

## MITRAL REGURGITATION:

# Key Questions for Your Physician

This guide and symptom tracker can assist you in discussions with your doctor during appointments. It can help you and your doctor assess the severity of your mitral regurgitation (MR), evaluate your treatment needs, and address your expectations and concerns.



### Important topics to discuss with your doctor:

- Share your health history and any medications you are currently taking.
- Status of your most recent echocardiogram.
- Changes in your ability to carry out daily activities in the past six months.
- Your overall health and well-being right now.
- If you've been sleeping more than usual or finding it difficult to lie down comfortably.



### Some questions you might want to ask your doctor about:

- What caused my MR?
- What will happen to me if mitral regurgitation continues?
- How will I know if my medication is working/ if I need to adjust?
- What's the difference between repair and replacement?
- How do we decide which treatment is best (medications, repair, or replacement)?
- Are there any other options if I am too high risk for major surgery?
- Are there any activities I should be avoiding?
- How will I know if my MR is getting worse?
- What can I do to stay as healthy as I can?
- At what point should I see a valve specialist?
- How often should I come in for follow-up visits?



### Write down any other questions or concerns you wish to discuss:

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# Mitral Regurgitation Symptom Tracker

Print out copies of the tracker below and complete it monthly to give you and your doctor a better idea of your overall health.

**Date:** \_\_\_\_\_

**Weight:** \_\_\_\_\_ Lbs      Kg

**Blood pressure:** \_\_\_\_\_

**Medications for MR:**

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## Are your symptoms worsening while doing your daily activities?

If you're noticing an increase in difficulty while performing your everyday tasks and exercises, it may be time to speak with your doctor about it.



### Fatigue

(Unusual tiredness with limited activity)

Never      Sometimes      Often      Always



### Heart palpitations

(Your heart skipping a beat or fluttering)

Never      Sometimes      Often      Always



### Dry, hacking, cough

Never      Sometimes      Often      Always



### Shortness of breath

(Feeling out of breath upon exertion, at night or when lying down)

Never      Sometimes      Often      Always



### Fainting

Never      Sometimes      Often      Always



### Swollen ankles or feet

Never      Sometimes      Often      Always



### Chest pain

Never      Sometimes      Often      Always



### Dizziness

Never      Sometimes      Often      Always

## If you experience these symptoms, how does it disrupt your day?

Barely notice it

Causes some issues

I need to stop what I'm doing

# Discuss all treatment options with your doctor

Your doctor can describe the risks and benefits to help you decide which option is right for you.

## Your doctor's information:

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

## References:

Mayo Clinic. Mitral Valve Regurgitation. Accessed June 17, 2025.

American Heart Association. Problem: Mitral Valve Regurgitation. May 24, 2024. Accessed June 16, 2025.

Cleveland Clinic. Can a Cough Be Related to Heart Issues? May 5, 2022. Accessed June 16, 2025.

Phoenix Heart | Vein | Vascular. 6 Symptoms of Mitral Regurgitation. October 6, 2022. Accessed June 16, 2025.

The information provided is not intended for medical diagnosis, treatment or as a substitute for professional medical advice. Consult with a physician or qualified healthcare provider for appropriate medical advice.

## Abbott

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