

Mayo Clinic Medical Edge

Adult Heart Defects

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
[KEE-RAH]	WATCHING KYRA RAY MOVE DURING AEROBICS CLASS, YOU'D NEVER GUESS SHE WAS BORN WITH A HEART DEFECT. BUT AT AGE 4, KYRA HAD SURGERY. SHE WAS CONSIDERED CURED.
Kyra	"THEN I STARTED DEVELOPING SYMPTOMS. SHORTNESS OF BREATH, ELECTRICAL CONDUCTION PROBLEMS, ARRHYTHMIAS."
	IT TURNS OUT SHE NEEDED ANOTHER VALVE REPLACEMENT. THE REPAIRED VALVE STARTED TO LEAK. MAYO CLINIC DR. KEITH OKEN SAYS KYRA WAS A VICTIM

	OF A COMMON MISCONCEPTION.
Keith Oken, M.D.	“WHICH IS THAT SHE WAS CURED WITH THE SURGERY SHE HAD. THAT IS RARELY THE CASE.”
	MANY CARDIOLOGISTS ARE NOT TRAINED TO MANAGE CASES LIKE KYRA’S. THAT’S BECAUSE UNTIL RECENTLY MOST PEOPLE WITH CONGENITAL HEART DEFECTS DID NOT SURVIVE INTO ADULTHOOD. SO TO MAKE SURE SHE STAYS HEALTHY, KYRA SEES HER REGULAR DOCTOR AND EXPERTS AT MAYO CLINIC. PLUS SHE EXERCISES NOT ONLY BECAUSE IT’S HEART HEALTHY, BUT BECAUSE IT MAKES HER FEEL NORMAL.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.

