TOP 10 THINGS TO REMEMBER ABOUT CHD AS AN ADULT

1. Your congenital heart disease requires lifelong care.
2. Keep your records together in one handy place.
3. Understand your CHD.
4. Know your current medications and those you used to take.
5. Know whether you need to take precautions for dental visits, piercings, tattoos, or activities.
6. Make mental health a priority.
7. Know how your CHD may impact your future.
8. Stay covered by health insurance when possible.
9. Know how to find a doctor or specialist that is right for you.
10. Know when to seek help for your symptoms between appointments and how to reach your care team.

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