Adult Congenital Heart Association

> How to Find Care Ken Woodhouse Senior Ambassador, ACHA

How to Find Care

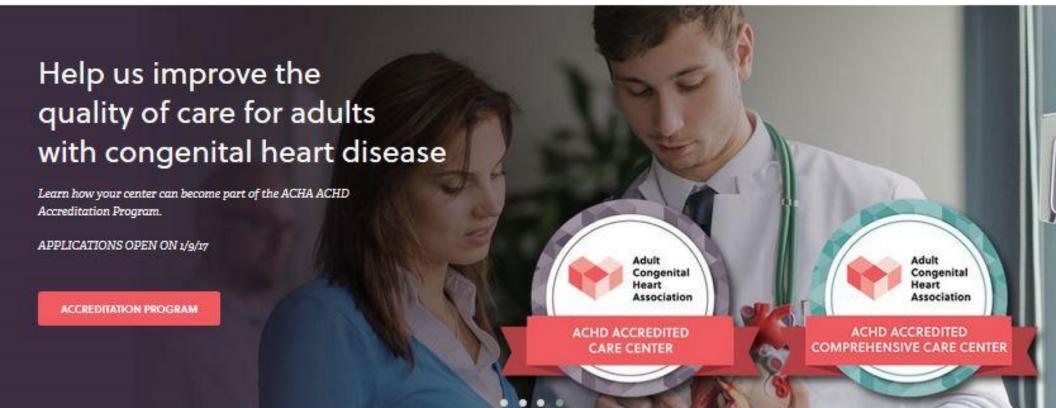
Two Types of Care

- 1. Medical Care
- 2. Self Care

Medical Care

1. ACHD cardiologists & clinics

ACHA's clinic directory
 www.achaheart.org/your-heart/clinic-directory



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.

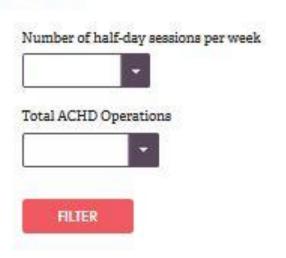
All data in the ACHD Clinic Directory is self-reported and has not been independently verified.



Click here for instructions on how to use the directory

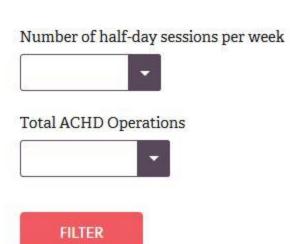
Narrow down the list by selecting from the criteria.

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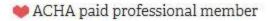
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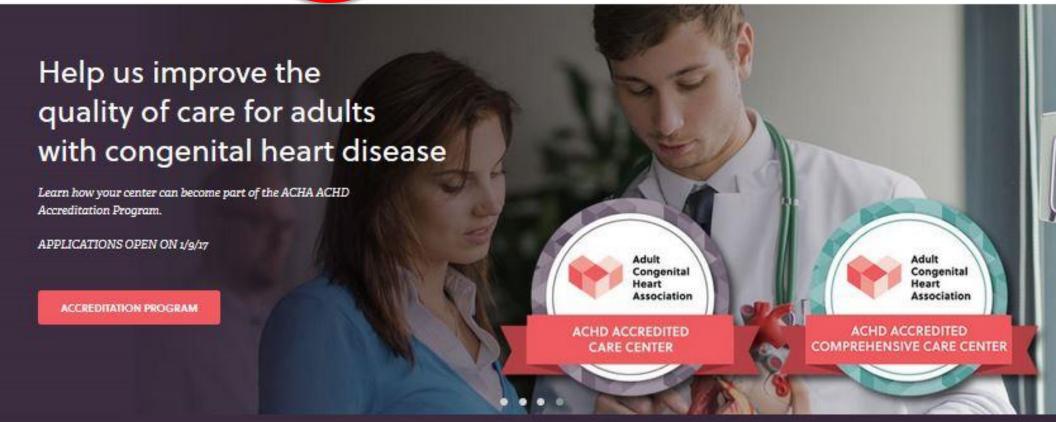


City	State	Institution	Year	Medical Director	Patient Visits/Yr
Oak Lawn	IL	Adult Congenital Heart Disease Program Advocate Children's Hospital (708) 684-5580	2012	Lisa Forbess, MD 💙	179
Chicago	IL	Center for Adults with Congenital Heart Disease (CACH) University of Chicago Hospitals (773) 702-4183	2008	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



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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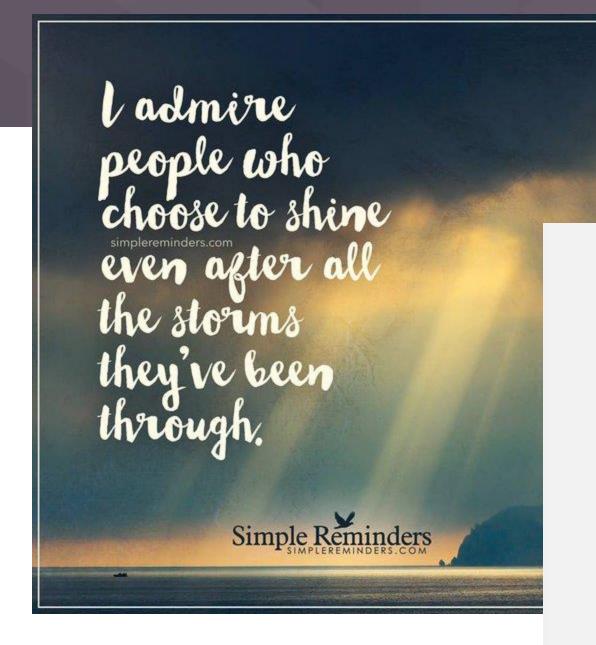
WHAT I NEED TO KNOW

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.



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