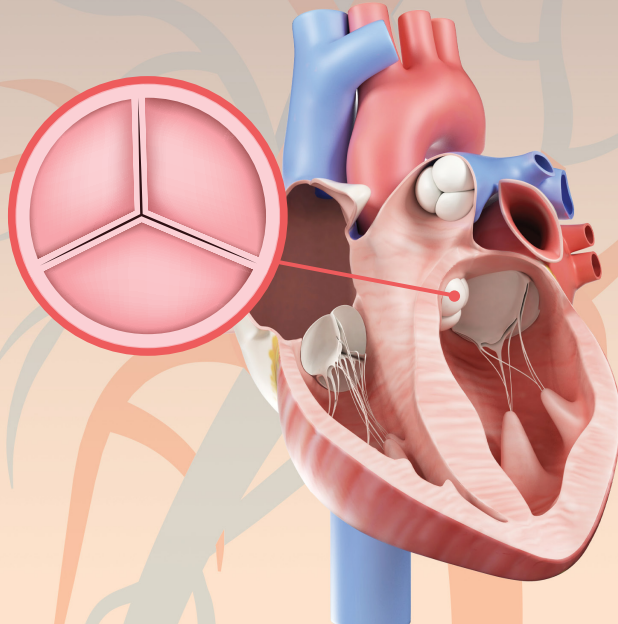


HEART VALVE CLINIC



Restoring Rhythm of Life

Understanding Heart Valve Disease & Its Symptoms

Your heart has four valves that control the flow of blood, ensuring it moves in the right direction with every heartbeat. When a valve becomes damaged or does not open and close properly, the heart must work harder to pump blood. This condition is known as heart valve disease.

Heart valve problems may develop gradually, sometimes without obvious symptoms at first. However, common signs to look out for include:



Shortness of breath, especially during activity or when lying down



Unusual tiredness or reduced ability to exercise



Chest pain or pressure



Dizziness or fainting spells



Irregular or rapid heartbeat (palpitations)



Swelling in the ankles, feet, or abdomen

If you experience any of these symptoms, it is important to seek medical advice promptly. Early diagnosis and treatment can greatly improve long-term heart health.

About Our Heart Valve Clinic

The Heart Valve Clinic at Northern Heart Hospital Penang is a specialist, consultant-led service dedicated to the diagnosis, treatment, and ongoing care of patients with heart valve disease. Our focus is on early detection through comprehensive screening, detailed assessment using state-of-the-art cardiac imaging, state-of-the-art treatment, and regular follow-up for those living with valvular conditions. By combining advanced technology with evidence-based medical expertise, we aim to enhance patient care, improve treatment outcomes, and support long-term heart health.

Our Heart Valve Team

Our multidisciplinary Heart Valve Team brings together a wealth of expertise to ensure you receive the highest standard of care. The team includes:

- **Cardiac Imaging Specialist**
Skilled in advanced imaging techniques to assess heart valve function in detail.
- **Cardiothoracic Surgeon**
Experienced in repairing or replacing heart valves and performing complex valvular surgeries.
- **Structural Heart Disease Interventional Cardiologist**
Specialises in percutaneous valve intervention and treatment.
- **Cardiac Radiologist**
Provides expert radiology interpretation to guide diagnosis and treatment.
- **Dedicated Cardiovascular Technician**
Perform screening and advance echocardiography.



- **Dedicated Cardiac Nurse**
Offers personalised care, education, and support throughout your journey.
- **Clinic Assistant**
Ensures smooth coordination of appointments and clinic services.
- **Pharmacist**
Advises on and manages your heart-related medications for optimal treatment outcomes.

Cardiac Investigations Available

At Northern Heart Hospital Penang's Heart Valve Clinic, we use advanced diagnostic tools to assess heart valve function and guide the best course of treatment. Depending on your needs, you may undergo one or more of the following investigations:

Transthoracic Echocardiography (2D/3D)

A non-invasive ultrasound scan of the heart to evaluate valve structure and function.

Transoesophageal Echocardiography (2D/3D)

An ultrasound scan performed via the oesophagus for clearer, more detailed images of the heart valves.

Exercise Treadmill Testing

Assesses how your heart responds to physical activity.

Exercise Stress Echocardiography (Ergometer Stress Echo)

Combines exercise with ultrasound imaging to evaluate the heart under stress.

Cardiac MRI (Valvular Assessment)

Uses magnetic resonance imaging for highly detailed pictures of the heart and valves.

Cardiac CT (Valvular Assessment)

Provides precise, 3D images of the heart's structure using computed tomography.

Fluoroscopy

A moving X-ray technique used to observe heart valve motion and related structures.

Your Valve Care Journey at the Heart Valve Clinic

Consultation

Consultation by the heart valve team member (cardiologist/cardi thoracic surgeon).

Assessment

Detailed heart valve assessment and advanced cardiac imaging test if needed.

Diagnosis

Confirmation of heart valve disease.

Expert Review

Heart valve team meeting to discuss best treatment options.

Treatment Options

Percutaneous heart valve intervention and treatment.

Surgery to repair or replace valve.

Medical therapy.

Follow Up

Regular follow up at the heart valve clinic.

Education on heart valve care.

Screening for recurrent heart valve disease.

At every step, you will be fully informed and supported, ensuring you understand your diagnosis, treatment options, and next steps.

Heart Valve Clinic Offers You:

- ✓ **A one-stop service** – comprehensive assessment and management of heart valve disease in a single, dedicated clinic.
- ✓ **Expert care** – delivered by a highly experienced team specialising in valvular heart conditions.
- ✓ **Advanced diagnostics** – access to state-of-the-art cardiac imaging tools for accurate and detailed diagnosis.

- ✓ **Evidence-based treatments** – tailored to your individual needs for the best possible outcomes.
- ✓ **Ongoing support** – with regular follow-up to monitor your condition and adjust care as needed.

Clinic Operating Hours

Monday - Friday | 8:30am to 5:00pm
Saturday | 8:30am to 1:00pm
Sunday and Public Holidays | Closed



Make an Appointment



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