

Personal Health Passport

ACHA
Adult Congenital Heart Association
www.achaheart.org



ATTENTION! I HAVE:



- History of rhythm abnormalities – see diagnosis/EKG
- AICD Pacemaker Artificial valve(s)
- Anticoagulated using: _____ Target INR: ____
- Risk of stroke History of stroke
- Risk of SBE History of SBE
- Fevers of unknown origin should be cultured
- Abnormal blood flow to ___left ___right arm.
Blood pressure/pulse will be absent or diminished
- Persistent R to L shunt. IV air filters recommended
- Typical hemoglobin/hematocrit: _____
- Typical O₂ saturation at rest: _____

In Emergency PLEASE CONTACT ACHD
CLINIC:

Patient's Name

Diagnosis

Phone

E-mail

Date of Birth

In case of medical emergency please contact:

Name

Relationship

Phone: Home

Phone: Work

Please transport to the following hospital if possible:

I do do not

have an advance health care directive. It is at the following location:

My Heart . . .



Current Exercise Recommendations

- Unrestricted
- Avoid contact sports
- Gentle exercise only
- Avoid competitive sports
- Avoid heavy lifting
- Other: _____

Reproductive Issues

- Genetic counseling recommended
- STD prevention recommended

Pregnancy Recommendations

- Pregnancy not currently advised
- Planned pregnancy under supervision of ACHD pregnancy center
- Planned pregnancy after consultation with ACHD center

Contraception Recommendations

- Progestin only
- Low dose estrogen/progestin
- Barrier method
- IUD
- Other: _____

Other Special Considerations

- Pneumovax and flu shot recommended
- Avoid metal detectors: ___wands ___walk-through
- Supplemental oxygen for air travel recommended
- Avoid sustained elevations over: _____
- Other: _____

General Health Advice

Know Your Heart

Learn your complete diagnosis and how to draw your defect(s) on a heart diagram. Ask questions of your health care team until you understand your condition and special health concerns.

Get the Cardiac Care You Need

Congenital heart defects are very different from “regular” adult heart problems. Those with more complex defects should receive care from a specialist in adult congenital cardiology. This will help ensure that you receive accurate diagnoses and appropriate treatment from those trained in your special needs. For information on how to find adult congenital heart care, visit www.achaheart.org.

See the cardiologist regularly, even if you feel fine. Heart problems can start without symptoms. Early treatment can protect your heart.

Stay Active

Regular exercise can help you stay healthy and feel your best. Most people with congenital heart defects do not need to restrict their physical activity. But it is important that you check with your cardiologist about what is safe. For example, weight lifting can increase the pressure within the heart and should be avoided in many instances. However, at least 30 minutes of moderate physical activity a day, such as yoga or walking, is recommended in nearly all cases.

Avoid Endocarditis

Endocarditis (heart infection) happens when bacteria enters the bloodstream and settles in the heart. It is serious and needs prompt treatment. The primary symptom of endocarditis is an unexplained fever for five days or more. **If you develop a fever for which there is no obvious cause, make sure the doctor takes a blood sample to identify the infection before you start any antibiotics.** To help prevent endocarditis, take good care of your teeth, gums, nails, and skin. Ask your cardiologist for instructions on when to use antibiotic protection.

Be Kind to Your Heart

Just like everyone else, adults with heart defects can get acquired heart disease as they age. To help protect your heart, eat a diet rich in fruits, vegetables, and whole grains and low in saturated fats. Get at least 30 minutes of moderate exercise daily (with cardiologist's permission). Don't smoke, abuse drugs, or drink to excess. Control your weight and monitor your cholesterol and blood pressure. Talk to your health care providers about your specific risks for acquired heart disease.

Live Your Life

It's important to know your risks and limits. But it's also important to make sure you are not needlessly limiting yourself. Most adults with heart defects have few if any limits on their activities. Talk with your health care team about any questions you have, particularly about life issues such as careers, leisure choices, planning a family, and life expectancy. And don't be afraid to try new things—adults with heart defects are breaking new barriers every day!

Staple EKG Here

This publication was made possible in part by an unrestricted educational grant from . We would also like to thank the ACHA Passport Working Group.



The Adult Congenital Heart Association (ACHA) is a national nonprofit committed to improving and prolonging the lives of all heart defect survivors. For more information, or to order additional copies, contact us at info@achaheart.org, (888) 921-ACHA, or visit our website at www.achaheart.org.

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SEE INSIDE FOR IMPORTANT HEALTH INFORMATION

In Emergency CONTACT ACHD CARE TEAM:

Diagnosis

Patient's Name

I HAVE A CONGENITAL HEART DEFECT

In Case of Emergency

Please note I have a Congenital Heart Defect:

- History of rhythm abnormalities – see diagnosis/EKG
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- Typical O2 saturation at rest: _____

In Emergency PLEASE CONTACT ACHD
CLINIC: _____

Detach and discard bottom portion. Fold top portion up at the dotted line and keep in your wallet in case of emergency.