

Did You Know?

The four valves in your heart are:



Not all echo tests are the same and your doctor may recommend different forms of testing depending on your symptoms. The most common types of echocardiograms are:

- **Transthoracic echocardiograms (TTE):**
One of the most used echocardiograms. Your sonographer will use a small transducer, or probe, on the front of your chest and move it around to take pictures of your beating heart.
- **Transesophageal echocardiogram (TEE):**
A TEE uses similar technology as a TTE. After properly numbing your throat and giving you intravenous sedation, your sonographer and doctor will attach a probe to a thin tube that passes down your throat and into your esophagus. The esophagus is close to your valves, so they will be able to obtain clear images of your heart structures and valves.
- **Stress echocardiogram:** Some heart conditions may be difficult to identify while you're resting and can only be seen



#Ask4Echo

Difficulty



Heart valve disease is very common; however, it is treatable with early detection. Asking your health care provide exercising

Syncope
or light
headedness



American Heart Association®

Understanding Your Echocardiogram Results

Your echocardiogram (echo) report will describe (r)-0. (d) (i) (iii) (r) p)-6 (r) (r) pt y (v) up (v)

Next Steps

In many cases, an echo report will describe mild abnormalities, which may not have a major impact on your overall health. If your echo reports any significant issues with your heart valves, your doctor will discuss what this means and the next steps. In the early stages of heart valve disease, when classified as “mild” and not causing any significant symptoms, your doctor may recommend monitoring your condition for changes. However, it is important to continue to be vigilant about your heart health and take a proactive approach to care and treatment.

If you have any questions or concerns about your echo results, schedule a follow up appointment to discuss with your provider.

Here are some suggested questions to ask your doctor:

- How severe is my diagnosis and what does that mean for my overall heart health?
- How often should I have follow-up appointments to monitor my heart valves?
- What is the long-term prognosis for someone living with heart valve disease?
- If necessary, is heart valve replacement right for me?
- Are there support groups or resources that can help me cope with my diagnosis?