

HEART TO HEART: WOMEN & VALVE DISEASE

Valve Disease Quiz

Find out how much you have learned about valve disease from this workshop including what to look for, the causes and risk factors, how it's treated, and more. Take the answer key with you and use it to start a conversation with your health care professional if you have any questions about your risk factors, diagnosis, or treatment.

1. True or False? A valve is a thin leaflet of tissue in the heart that allows the blood to move back and forth between heart chambers and with the right amount of force.
 True False
2. True or False? Valve disease only affects the mitral and aortic valves.
 True False
3. What is the correct term for a sticky, narrowed, or stiff valve that does not fully open to allow enough blood to flow through?
 Regurgitation
 Stenosis
 Bicuspid
 Insufficiency
4. True or False? Regurgitation is when a valve leaks.
 True False
5. Which of the following types of valve disease is not very common?
 Mitral valve prolapse
 Aortic stenosis
 Aortic regurgitation
 Pulmonary stenosis
6. Which of the following are risk factors for valve disease? (Check all that apply)
 Older age
 Rheumatic fever
 Previous heart attack
 Bicuspid valve
7. True or False? Valve disease is more common in men than women.
 True False
8. Which of the below is not a symptom of valve disease?
 Shortness of breath
 Fatigue
 Swelling in the ankles, feet, or belly
 Vision problems

9. True or False? Some people with valve disease do not experience any symptoms.

- True False

10. Which test is not used for diagnosis of valve disease?

- Stethoscope
- Blood test
- Electrocardiogram
- Echocardiogram
- Stress Test
- Chest x-ray
- Cardiac catheterization

11. True or False? Women with valve disease have a worse prognosis than men.

- True False

12. Valve disease can lead to which of the following complications if left untreated?

(Check all that apply)

- Congestive heart failure
- Stroke
- Other heart disease
- Death

13. True or False? Prescribed medications can undo damage or cure valve disease.

- True False

14. If valve disease is not yet serious enough for repair or replacement, how often should it be monitored?

- Every 3 to 6 months
- Every 6 to 12 months
- Every 1 - 2 years
- Only when symptoms develop

15. True or False? In most cases of symptomatic valve disease, the only way to treat it is to repair or replace the valve.

- True False

16. True or False? Only younger patients are candidates for valve replacement.

- True False

17. True or False? Most valve patients stay in the hospital for at least 2 months after surgery.

- True False

You can also access other important resources on valve disease—including pocket films, a consumer brochure, expert videos, and expert podcasts—at the Alliance for Aging Research Valve Disease page. (www.agingresearch.org/valve_disease).