TOP 10 THINGS TO REMEMBER ABOUT CHD AS AN ADULT

1. Your congenital heart disease requires lifelong follow-up.
2. Each operation and where it was completed.
3. How to find & keep all operative reports.
4. Current list of medications especially blood thinners and rhythm drugs.
5. If you have a pacemaker and a wallet card.
6. Whether you need antibiotics or other precautions before dentist, piercings, tattoos, & similar procedures.
7. How your heart disease impacts jobs, activities, pregnancy, etc.
8. Your need to maintain health insurance whenever possible.
9. How to find a new doctor that specializes in your disease.
10. When to seek help and who to call if you have questions.