

# Pulmonary Stenosis

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## WHAT IS PULMONARY STENOSIS?

**Pulmonary stenosis means that your pulmonary valve may be too thick and stiff to open easily.**

This valve opens to let blood flow from your heart to your lungs. With pulmonary stenosis, your right ventricle can also become thicker and more muscular (hypertrophied) as it has to work harder to pump blood through the valve to your lungs.

Some young people with pulmonary stenosis may not need any treatment at all, even as they grow older. But for others, your valve can become more narrowed as time goes by and will need treating.

If your pulmonary valve is severely narrowed, you will need treatment shortly after your diagnosis is made. Many young people have a procedure called balloon valvuloplasty, but if your valve is not suitable for this procedure then surgery will be required.

### THINGS TO TALK ABOUT

- Endocarditis
- Physical activity
- Healthy lifestyle
- Pregnancy
- Contraception
- Medicines (including warfarin)

For over 50 years we've pioneered research that's transformed the lives of people living with heart and circulatory conditions. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease. But so many people still need our help.

From babies born with life-threatening heart problems to the many Mums, Dads and Grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people's lives.

## BALLOON VALVULOPLASTY

This procedure stretches open your narrowed valve. Balloon valvuloplasty does not make your pulmonary valve normal and it does not always work. However in many cases it can widen your narrowed valve, helping to delay the need for surgery.

Following this procedure, your valve may start to leak to some extent - meaning that some blood flows back into your right ventricle instead of to your lungs. This leak is usually small and doesn't need treating, but some people may go on to need surgery to repair or replace their valve in later life.

## VALVE REPAIR/ REPLACEMENT SURGERY

Typically the surgical treatment for pulmonary stenosis is open heart surgery. The surgeon widens your valve and this reduces the narrowing. Sometimes because the valve is very small, a human donor valve (called a homograft valve) is used to replace your valve.

Sometimes the replacement of your pulmonary valve can be done by keyhole surgery rather than open-heart surgery.

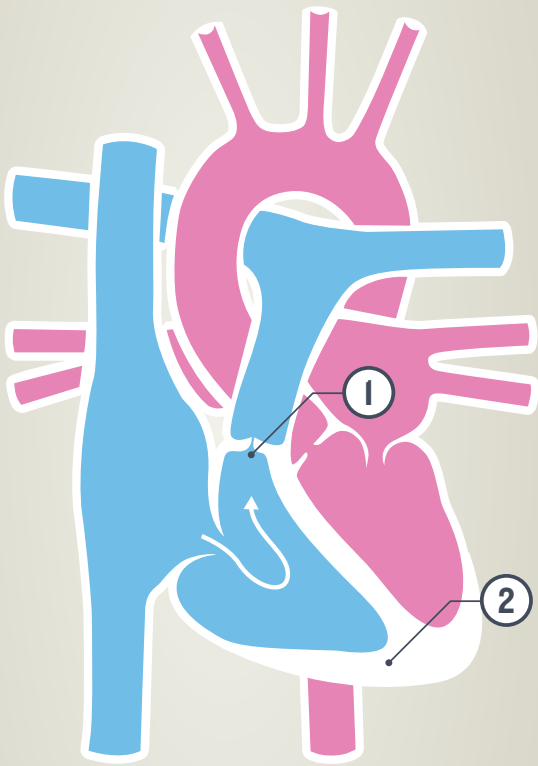
### ENDOCARDITIS

**To reduce your risk of getting endocarditis:**

- Keep your teeth and mouth clean and have regular check-ups with a dentist
- Avoid body piercing and tattooing
- Never inject recreational drugs

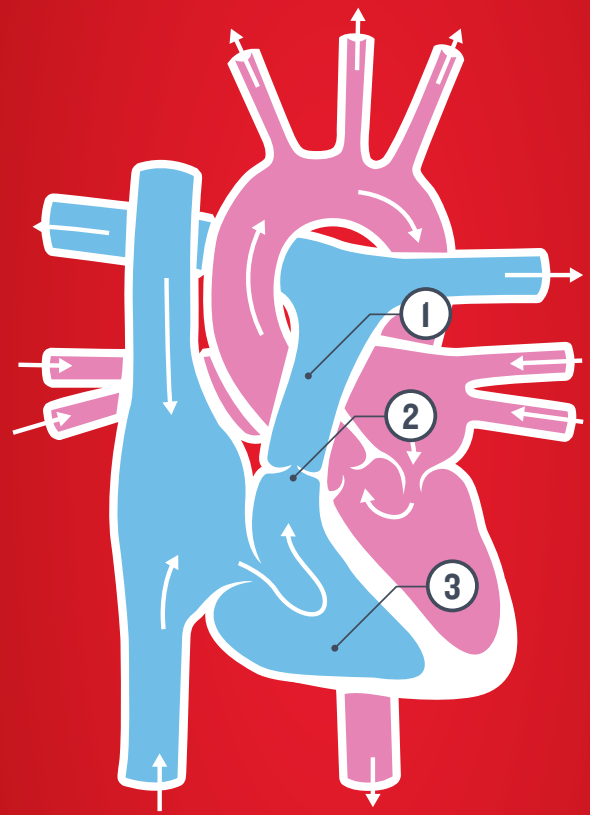
# YOUR HEART

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- ① narrowed pulmonary valve
- ② thickened muscle.

# THE HEART



- ① main pulmonary artery
- ② pulmonary valve
- ③ right ventricle.