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Journal of Clinical Case Reports and Studies
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Short Communication

Mitral Valve Prolapse (MVP): An Overview

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Received date: January 19, 2026; Accepted date: January 30, 2026; Published date: February 12, 2026.

Citation: Jayesh Trivedi, Virendra K. Goyal, Sohail, Priya Kunwar, Simran Kajla, et al, (2026), Mitral Valve Prolapse (MVP): An Overview**,** *J, Clinical Case Reports and Studies*, 7(2); **DOI:10.31579/2690-8808/301**

Abstract

Mitral Valve Prolapse (MVP) is a common cardiac anomaly often diagnosed incidentally during routine physical exams or echocardiography. Characterized by the displacement of the mitral valve leaf lets into the left atrium. MVP can lead to mitral regurgitation, where blood leaks back ward into the left atrium increasing the volume over load on the heart. While most cases are benign, some patients experience complications such as arrhythmias or endocarditis. The patho physiology involves genetic and environmental factors, affecting the structural integrity of the valve. Diagnosis is primarily made through echocardiography, which allows for visualization of the prolapsing leaflets and assessment of valve function. Management focuses on symptom controlwithmoreseverecasesrequiringsurgicalinterventiontorepairorreplacethevalve. Early detectionandregularmonitoringarecrucialforpreventingcomplicationsinhigh-riskindividuals.

Key Words: ischemic stroke, neurovascular unit; 3D modeling; in silico; Monte Carlo method; cellular automata; pharmacodynamics; computer model

Introduction

Mitral Valve Prolapse (MVP) is a common heart condition that affects the mitral valve which is one of the four main valves in the heart. The mitral valve lies between the left atrium and the left ventricle. MVP occurs when the valve's leaflets do not close properly leading to a backward bulging or "prolapse" into the left atrium. While often harmless, MVP can sometimes cause complications and symptoms that may require medical attention.

What Is the Mitral Valve?

Themitralvalveisresponsibleforallowingbloodtoflowfromtheleftatriumintoth eleftventricle which then pumps it out to the rest of the body. The valve consists of two leaflets which are flexible flaps that open and close as the heart beats. When the heart contracts, these leaflets should close tightly to prevent blood from flowing backward into the atrium.

In MVP, the leaflets of the mitral valve don't close properly. Instead, they may bulge(prolapse) back into the left atrium during a heartbeat. This improper closure can result in a small amount of blood leaking backward, a condition called mitral regurgitation.

Causes of Mitral Valve Prolapse:

MVP can occur for several reasons although in many cases, the exact cause is unclear. Common factors include

1.*Genetics:* MVP is often inherited, meaning it can run in families. Certain genetic conditions, such as Marfan syndrome and Ehlers-Danlos syndrome, can predispose individuals to MVP due to their effect on connective tissues.

2.*Connective Tissue Disorders:* Conditions affecting the connective tissues, like the aforementioned Marfan syndrome and Ehlers-Danlos syndrome, are associated with MVP due to the weakening of the structural tissues that support the heart valve.

3.*Age and Gender:* MVP is more common in young women and tends to become more prevalent as people age, especially if other heart conditions are present.

4.*Heart Structural Changes:* Sometimes, MVP can develop as a result of other heart conditions, such as rheumatic heart disease, which can damage the mitral valve.

Symptoms of Mitral Valve Prolapse

Most individuals with MVP experience no symptoms, and the condition is often discovered incidentallyduringaroutinephysicalexamoranechocardiogram(anultrasoundoftheheart). However, some people may have symptoms related to the valve's malfunction, such as:

• Chest Pain: This can besharporaching but is not usually related to a heart attack.

• Palpitations: A sensation of the heart racing, skipping beats, or pounding.

• Shortness of Breath: Especially during physical activity or when lying down.

• Fatigue: General tiredness that can affect daily activities.

• Dizziness or Light headedness: This may occur due to changes in blood flow or arrhythmias.

