Profile 3: Ava Thompson - Valvular Heart Disease

Overview:

Ava Thompson, a 55-year-old retired teacher, has been diagnosed with valvular heart disease, a condition where her heart's valves are damaged, affecting blood flow.

Symptoms:

Chest pain or discomfort

Irregular heartbeat (arrhythmia)

Fatigue and weakness

Diagnosis:

Ava's valvular heart disease was diagnosed through a combination of medical history reviews, imaging tests, and cardiac evaluations.

Treatment:

Medications:

Prescription medications to manage symptoms and improve heart function.

Lifestyle Changes:

Adoption of a heart-healthy diet and regular exercise under medical supervision.

Smoking cessation and limited alcohol intake.