

What you should know about your **congenital heart disease**



Congenital heart disease (CHD) is a lifelong condition. Although heart defects can be managed and even repaired, most people with CHD will need to see a cardiologist for their whole lives. It is important to know about your CHD and what questions to ask your CHD team in order to best advocate for yourself.

Here are the most important details you should be familiar with:

Know the name of your heart defect

Be able to name and describe your diagnosis so that you can get the right treatment

Know your medication(s)

Are you taking blood thinners, beta blockers, or other heart medications? What type, how much, and how often?

Know how to contact your CHD team

Carry their contact information with you



Know your CHD medical history

Know the name of your surgery or procedure(s), and carry a summary with you. Some examples: Fontan, heart catheterization, pacemaker or artificial valve.



Carry your medical information with you:

For yourself
On a card in your wallet or purse, or phone/device in an app or note



For others
Wear a medical ID or jewelry that identifies your health condition(s)

Your family doctor, walk-in clinic and other health care providers will need this information to support your cardiology team in keeping you healthy.

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