

Congenital Heart Defects (CHD)

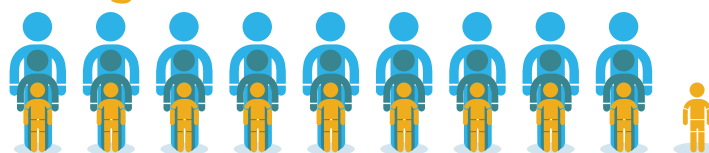
are present **at birth** and occur when a baby's **heart does not develop the way it should.**

CHD is the **most common type** of birth defect, with more than 35 types.

1 in 100 babies are born with a heart defect each year in the U.S.

Over **1.4 million** adults are living with congenital heart defects.

The good news is ...



... more than 9 out of 10 children born with a heart defect now survive into adulthood thanks to medical advances.

Long-Term CHD-Related Heart Issues



Heart valve problems



Pulmonary hypertension



Abnormal heart rhythms (arrhythmias)



Anxiety, depression, and PTSD



Heart infections (endocarditis)



Heart failure



Need for repeat surgeries or procedures



Stroke

How to Live Well With CHD



Understand your heart defect, medications and ask questions

Ask if it is safe for you to get pregnant



Adopt healthy habits



Start planning early to transfer to an adult CHD specialist for lifelong care and follow-up



Maintain regular dental checkups



Keep all follow-up medical appointments - even if you're feeling well



Seek emotional support, ask about mental health screening

Know your health insurance options



For more information, visit ***CardioSmart.org/CHD***
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