SYMPTOMS AND LABS

Stage C-D: shortness of breath and decrease exercise tolerance
New or worsening heart murmur on exam
Signs of congestive heart failure on exam
Echocardiogram with moderately severe - severe mitral regurgitation

SUGGESTED PREVISIT WORKUP
Guideline Directed Medical Therapy for HF including ACE-I, ARBs, BB, and/or aldosterone antagonists as indicated
Consider sending patient to local ED for acute symptom management
Referral to advanced heart valve clinic for evaluation and review of treatment options
Referral to advanced heart failure clinic for management of heart failure symptoms and LV dysfunction
Consider TEE, cardiac catheterization, exercise stress study and CMR
Echo every 6-12 months

SYMPTOMS AND LABS
Stage B
Heart murmur on exam
Echocardiogram with mild- moderate regurgitation with or without mild LV systolic dysfunction
Asymptomatic

SUGGESTED WORKUP
Repeat echo every 1-2 years (stage B)
Guideline Directed Medical Therapy for blood pressure and mild left ventricular systolic dysfunction including ACE-I, ARBs, BB, and/or aldosterone antagonists as indicated
Consider referral to advanced valve clinic for moderate MR

SYMPTOMS AND LABS
Stage A
Heart murmur on exam
Echocardiogram with normal or mildly reduced left ventricular function with or without mild mitral valve changes
Asymptomatic

SUGGESTED CONSULTATION OR CO-MANAGEMENT
Guideline Directed Medical Therapy for blood pressure management

CLINICAL PEARLS

Stages of Mitral Regurgitation
- A: At Risk
- B: Progressive- mild to moderate in severity
- C: Asymptomatic Severe MR with or without LV/RV dysfunction
- C1: LVEF >60%
- C2: LVEF <60%, LVESD >40mm
- D: Patients with symptomatic Severe MR

Approved by MMC/MH Advanced Valve Team
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