



## Valvular Heart Disease

### Pre-referral considerations:

1. No routine imaging needed for:
  - a. Patients with no change in symptoms or exam
  - b. A quiet systolic murmur that can be heard only after careful auscultation over a localized area
2. If individual has significant valvular regurgitation cardiology should be actively following and routine imaging is required

**Red flags:** Individuals with stenosis may be followed in primary care with referral prompted by any worsening of exam or new symptoms such as a change in murmur, shortness of breath, fatigue, chest pain or exertional symptom

### Lab Studies: Required and Recommended

1. TSH
2. CBC
3. CMP

### Testing Studies: Required and Recommended

1. ECG
2. Baseline echocardiogram
3. Echocardiogram every 2-5 years for patients with mild to moderate aortic or mitral stenosis and every year following evaluation for patients with moderate to severe aortic or mitral stenosis

### What to avoid ordering: to avoid unnecessary testing

1. Routine echocardiograms if no change in exam or symptoms
2. Avoid ordering routine echocardiograms for a quiet murmur that can be heard only after careful auscultation over a localized area