

CONGENITAL HEART DEFECTS (CHD)

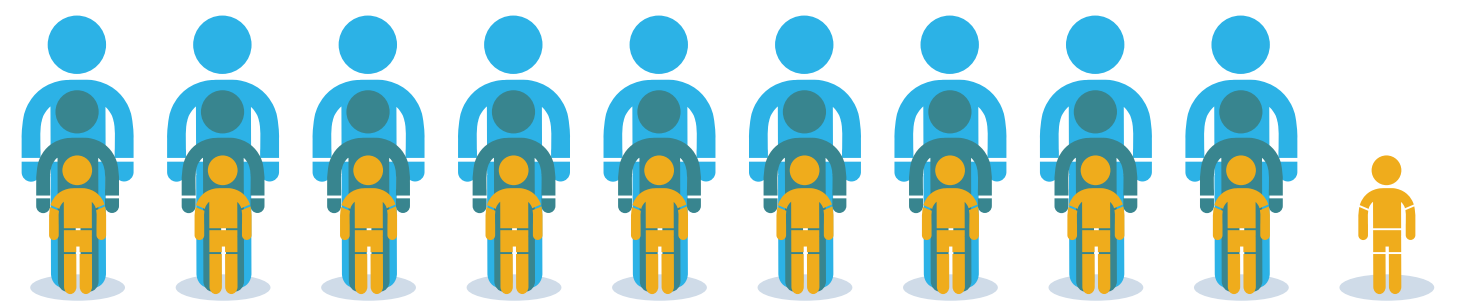
are present **AT BIRTH** and occur when a baby's **HEART DOES NOT DEVELOP OR WORK THE WAY IT SHOULD.**

CHD is **THE MOST COMMON TYPE** of birth defect.

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

OVER 1 MILLION ADULTS are living with congenital heart defects.

THE GOOD NEWS IS...



...9 OUT OF 10 children born with a heart defect now **SURVIVE INTO ADULTHOOD** thanks to medical advances.

LONG-TERM CHD CHALLENGES



Heart Valve Problems



Pulmonary Hypertension



Abnormal Heart Rhythms (arrhythmias)



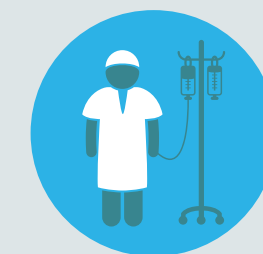
Anxiety and Depression



Heart Infections (endocarditis)



Heart Failure



Need for Repeat Surgeries or Procedures



Stroke

How to LIVE WELL with CHD



Understand your heart defect and ask questions

Ask if it is safe for you to get pregnant



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



Meet with a heart (or CHD) specialist when reaching adulthood



Maintain regular dental checkups



Seek emotional support as needed



Know your health insurance options



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit [CardioSmart.org/CHD](https://www.CardioSmart.org/CHD)

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