

## About the Heart -> Innocent Murmur

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When your doctor says your child has an "innocent" heart murmur, don't be alarmed. An innocent murmur is just what the name implies - innocent or normal. Innocent murmurs are sounds made by the blood as it circulates through the chambers and valves of the heart or through blood vessels near the heart. They are sometimes called by other names such as "functional murmurs" or "vibratory murmurs."

Your child's doctor can hear these murmurs by listening to your child's heart through a stethoscope. When your child's heart rate changes, such as during excitement or fear, the innocent murmurs may become louder or softer. This still does not mean that the murmur is abnormal.

Innocent murmurs are common in children and are quite harmless. In fact, they are so common that in any group of children, a large percentage is likely to have had one at some time. Innocent murmurs may also disappear and then reappear, and many innocent murmurs disappear for good when a person reaches adulthood.

Sometimes, when your doctor first hears a murmur, he or she may want to have other tests done to be sure the murmur is innocent. After that, there is no need for a cardiac re-evaluation unless you or your doctor have further concerns. So, if you have been told that your child has an innocent heart murmur, don't worry. Your child's heart is entirely normal. He or she needs no medication, does not need to take antibiotics for dental procedures, will have no cardiac symptoms, and does not have a heart problem or heart disease. You don't need to pamper your child or restrict his or her diet or activities. Your child can be as active as any other normal, healthy child.

This text from "Innocent Murmurs" by the American Heart Association.



**Disclaimer:** The information provided here is intended to educate the reader about certain medical conditions and certain possible treatment. It is not a substitute for examination, diagnosis, and medical care provided by a licensed and qualified health professional. If you believe you, your child, or someone you know, suffer from the conditions described herein, please see your health care provider immediately. Do not attempt to treat yourself, your child or anyone else without proper medical supervision.

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