



Take Care of Yourself



fast facts about congenital heart disease

- Learn as much as you can about your heart defect. This will help you make decisions and understand your needs.
- See your cardiologist regularly, even when you feel well.
- Talk to your cardiologist about your long-term risks. Know what symptoms may be a sign of new heart problems.
- Tell all of your health care providers about your heart defect and what medicines you take. (You may need to take antibiotics before going to the dentist.)
- Visit your dentist every 6 months. Take good care of your teeth and mouth.
- Stay away from tobacco, alcohol and street drugs. Use prescription medicines as directed.
- Eat healthful foods.
- Get regular exercise. Check with your cardiologist before starting a new exercise program, as you may have restrictions.
- If you are a woman, talk with your cardiologist about birth control and pregnancy. If you are planning to become pregnant, a thorough evaluation is necessary before conception to make sure you and your baby are healthy.

- People who have congenital heart defects are living longer.
- Nine in 10 children born with heart defects are living into adulthood.
- More adults are living with congenital heart disease than children who have the disease.



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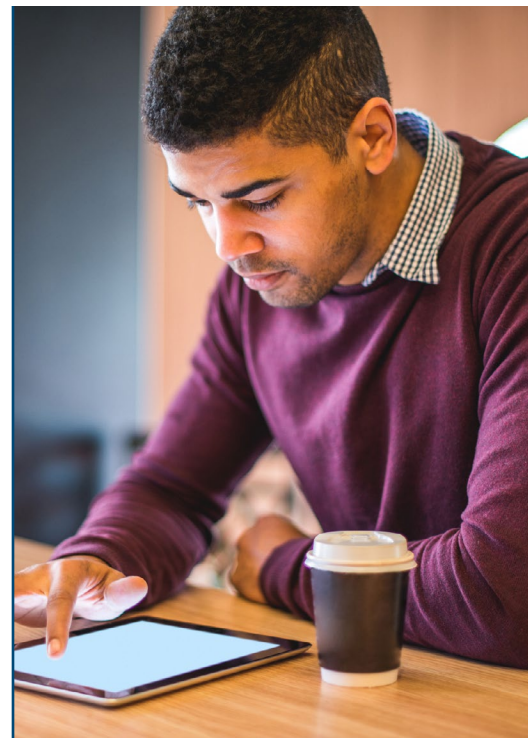
Children's
MINNESOTA

The Children's
Heart Clinic®

Congenital Heart Defect Resources

For more information about congenital heart defects and transition resources for you and members of your care circle, visit the following websites:

- Adult Congenital Heart Association
achaheart.org
- American Heart Association
americanheart.org
- Centers for Disease Control and Prevention
cdc.gov/ncbddd/heartdefects
- Family Voices, Inc.
familyvoices.org
- I Heart Change
iheartchange.org
- International Society for Adult Congenital Heart Disease
isachd.org
- Kids as Self Advocates
fvkasa.org
- Mended Little Hearts
mendedlittlehearts.org
- National Health Care Transition Center
gottransition.org
- One Medical Passport
onemedicalpassport.com
- The Children's Heart Foundation
childrensheartfoundation.org



Online Safety

If you see something online that comes from a source you don't know or if you wonder if something is legitimate, ask your cardiologist.

He or she can help you find online resources that are reliable and trustworthy.

