

## Mayo Clinic Minute

### What Heart Sounds Tell Us

<b>Video</b>	<b>Audio</b>
<b>Kyle Klarich, M.D.</b> <b>Cardiology</b> <b>Mayo Clinic</b>	“The normal heart just makes two sounds. Lub and dub.”
<b>Vivien Williams</b>	Mayo Clinic cardiologist Dr. Kyle Klarich says heart sounds give doctors clues about your heart health.
<b>Kyle Klarich, M.D.</b> <b>Cardiology</b> <b>Mayo Clinic</b>	“The most important thing doctors are listening for is, are you in rhythm? And the second most important thing is, are you having any kind of sounds that are abnormal.”
<b>Vivien Williams</b>	Mainly, doctors listen for heart murmurs.
<b>Kyle Klarich, M.D.</b>	“A murmur is simply a sound that we hear like a whoosh. So it’s, sh, sh.”
<b>Vivien Williams</b>	Murmurs happen when blood becomes turbulent as it moves through vessels, or it moves through a leaky or stiff valve.
<b>Kyle Klarich, M.D.</b>	“A lot of patients will say that when they hear they have a murmur they’re afraid that that’s something wrong with their heart. And a lot of murmurs are not worrisome.”
<b>Vivien Williams</b>	But if your doctor hears a particularly loud murmur that’s accompanied by symptoms such as shortness of breath, he or she may do further tests such as an echocardiogram to help determine treatment you might need.
	I’m Vivien Williams, and for more health news, visit the Mayo Clinic News Network.