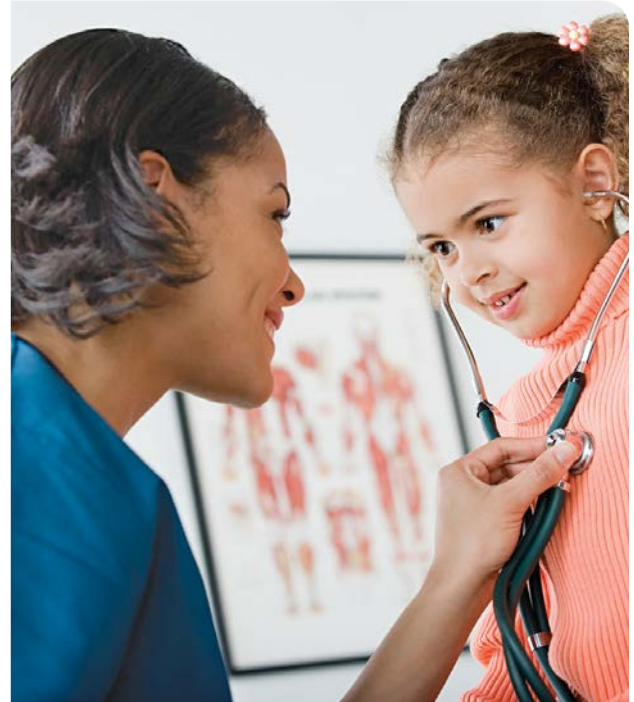




## What Are Innocent Heart Murmurs?

Innocent heart murmurs are sounds made by blood circulating through the heart. The sounds result from blood traveling through the heart's chambers and valves or through blood vessels near the heart.

Innocent heart murmurs are also called "normal" or "physiological" murmurs. These terms all refer to the normal sound of blood moving through the heart and the blood vessels.



### Are innocent heart murmurs normal?

Innocent murmurs are common in children and harmless. Around one-third to three-quarters of children will have an innocent murmur at some time between age 1 and 14.

They are common during childhood. They may disappear and then reappear. Most innocent murmurs disappear when a child becomes an adult, but in some adults the murmur remains for life.

### How is an innocent murmur detected?

The doctor can hear these murmurs by listening to your child's heart with a stethoscope. If the doctor hears a heart murmur, they may recommend more testing such as an electrocardiogram (ECG) or echocardiogram (echo). This is to confirm the murmur is innocent. After that, there is usually no need for further heart tests.

Your child's heart rate increases when they exercise or feel excited. This may cause the murmur to become louder. Don't worry. This still doesn't mean that the murmur is a reason for concern.



### Will my child have any restrictions or need medications?

Unless testing suggests otherwise, your child's heart is normal. You don't need to restrict their activities or diet. No medication is needed.

Your child can lead an active, healthy life!



### HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721) or visit [heart.org](https://heart.org) to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families at [HeartInsight.org](https://HeartInsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](https://heart.org/SupportNetwork).

### Do you have questions for the doctor or nurse?

Take a few minutes to write down questions for the next time you see your health care professional.

For example:

**When should I schedule my child's follow-up visit?**

### MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](https://heart.org/AnswersByHeart) to learn more.