Although MVP can sometimes cause these symptoms, many people with the condition lead normal, active lives without significant health issues.

Diagnosing Mitral Valve Prolapse

A healthcare provider may suspect MVP if a heart murmur is detected during a physical examination. Themurmuris often due to mitral regurgitation, where blood leaks backward into the atrium. To confirm the diagnosis and assess the severity of MVP, several diagnostic tests may be used:

1. Echocardiogram: This ultrasound test is the gold standard for diagnosing MVP. It provides detailedimagesoftheheart'sstructuresandcanshowwhetherthemitralvalveisprolapsingand if any blood is leaking backward.

2. Electro cardiogram (ECGorEKG): This test measures the electrical activity of the heart and candetectabnormalrhythms(arrhythmias),whichmaybeassociatedwithMVP.

3. Holter Monitor:

Thisportabledevicerecordstheheart'selectricalactivityoveraperiod (usually 24 to 48 hours) to detect irregular heartbeats or arrhythmias.

4. Chest X-ray: Occasionally used to assess the size and shape of the heart and check for complications relatedto MVP.

Treatment for Mitral Valve Prolapse

For many individuals with MVP, no treatment is required, especially if the condition is mild and the reareno symptoms or complications. However, if symptoms or complications arise, treatment options may be recommended:

1. Medications:

• Beta-blockers: These drugs can help control symptoms like palpitations or chest pain by slowing the heart rate and reducing stress on the heart.

Antibiotics should be considered during acute bacteria land fungal infection sprophylactically and in patients who are undergoing surgical treatment for primary prevention of infective endocarditis

• *Anticoagulants:* If MVP causes significant mitral regurgitation or arrhythmias, blood thinners might be prescribed to reduce the risk of blood clots.

• *Diuretics:* These may be prescribe diffluidretention becomes a problem due to heart- related issues.

2.**Lifestyle Changes:** For those with MVP, regular exercise and maintaining a healthy diet can help prevent complications. It' s also important to avoid excessive alcoholor caffeine intake, which can exacerbate palpitations.

3.Surgical Treatment:

• Mitral Valve Repair or Replacement: Inrarecases, if the MVP causes significant mitral regurgitation or heart failure, surgery may be needed to repair or replace the mitral valve.

• *Minimally Invasive Procedures:* Advances in surgical techniques have led to less invasive approaches for repairing the mitral valve, which may reduce recovery times and improve outcomes.

4. Monitoring: Regular check-ups with a health care provide rare crucial for tracking the progression of the condition, especially if MVP causes mitral regurgitation or arrhythmias.

Complications of Mitral Valve Prolapse

While most people with MVP live normal lives without serious complications, in somecases, the condition can lead to:

• ***Mitral Regurgitation:*** This occurs when the valve doesn't close properly, causing blood to leak back in to the left atrium. If severe, this can lead to heart failure.

• *Arrhythmias:* Abnormal heart rhythms, such as atrial fibrillation or ventricular arrhythmias, can occur in individuals with MVP.

• *Endocarditis*: In rare cases, the valve may become infected (although this is more common in those with pre-existing heart conditions).

Prognosis

In general,the prognosis for individuals with MVP is excellent, especially if the condition is mild

And asymptomatic. Most individuals with MVP lead healthy, active lives with out needing major medical intervention. However, for those who experience significant mitral regurgitation, arrhythmias, or other complications, ongoing monitoring and treatment may be necessary.

Conclusion

Mitral Valve Prolapse is a relatively common heart condition that can range from benign to more serious, depending on its severity. Early diagnosis and regular monitoring are key to managing MVP, especially for individuals who experience symptoms or complications. With proper care, most people with MVP can live normal, healthy lives. If you suspect you may have MVP or if you have concerns about your heart health, consulting with a health care provider is the best course of action.

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DOI:10.31579/2690-8808/301