



Congenital Heart Defects in Adults: Help Your Patients Get the Care They Need

Did you know?



About **40,000 babies** are born with a heart defect every year in the United States.¹ Heart defects are the most common type of birth defect.



Heart defects are lifelong conditions. Researchers estimate that at least **1.4 million adults** in the United States are living with a heart defect.²



Many adults with heart defects aren't getting cardiac care at all. But they need to **see a congenital cardiologist regularly**—even when they're feeling fine.

3 Steps to Connect Adults with Heart Defects to Cardiac Care

As a primary care physician, you have an important role to play in connecting adults with heart defects to congenital cardiac care. Take these steps to help your patients with heart defects get the care they need:

- 1** Ask patients if they have a history of heart problems. You may learn that some of your patients have a heart defect but haven't mentioned it.
- 2** Ask patients with heart defects whether they're seeing a congenital cardiologist—and emphasize how important lifelong congenital cardiac care is.
- 3** Make referrals for patients who need them. To find congenital cardiologists in your area, check out the Adult Congenital Heart Association Clinical Directory at: bit.ly/ACHDdirectory



To learn more, check out aap.org/CHDcare, cdc.gov/heartdefects, or chphc.org.



¹[https://doi.org/10.1016/S0735-1097\(01\)01272-4](https://doi.org/10.1016/S0735-1097(01)01272-4)

²<https://doi.org/10.1161/CIRCULATIONAHA.115.019307>

