

# 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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