



British Heart  
Foundation

# ENDOCARDITIS

## WARNING CARD

**FIGHT  
FOR EVERY  
HEARTBEAT**

[bhf.org.uk](http://bhf.org.uk)



## What are the symptoms of endocarditis?

The early symptoms are often very subtle and non-specific. If you are at high risk of getting endocarditis and you have flu-like symptoms with a high temperature that lasts for longer than a week, you should see your GP and bring this card with you.

There are some things you can do to reduce your risk:

- Maintain good oral hygiene (teeth and gums) and have regular check-ups with your dentist
- Avoid body piercing or tattooing
- Don't inject recreational drugs

## WHAT IS ENDOCARDITIS?

Infective endocarditis is a rare condition where the inner lining of the heart – most commonly one of the heart valves – becomes infected.

## WHO IS MOST AT RISK OF DEVELOPING ENDOCARDITIS?

You are most at risk of endocarditis if you have:

- A leaking or narrowed heart valve
- A heart valve replacement
- Hypertrophic cardiomyopathy
- Most types of congenital heart disease – including conditions where the heart disease has been treated or repaired with surgery (but not an atrial septal defect on its own, or a repaired ventricular septal defect or a repaired patent ductus arteriosus)
- Intravenous drug users are also at risk.

If you've already had infective endocarditis, you are at a greater risk of getting it again.



**British Heart  
Foundation**

Coronary heart disease is the UK's single biggest killer.

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.

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