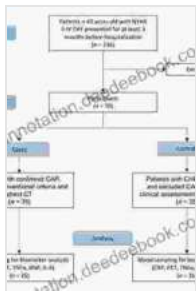


Functional Mitral Regurgitation: Signs, Symptoms, Causes, and Treatment Options

Functional mitral regurgitation (FMR) is a heart condition that occurs when the mitral valve does not close properly, causing blood to leak back into the left atrium. The mitral valve is one of four valves in the heart that help to keep blood flowing in the correct direction. When the mitral valve does not close properly, it can cause a number of problems, including shortness of breath, fatigue, and chest pain.



Functional Mitral and Tricuspid Regurgitation: Pathophysiology, Assessment and Treatment

by Kevin Manat

★★★★★ 5 out of 5

Language : English
File size : 4354 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 423 pages



FMR is a common condition, affecting up to 10% of the population. It is more common in women than in men and is most often seen in people over the age of 50. FMR can be caused by a variety of factors, including:

- Heart disease
- Cardiomyopathy

- Mitral valve prolapse
- Papillary muscle dysfunction
- Left ventricular enlargement
- Atrial fibrillation
- Hypertension
- Diabetes
- Obesity

The symptoms of FMR can vary depending on the severity of the condition. Some people with FMR may not experience any symptoms, while others may experience a range of symptoms, including:

- Shortness of breath
- Fatigue
- Chest pain
- Palpitations
- Lightheadedness
- Swelling in the legs, ankles, and feet

If you experience any of these symptoms, it is important to see your doctor to rule out other potential causes. Your doctor will likely perform a physical exam and order a number of tests, including an echocardiogram, to diagnose FMR.

The treatment for FMR will vary depending on the severity of the condition. Some people with FMR may not need any treatment, while others may need medication, surgery, or a combination of both. Medications that are used to treat FMR include diuretics, beta-blockers, and ACE inhibitors. Surgery may be necessary to repair or replace the mitral valve. The type of surgery that is performed will depend on the underlying cause of the FMR.

FMR is a serious condition, but it can be managed with proper treatment. If you have been diagnosed with FMR, it is important to follow your doctor's recommendations and to make lifestyle changes to improve your heart health. Lifestyle changes that can help to improve heart health include eating a healthy diet, getting regular exercise, and quitting smoking.

Outlook for Functional Mitral Regurgitation

The outlook for people with FMR depends on the severity of the condition and the underlying cause. People with mild FMR may have a normal life expectancy, while people with severe FMR may have a shortened life expectancy. The outlook for people with FMR can be improved with proper treatment and lifestyle changes.

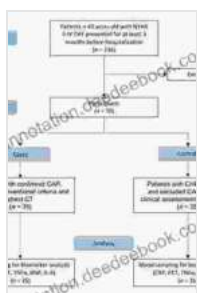
Preventing Functional Mitral Regurgitation

There is no surefire way to prevent FMR, but there are a number of things you can do to reduce your risk of developing the condition, including:

- Eat a healthy diet
- Get regular exercise
- Quit smoking
- Control your blood pressure

- Manage your diabetes
- Maintain a healthy weight

If you have any of the risk factors for FMR, it is important to see your doctor regularly for checkups. Early diagnosis and treatment can help to improve the outlook for people with FMR.

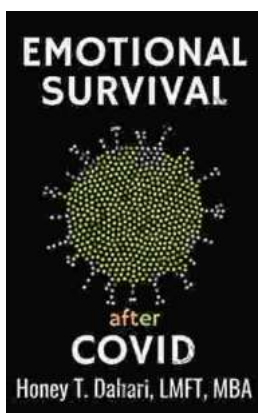


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