

TOP 10 THINGS TO REMEMBER ABOUT CHD AS AN ADULT

YOUR CONGENITAL HEART DISEASE **REQUIRES** *lifelong* FOLLOW-UP

1 EACH OPERATION AND *where* IT WAS COMPLETED

HOW TO FIND & KEEP *all* OPERATIVE REPORTS

2 **3** **4** CURRENT LIST OF *medications* ESPECIALLY BLOOD THINNERS AND RHYTHM DRUGS

IF YOU HAVE A *pacemaker* AND A WALLET CARD

5 **6** WHETHER YOU NEED ANTIBIOTICS OR OTHER *precautions* BEFORE DENTIST, PIERCINGS, TATTOOS, & SIMILAR PROCEDURES

HOW YOUR HEART DISEASE *impacts* JOBS, ACTIVITIES, PREGNANCY, ETC.

7 **8** YOUR NEED TO MAINTAIN *health insurance* WHENEVER POSSIBLE

HOW TO FIND A NEW DOCTOR THAT *specializes* IN YOUR DISEASE

9 **10** WHEN TO SEEK HELP AND *who* TO CALL IF YOU HAVE QUESTIONS

