

Innocent Heart Murmur

(Functional Murmur, Physiologic Murmur, Stills Murmur or Vibratory Murmur)

What is a heart murmur?

A heart murmur is an extra noise the heart makes. There are many different types of heart murmurs. As the heart pumps blood, it sometimes causes a vibration. This vibration is what causes an innocent heart murmur. If you are told that your child has an innocent heart murmur, don't worry. 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 teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.