# Let's Talk ABOUT...

When a doctor listens to your child's heart, he listens for normal and abnormal heart sounds. Sometimes the doctor can hear swishy sounds between heartbeats. These sounds are called murmurs. Sometimes, murmurs can mean there is a problem with the heart, but not always. Innocent murmurs are sounds that are heard between heartbeats, but the sounds do not indicate a problem with your child's heart. They are also known as functional murmurs, vibratory (VIE-bra-tor-ee) murmurs or physiologic (Fiz-ee-o-LOJ-ik) murmurs.

# How can you tell if a murmur is innocent?

Murmurs caused by heart problems are there all the time. Innocent murmurs change. They sound different if your child's heart rate changes during stress or fear, with illness, or sometimes even if she changes position.

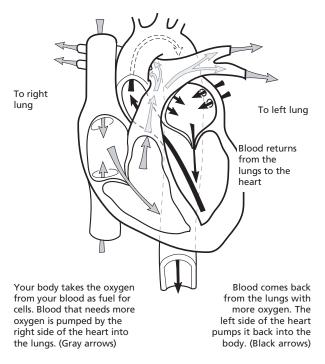
### Will it go away?

Sometimes these murmurs seem to go away and then return. For example, an innocent murmur may be heard when a child has a fever but not when the child is well. If the murmur were due to a heart condition, it could be heard with a stethoscope all the time. Most innocent murmurs go away when a child reaches her teen years, but can sometimes be found in adults.

#### Is there a test?

Most of the time your doctor can tell if a murmur is innocent by how it sounds. Most innocent murmurs have a distinct sound to them. Occasionally, it is not easy to tell them from murmurs caused by heart disorder. In that case, your doctor may order tests to be sure a murmur is innocent.

## **Innocent murmurs**



## The normal flow of blood through the heart.

#### Can it be treated?

Once your doctor knows that your child has an innocent murmur, there is no need for any other treatment. An innocent murmur is normal and does not cause problems or symptoms. Your child will grow normally and be able to play normally. She will not need medications or precautions. You will not need to restrict your child's diet or activities. An innocent murmur is just an extra noise made by the heart and there is no heart disorder. Your child is normal and healthy.



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