

Heart Murmurs and its Causes

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Heart murmurs are sounds like whooshing or swishing made by turbulent blood in or near your heart. A Physician can hear these sounds with a stethoscope. a standard heartbeat makes two sounds like "lub-dup", when your heart valves are closing. Heart murmurs are often present at birth (congenital) or develop later in life. Heart murmurs are often harmless (innocent) or abnormal. An innocent cardiac murmur isn't a symptom of heart condition and doesn't need treatment. Abnormal heart murmurs require follow-up testing to work out the cause. Treatment is directed at the explanation for your abnormal cardiac murmur.

SYMPTOMS

If you've got an innocent cardiac murmur, you likely won't have the other signs or symptoms. An abnormal cardiac murmur may cause the subsequent signs and symptoms, counting on the explanation for the murmur: Skin that appears blue, especially on your fingertips and lips, swelling or sudden weight gain, shortness of breath, chronic cough, enlarged liver and enlarged neck veins. In infants, poor appetite and failure to grow normally, heavy sweating with little or no activity, pain, dizziness, fainting.

CAUSES

A cardiac murmur could also be caused thanks to the guts is filling with blood (diastolic murmur), when the guts is emptying (systolic murmur), throughout the heartbeat (continuous murmur). A cardiac murmur could also be innocent or abnormal.

Abnormal heart murmurs

In adults, abnormal murmurs are most frequently thanks to acquired heart valve problems. In children, abnormal murmurs are usually caused by structural problems of the heart (congenital heart defects). Defects that cause heart murmurs include Holes within the heart is nothing but septal defects, holes within the heart may or might not be serious, counting on the dimensions of the opening

and its location, cardiac shunts occur when there's an abnormal blood flow between the guts chambers or blood vessels, which can cause a cardiac murmur, heart valve problems present from birth. In older children and adults, causes of abnormal heart murmurs include infections and conditions that damage the structures of the heart. For instance valve calcification, endocarditis, and infectious disease.

RISK FACTORS

An increased risk of a cardiac murmur if someone in your family had a heart defect related to the weird sounds. many various medical conditions can increase your risk of heart murmurs, including:

- A weakened cardiac muscle (cardiomyopathy)
- An infection of the lining of the heart (endocarditis)
- Blood disorders marked by a high number of certain white cells, called eosinophils (hypereosinophilic syndrome)
- Certain autoimmune disorders, including lupus and autoimmune disease
- Chemicals from a rare tumor within the lungs or digestive system that enter your bloodstream (carcinoid syndrome)
- Heart valve disease
- High blood pressure (hypertension)
- High blood pressure within the lungs (pulmonary hypertension)
- History of rheumatic fever
- Overactive thyroid (hyperthyroidism)

Having uncontrolled diabetes or a rubella infection during pregnancy increases your baby's risk of developing heart defects and a cardiac murmur. Use of certain medications, alcohol or drugs during pregnancy can cause heart defects during a developing baby, which can cause a cardiac murmur.

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