HEART MURMUR DISEASE

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INTRODUCTION:

• Both adults and children frequently have heart murmurs, which are frequently detected during standard medical exams. When the blood flow through the heart gets turbulent, it produces a sound known as a heart murmur.
DEFINITION

Heart murmurs can be completely unimportant, or they can signify a dangerous underlying medical issue. We will explore the causes, signs, prognosis, and treatment of cardiac murmurs in this essay, as well as some unusual and fascinating facets of the subject.

The French physician Laennec first described a cardiac murmur in writing in 1761. He recounted a "murmur-like" sound he heard while using a wooden stethoscope to listen to a patient's chest. Doctors can now learn more because of technological and diagnostic advancements over time.
TWO MAIN TYPES OF HEART MURMURS

1- Innocent murmurs are also known as functional or physiologic murmurs. They are usually harmless and occur in otherwise healthy individuals, often during childhood or adolescence. Innocent murmurs are caused by normal blood flow through the heart and are not associated with any underlying heart problems.
2-A NORMAL MURMURS

HEART MURMUR TYPES CONTINUE.

ABNORMAL MURMURS

2-ABNORMAL MURMURS

SYSTOLIC MURMURS: THESE OCCUR DURING THE HEART'S CONTRACTION PHASE AND CAN BE CAUSED BY VALVE ISSUES, SUCH AS AORTIC STENOSIS OR MITRAL STENOSIS.

DIASTOLIC MURMURS: THESE OCCUR DURING THE HEART'S RELAXATION PHASE AND CAN ALSO BE CAUSED BY VALVE ISSUES, SUCH AS AORTIC REGURGITATION OR MITRAL REGURGITATION.

CONTINUOUS MURMURS: THESE OCCUR THROUGHOUT BOTH THE HEART'S CONTRACTION AND RELAXATION PHASES AND CAN BE CAUSED BY A NUMBER OF CONDITIONS, SUCH AS A PATENT DUCTUS ARTERIOSUS OR A PATENT DUCTUS ARTERIOSUS MALFORMATION.
CAUSES OF HEART MURMUR

Valvular heart disease: Heart murmurs can be caused by problems with the heart's valves, such as aortic stenosis, mitral regurgitation, or tricuspid regurgitation.

Congenital heart defects: Some heart murmurs are present at birth and are caused by structural abnormalities in the heart, such as a hole in the heart or a narrow valve.

Cardiomyopathy: This is a disease of the heart muscle that can cause the heart to become enlarged, thickened, or rigid, leading to abnormal blood flow and the development of a heart murmur.
DIAGNOSIS

1. **Physical exams**: During a physical exam, a healthcare provider will listen to your heart using a stethoscope to check for abnormal sounds or murmurs.

2. **Imaging tests**: Imaging tests, such as echocardiograms, can provide detailed images of the heart's structure and function.

3. **Electrocardiograms (EKGs)**: Measure the electrical activity of the heart and can help identify any abnormalities in the heart's rhythm or conduction system.
1. **Observation**: Innocent heart murmurs or mild valve abnormalities may not require any treatment.

2. **Medications**: may be used to manage symptoms or to treat underlying conditions. For example, diuretics may be prescribed to reduce fluid buildup in the body, beta-blockers may be used to control high blood pressure or slow the heart rate.

3. **Procedures**: Some heart murmurs may require procedural interventions, such as catheter-based treatments or surgery. For example, a damaged heart valve may need to be repaired or replaced, or a hole in the heart may need to be closed.
I am conducting this research on this topic is because my young sister had a heart murmur and passed away due to the condition. I am interested in learning more about heart murmurs and the causes, symptoms, diagnosis, and treatment options associated with this condition.

By researching this topic, I am taking an important step in understanding my sister's condition and potentially identifying any risk factors or warning signs in myself or my loved ones. It is important to remember that while heart murmurs can be serious, they are not always life-threatening, and with proper diagnosis and treatment, many people with heart murmurs are able to lead healthy and fulfilling lives.
**CONCLUSION**

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<tr>
<th>Heart murmurs can be harmless or indicate a serious underlying medical issue.</th>
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<tr>
<td>Regular medical checkups are important to detect any unusual noises in the heart.</td>
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<td>Early detection and treatment can improve the long-term prognosis for patients with heart murmurs.</td>
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<td>Technological and diagnostic advancements have helped medical professionals better understand the causes and concerns related to heart murmurs.</td>
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<td>Treatment for heart murmurs can range from medicine to surgery, depending on the underlying cause.</td>
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<td>Patients can benefit from being aware of and understanding cardiac murmurs.</td>
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RESOURCES

- https://www.heart.org/en/health-topics/heart-murmurs
- https://www.mayoclinic.org/diseases-conditions/heart-murmurs/symptoms-causes/syc-20373171
- https://www.cdc.gov/heartdisease/index.htm
- https://jamanetwork.com/journals/jama/article-abstract/244385