

Innocent heart murmur

Functional murmur, Physiologic murmur, Still's murmur or Vibratory murmur

What is a heart murmur?

A heart murmur is an extra sound made by the heart. This sound is caused by turbulence or vibration of the blood as it flows through the heart. Sometimes this is due to a defect in the heart that changes blood flow. However most murmurs in children are made by normal blood flow and are called innocent murmurs. The murmur is just what the name says—innocent and harmless. It is **not** caused by a heart defect. Up to 60% of children have an innocent heart murmur.

How does it affect my child?

You may hear a heart murmur if your child:

- Has a fever or is sick.
- Has a low red blood count. This is called anemia
- Has been exercising.
- Is excited or scared.

Your child's heart is normal. Your child can play and be active. They can lead a healthy, normal life. Your child does not need medicine before going to the dentist.

How is it treated?

The pediatric cardiologist can often hear an innocent heart murmur just by listening to your child's heart with a stethoscope. Most of the time, no other tests or visits are needed. The murmur often goes away or gets quieter by the time your child is an adult

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs not covered by this information.



This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.