# Adult Congenital Heart Disease (ACHD) Newsletter







Heart Awareness



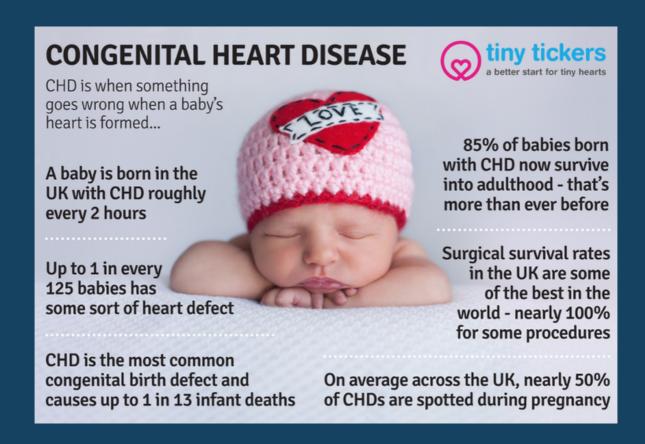
This quarter we are focusing on Congenital heart disease awareness week (February 7-14th).

Congenital Heart Defect Awareness Week helps honor those born with a heart condition.

It also recognizes those who care and support those living with a heart condition.

Congenital heart defects are conditions that are present at birth and can affect the structure of a baby's heart and the way it works.

They are the most common type of birth defect. As medical care and treatment have advanced, infants with congenital heart defects are living longer and healthier lives



## We can help spread awareness and support ACHD patients support with:

- Knowledge and understanding of underlying cardiac conditions
- Surgical, cardiology and general clinical queries
- Medication support and advice, including compliance and titration
- Transition
- Pregnancy and contraception advice
- End of life support
- Learning disability support
- Psychological support
- Lifestyle advice
- Financial and employment issues

#### **CONGENITAL HEART DEFECTS**



### **CONGENITAL HEART DEFECTS (CHD)**

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

**THE**HD is MOST COMMON **TYPE** of birth

1 IN 100 **BABIES** 

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

**OVER** 

**MILLION** a**ADUI**nteSwith congenital heart defects.

#### THE GOOD NEWS IS...



heart defect now SURVIVE **ADULTHOOD** 

thanks to medical advances.





**Problems** 



**Pulmonary Hypertension** 



**Heart Rhythms** (arrhythmias)



**Depression** 





Heart Failur



**Need for Repeat Surgeries** or Procedures



**Stroke** 



**Understand** vour heart defect and ask questions

### Ask if it

**is safe** for you to get pregnant



#### Keep all follow-up medical appointments

How to LIVE WELL with CHD

- even if you are feeling well





Meet with a heart (or CHD) specialist

when reaching adulthood



Maintain regular dental checkups



Seek emotional needed support



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

#### **ACHD** awareness

During heart awareness month, our specialist nursing team have been busy providing teaching sessions for cardiology staff in various health boards on all aspects of Congenital Heart Disease



# If your clinical area would like teaching on ACHD please get in touch!









## 'Mindful March' Calendar

ACHD isn't just about the body, it can effect the mind too- We promote the use of 'mindfulness' for both professionals and patients



Wishing you a happy 2023-The ACHD CNS team achdnurse.cav@Wales.nhs.uk 02921 844 580