



Innocent Heart Murmurs

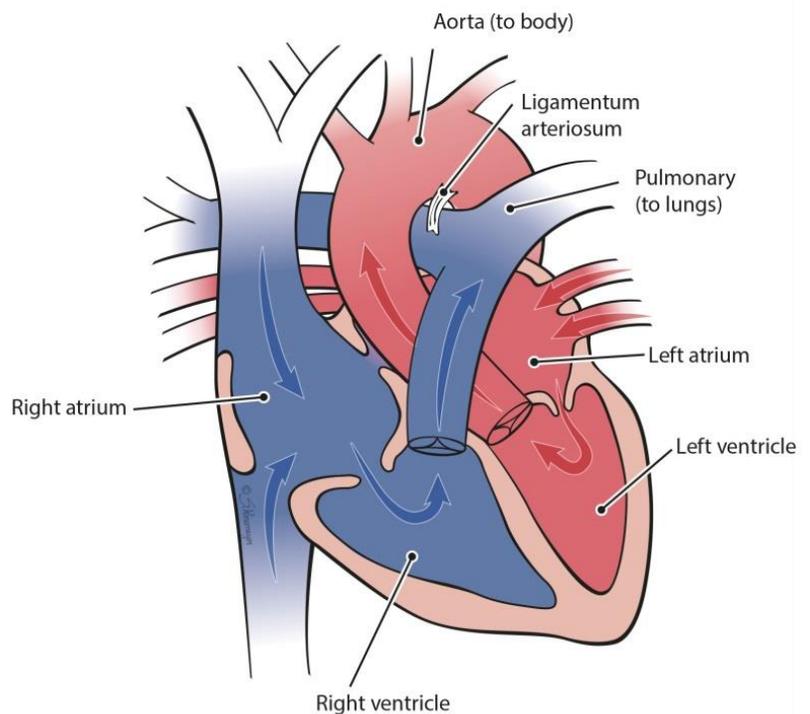
A heart murmur is an extra sound heard while listening to the heart. An innocent heart murmur is harmless. It's caused by blood flowing through the heart, not by heart disease (Picture 1). Innocent heart murmurs are common in children and usually go away before they become adults. These murmurs can also be called functional murmurs, physiological murmurs, or vibratory murmurs.

Diagnosis

Innocent heart murmurs are usually diagnosed based on your child's history and a physical exam. Sometimes other tests are needed.

What This Means

- A child with an innocent murmur has a normal heart and doesn't need to limit any activity.
- An innocent murmur may get louder with activity, exercise, or sickness. It won't hurt your child.
- Your child doesn't need treatment or medicine.
- Your child's doctor, health care provider, or our clinic staff can answer other questions.



Picture 1 A normal heart and flow of blood