

Adult Congenital Heart Association



How to Find Care
Ken Woodhouse
Senior Ambassador, ACHA

How to Find Care

Two Types of Care

1. Medical Care
2. Self Care

Medical Care

1. ACHD cardiologists & clinics

- **ACHA's clinic directory**

www.achaheart.org/your-heart/clinic-directory

Help us improve the quality of care for adults with congenital heart disease

*Learn how your center can become part of the ACHA ACHD
Accreditation Program.*

APPLICATIONS OPEN ON 1/9/17

ACCREDITATION PROGRAM

ACHD ACCREDITED
CARE CENTER

ACHD ACCREDITED
COMPREHENSIVE CARE CENTER

FIND YOUR DOCTOR

Connect with practices and
practitioners specializing in adult
congenital heart disease.

CLINIC DIRECTORY

LIVING DAY-TO-DAY

Living with a congenital heart defect
requires critical attention to even the
most ordinary medical procedures, like
a dental visit.

WHAT I NEED TO KNOW

ACHD Clinic Directory

The ACHD Clinic Directory offers comparative information on all self-identified ACHD clinics in the United States and Canada that currently participate in the annual ACHA/ISACHD ACHD Clinic Survey Project.

All data in the ACHD Clinic Directory is self-reported and has not been independently verified.

[Click here for instructions on how to use the directory](#)



International Society for
Adult Congenital Heart Disease

Narrow down the list by selecting from the criteria.

State/Province

Number of half-day sessions per week

Number of patients visits per year

Total ACHD Operations

Year founded

FILTER

Narrow down the list by selecting from the criteria.

State/Province

IL

Number of patients visits per year

Year founded

Number of half-day sessions per week

Total ACHD Operations

FILTER



City	State	Institution	Year	Medical Director	Patient Visits/Yr
Oak Lawn	IL	Adult Congenital Heart Disease Program Advocate Children's Hospital (708) 684-5580	2012	Lisa Forbess, MD	179
Chicago	IL	Center for Adults with Congenital Heart Disease (CACH) University of Chicago Hospitals (773) 702-4183	2008	Daniel H. Gruenstein, MD	160
Chicago	IL	Northwestern Adult Congenital Heart Center Northwestern Medicine: Bluhm Cardiovascular Institute (312) 695-4965	1990	Marla A. Mendelson, MD	1350
Peoria	IL	OSF/CHOI Adult Congenital Heart Program Childrens Hospital of Illinois (309) 655-3453	2010	Marc D. Knepp, MD	1311

ACHA paid professional member

Self Care

1. Social & Emotional Support

- **ACHA's Heart to Heart program**
- **Family members & friends**
- **Fellow CHD warriors / conference attendees**

2. Knowledge Acquisition

- **ACHA website: Your Heart**
 - **Living with CHD**
 - **Health Information**
 - **Research**
- **ACHA Blog & Discussion Forum**

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WHAT I NEED TO KNOW

Self Care

3. Physical & Mental Well-Being:

- **Exercise*:** walking, running, cycling, yoga
- **Hobbies:** reading, writing, crafts, playing music
- **Entertainment:** TV, movies, listening to music

** Make sure you have the approval from you ACHD cardiologist to take part in your desired level of physical activity.*



I admire
people who
choose to shine
simplereminders.com
even after all
the storms
they've been
through.

Simple Reminders
SIMPLEREMINDERS.COM

**Sometimes
the people
around
you won't
understand
your journey.
They don't
need to,
it's not for
them.**