



Ask your doctor to listen to your heart

A nationwide campaign aiming to raise awareness around the symptoms of **heart valve disease** is being run in July and August. There will be adverts on Family Health Diaries on TV1 with Jude Dobson and on radio and digital platforms. You may notice more patients coming in and asking for a Heart Check.



The main messages to the public are:

1. Common symptoms of heart valve disease are breathlessness, fatigue, and chest pain^[1].
2. If you are over 65 you should ask your doctor to listen to your heart regularly during a normal appointment.

**1 in 8 people over 75 have Aortic Stenosis^[2] –
Listening to a heart murmur could be a clear indication of AS^[3].**

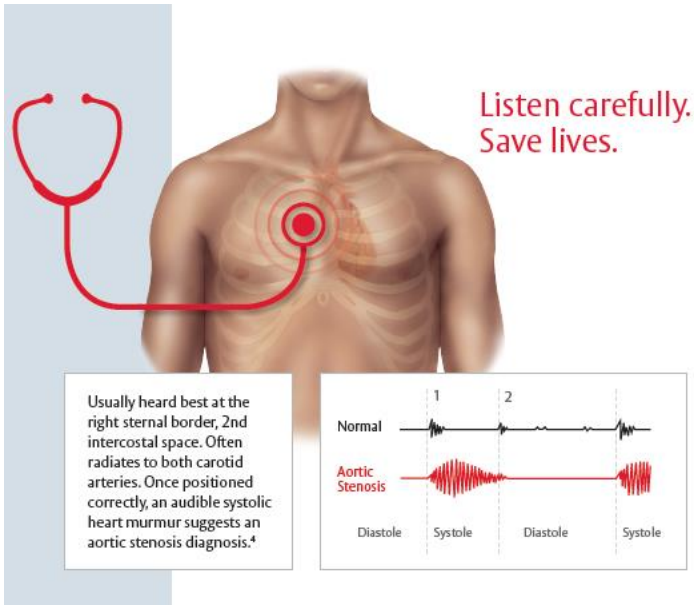
Please take a moment now to visit and hear what you should listen for:

<https://boards.edwards.com/newzealand/hear-the-heart>

^[1] Cherif L. H. et al, Segmentation of Heart Sounds and Heart Murmurs. Journal of Mechanics in medicine and Biology. 2008;8(4):549-559

^[2] Nikomo VT, Gardin JM, Skelton TN et al. Burden of valvular heart diseases: a population-based study. Lancet 2006;368:1005–11

^[3] HAMZA CHERIF, L., Debbal, S. M., & Bereksi-Reguig, F. (2008). Segmentation of heart sounds and heart murmurs. Journal of Mechanics in Medicine and Biology, 8(04), 549-559.



For further information visit newheartvalve.co.nz

Information on this material includes educational information regarding certain conditions and potential therapies or treatment options. Other therapies or treatment options may be available and you should discuss any educational information you access online with your healthcare professional. Appropriate treatment for individuals is a matter for healthcare professionals to decide in consultation with each individual.

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