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Revealing the Complexity: Exploring the Disarranges of Heart Valves

Han Lee*

Department of Biomedical Engineering, Amirkabir University of Technology, Iran

DESCRIPTION

The heart, an intricate symphony of chambers and valves, serves as the vital engine of the human body's circulatory system. The heart valves play a crucial role in maintaining unidirectional blood flow, ensuring efficient circulation of oxygen-rich blood to the body's tissues and organs. However, like any finely tuned mechanism, the heart's valves are susceptible to disorders that can disrupt their function, leading to a range of cardiovascular complications. In this article, we delve into the complexities of heart valve disorders, exploring their types, causes, symptoms, diagnosis, and treatment options, shedding light on the challenges they pose and the advancements in medical care that address them. The heart has four valves: The aortic valve, the pulmonary valve, the mitral valve, and the tricuspid valve. These valves open and close with each heartbeat, ensuring blood flows in the correct direction. Heart valve disorders, also known as valvular heart diseases, occur when one or more of these valves do not function properly, leading to disruptions in blood flow. These disorders can be broadly categorized into two main types: Valvular stenosis and valvular regurgitation. Valvular stenosis occurs when a heart valve becomes narrow, restricting blood flow through the valve. This can be caused by the thickening and stiffening of valve leaflets, leading to decreased blood flow from one chamber to another. Valvular regurgitation, also known as insufficiency or incompetence, occurs when a valve does not close properly, causing blood to leak backward. This reduces the efficiency of the heart's pumping action and can lead to enlargement of the heart chambers. Some individuals are born with heart valves that are abnormally structured or positioned, increasing the risk of valvular disorders later in life. With age, heart valves can become calcified or thickened, affecting their ability to open and close properly. Untreated streptococcal infections, such as strep throat, can lead to rheumatic fever, which can damage heart valves. Bacterial infections affecting the inner lining of the heart can damage heart valves and cause inflammation. Long-term wear and tear on heart valves can lead to degenerative changes, compromising their function. Certain conditions like Marfan syndrome, systemic lupus erythematosus, and certain types of connective tissue disorders can also increase the risk of heart valve disorders. Difficulty breathing, especially during physical activity or while lying flat, is a common symptom of heart valve disorders. Feeling excessively tired or exhausted, even with minimal exertion, can indicate compromised heart valve function. Chest pain or discomfort, also known as angina, can occur due to reduced blood flow to the heart muscles. Heart palpitations, rapid heartbeat, or irregular rhythms (arrhythmias) may be present in valvular disorders. Heart valve disorders are complex conditions that can significantly impact cardiovascular health and overall well-being. Recognizing the symptoms, diagnosing accurately, and implementing appropriate treatment strategies are crucial to improving patient outcomes and ensuring a better quality of life. As medical science continues to advance, innovative procedures and interventions offer hope to individuals affected by heart valve disorders. By raising awareness, promoting early detection, and exploring the full spectrum of available treatments, the medical community can continue to make strides in effectively managing these disorders and guiding.

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CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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Corresponding author Han Lee, Department of Biomedical Engineering, Amirkabir University of Technology, Iran, E-mail: han.lee@bme.aut.ac.ir

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