

CONGENITAL HEART DEFECTS IN CHILDREN

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Annotation:

congenital heart defects (CHDs) are the most common types of birth defects, and babies born with these conditions are living longer and healthier lives. Find more statistics about CHDs below. CHDs affect nearly 1% of—or about 40,000—births per year in the United States. The prevalence (the number of babies born with heart defect compared to the total number of births) of some CHDs, especially mild types, is increasing, while the prevalence of other types has remained stable. The most common type of heart defect is a ventricular septal defect (VSD). About 1 in 4 babies with a CHD have a critical CHD. Infants with critical CHDs generally need surgery or other procedures in their first year of life. The prevalence of all types of CHDs, including critical CHDs, varies by state and by type of defect.

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Congenital heart defects (CHDs) are problems with the structure of the heart. "Congenital" means that the problems are present at birth. These defects happen when a baby's heart doesn't develop normally during pregnancy. Congenital heart defects are the most common type of birth defect. Congenital heart defects can change the way the heart pumps blood. They may make blood flow too slowly, go the wrong way, or block it completely. There are many types of congenital heart defects. They can happen in one or more parts of the heart. The most common types are:

Septal defects ("hole in the heart") - openings in the wall between the left and right sides of the heart.

Heart valve defects - problems with the valves that control the flow of blood through the heart

Defects in the large blood vessels that carry blood in and out of the heart

Congenital heart defects can range from very mild problems that never need treatment to life-threatening problems at birth. The most serious congenital heart defects are called critical congenital heart disease. Babies with these defects usually need surgery in the first year of life. But the symptoms of milder heart defects may not show up until childhood or adulthood. Researchers often don't know what causes congenital heart defects. They do know that changes in a baby's genes sometimes cause a heart defect. The changed genes may come from the parents, or the changes may happen during pregnancy.

Several things may increase the chance that your baby has a congenital heart defect, such as:

Your health before and during pregnancy, including:

Having diabetes before pregnancy or developing it in the first 3 months of pregnancy (diabetes that develops later in pregnancy isn't a major risk for heart defects). Carefully controlling your blood sugar before and during pregnancy can lower your baby's risk of congenital heart defects.

Having phenylketonuria (PKU), a rare inherited disorder that affects how the body uses a protein in foods. If you have PKU, eating a low-protein diet before getting pregnant can lower your baby's risk of having a congenital heart defect.

Having rubella (German measles) during pregnancy.

Contact with certain substances during pregnancy, including:

Smoking or secondhand smoke (breathing smoke from another smoker).

Certain medicines, such as angiotensin-converting (ACE) inhibitors for high blood pressure and retinoic acids for acne. If you're pregnant or plan to get pregnant, talk with your health care provider about all the medicines you take.

Family history and genetics. In most cases, congenital heart defects don't run in families. But your chance of having a baby with a congenital heart defect does go up if you or the other parent has a congenital heart defect, or if you already have a child with a congenital heart defect.

Congenital heart defects don't cause pain. The signs and symptoms are different, depending on the type and number of defects and how serious they are. Common signs and symptoms of congenital heart defects include:



Cyanosis - a bluish color to the skin, lips, and fingernails. It happens when there isn't enough oxygen in the blood

Fatigue - your baby may be unusually sleepy and may become very tired during feedings

Poor blood flow

Fast or difficult breathing

Heart murmur - an unusual sound between heartbeats

Congenital heart defects don't always cause other problems. If they do, which problems you have would depend on the type and number of defects and how serious the defects are. Children with congenital heart defects are more likely to:

Be smaller than other children

Have problems or delays in mental, and emotional growth, and behavior, such as: speech and language problems. Attention deficit hyperactivity disorders (ADHD).

People with congenital heart defects may develop other health conditions, including: Endocarditis - an infection of lining of the heart and valves.

Arrhythmia - a problem with the rate or rhythm of your heartbeat.

Heart failure - when your heart can't pump enough blood to the body.

Pulmonary hypertension - high blood pressure in your lungs.

Kidney and liver disease.

Treatment depends on the type of congenital heart defect and how serious it is. Possible treatments include: cardiac catheterization to repair simple defects, such as a small hole in the inside wall of the heart. A catheterization uses a thin tube guided through a vein and into the heart.

Heart surgery may be needed to: repair defects in the heart and blood vessels.

Repair or replace a heart valve. Place a device in the chest to help the heart pump blood. Do a heart transplant. Medicine is often used if your baby has a specific type of congenital heart defect called patent ductus arteriosus.

Conclusion, all children and adults who have congenital heart defects need regular follow-up care from a cardiologist (a doctor who specializes in heart diseases) throughout their life, even if their defect was repaired. Some people may need several heart surgeries or catheterizations over the years. They may also need to take medicines to help their hearts work as well as possible.



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