

# Heart Murmur - Innocent

## Definition

- A murmur is a musical sound heard when listening to the heart.
- There are many different types of heart murmurs. The type your child has is called an "innocent heart murmur."
- Your child's heart is normal.
- This diagnosis was made by a doctor after seeing your child.

## Health Information

### Symptoms

- Children with innocent heart murmurs have no symptoms.
- The murmur is only heard with a stethoscope during a physical exam.
- The murmur's sound is usually a soft "whoosh" or "swish".
- Murmurs sound louder with exercise, fever, or anything that makes the heart beat faster. Reason: when blood flows faster through the heart, it makes more turbulence and noise.

### Causes

- A murmur is a sound caused by blood flowing through the heart.
- Innocent heart murmurs are common. More than 60% of young children have one. They are less common in teens.
- Innocent heart murmurs often go away as children grow up.
- Children with innocent heart murmurs have normal hearts.
- Only 1% of all murmurs are caused by congenital heart disease (CHD). Congenital is something a person is born with.
- Murmurs caused by CHD sound different than your child's murmur. CHD is often diagnosed within the first year of life. Babies with heart disease will have symptoms, such as problems growing.

### Medical Diagnosis: How It is Made

- The diagnosis of an innocent heart murmur should only be made by a doctor. It is based on a complete medical history and physical exam.
- Most often, the sound of the murmur is all that is needed to know it is normal.
- Your doctor may also do some tests to check for other causes.

## Care Advice

### 1. Key Points

- Innocent heart murmurs are the sound of blood flowing through the heart.
- They occur in more than 60% of children and are normal.
- Your child has a healthy heart.
- Here is some care advice that should help.

### 2. No Activity Restrictions

- Your child's heart works normally.
- Your child can continue to be active and play all sports.
- You do not need to restrict any activities.
- Be sure your child knows their heart is healthy and strong.

### 3. **No Treatment Needed**

- Innocent heart murmurs are harmless.
- They do not need any treatment.
- They do not need any medicines.
- Children with innocent heart murmurs do not need to see a cardiologist (heart doctor).

### 4. **No Diet Changes Needed**

- Your child has a healthy heart.
- You do not need to restrict or change their diet.
- A heart healthy diet is good for everyone.

### 5. **What to Expect**

- Innocent heart murmurs go away by early adulthood.
- Innocent heart murmurs do not lead to heart disease.

## Call Your Doctor If

- You think your child needs to be seen
- You have other questions or concerns

### **Pediatric Care Advice**

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