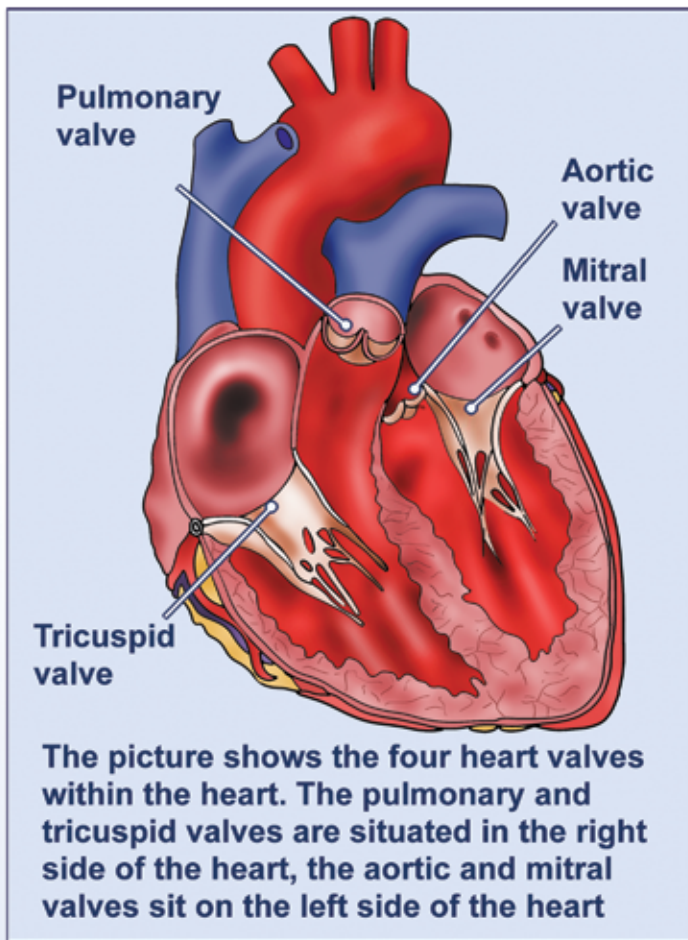
The Nurse Led Specialist Valve Clinic



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 Nurse-Led Specialist Valve Clinic?

This is a Specialist Clinic at Wythenshawe Hospital. You will usually be referred to this clinic by a Consultant Cardiologist.

Appointments offered will either be face to face or telephone appointments, depending on your underlying heart valve condition. In most cases you will be invited to the hospital for an echocardiogram prior to your appointment.

At each clinic appointment you will be reviewed by a senior cardiac specialist nurse who will ask you about your symptoms and will request any necessary tests. Your follow up appointment will be arranged in line with guidelines on valve disease. The clinic is overseen by Consultant Cardiologists with a special interest in heart valve disease.

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. Expect to spend around 2 hours within the cardiology department on the day of your appointment.

What tests will I need?

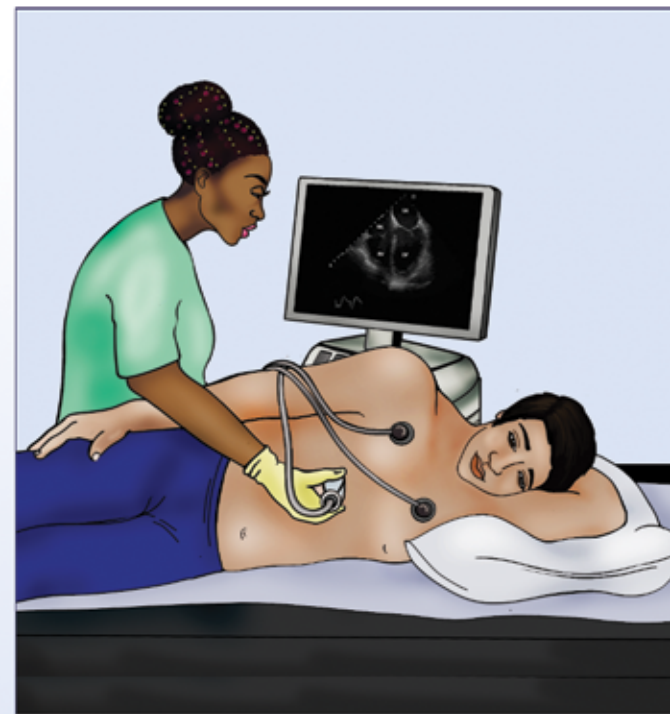
Heart valve disease is a chronic (long-term) condition and you will undergo tests as part of the monitoring programme. These tests may include the following:

• *Electrocardiogram (ECG)*

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

• *Echocardiogram (Echo or cardiac ultrasound)*

During the test an ultrasound probe is placed on the chest and moving pictures of the heart are produced. The test takes around 30 minutes.



• *24 hour ECG / Heart Monitor*

Three stickers are placed on the chest attached to a battery pack. You take this device home and wear it for 24 hours to monitor your heart over a prolonged period.