

Adult Congenital Heart Association

Webinars Presents:

Making the Leap: Top 10 Tips to Transition from Being a Kid with CHD to an Adult with CHD

Wednesday, December 2, 2020, 7 p.m. – 8 p.m. EST

Presenters: Arwa Saidi, MB, BCh, MEd, Stephen Cook, MD,
Keila Lopez, MD, MPH, Kate Strickland

About the Webinar

Were you born with a heart defect or defects? Do you still see your pediatric congenital heart disease (CHD) doctor or a general cardiologist? Have you been told you need to switch to an adult congenital heart disease (ACHD) doctor? If so, you will want to attend this webinar. You will learn about transition, the process of moving from pediatric to adult congenital heart care. Did you know that this process begins when you are a teenager and continues into adulthood? Register today and learn how to navigate the system, find answers, and improve your well-being and quality of life.

The presenters will be taking questions and discussing transition tips during the webinar. You may also submit questions or tips to webinars@achaheart.org. While the presenters will try to answer as many questions as possible, we cannot guarantee they will be able to answer all questions during the webinar.

REGISTER NOW: <https://bit.ly/3olpQPA>

About the Presenters

Dr. Arwa Saidi is a pediatric and adult congenital cardiologist at the University of Florida. She is interested in transition, the process of preparing patients for self-care, and improving quality of life across the lifespan. She is a member of the ACHA Board of Directors and Medical Advisory Board Vice Chair.

Dr. Stephen Cook is currently Director of the Adult Congenital Heart Disease Program, Helen DeVos Children's Hospital, Spectrum Health, and Director–Elect of the Adult Congenital Heart Disease Program, Indiana University. He is on the ACHA Medical Advisory Board and ACHA's Task Force on ACHD Health Disparities and Diversity. Dr. Cook has been practicing in the field of ACHD medicine for 19 years. He enjoys watching his patients continue to grow larger and older!

Dr. Keila N. Lopez is an Assistant Professor of Pediatrics in the Section of Pediatric Cardiology at Texas Children's Hospital/Baylor College of Medicine, with a clinical focus on transition and advanced non-invasive imaging and research focus on reducing health disparities for children and adolescents with CHD. She is the creator and director of the TCH cardiology transition program, which works to reduce disparities in care for adolescents and young adults with CHD, who often have difficulties in transitioning and transferring from care in a pediatric setting to care in an adult setting. She currently has an NIH National Heart, Lung, and Blood Institute grant for technology-based interventions to improve transition of care between pediatric and adult systems.

Kate Strickland is an ACHD patient at the University of Florida ACHD Program in Gainesville, FL. With a master's degree from FSU, she has taught high school social studies in Tallahassee, FL for 15 years and understands the adolescent mind.

About the Adult Congenital Heart Association

The Adult Congenital Heart Association (ACHA) is a national not-for-profit organization dedicated to improving the quality of life and extending the lives of adults with congenital heart disease (CHD). ACHA serves and supports the more than one million adults with CHD, their families and the medical community—working with them to address the unmet needs of the long-term survivors of congenital heart defects through education, outreach, advocacy, and promotion of ACHD research. For more information about ACHA, contact (888) 921-ACHA or visit www.achaheart.org.

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