Given that February was American Heart Month, this issue includes selected resources for youth with congenital heart disease and their families as well as resources for health care professionals.

Feel free to forward this newsletter to others.

Ann Garwick, Center Director

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**Resource For Youth/Families:**

**Little Hearts:** [https://www.littlehearts.org/Content/CHD_Resources.asp](https://www.littlehearts.org/Content/CHD_Resources.asp)

- Includes basic information on congenital heart disease (CHD) such as rates, the number of different defects and how their rates compare to other birth defects
- Provides links to the Center for Disease Control, how to obtain financial help, information regarding insurance concerns and camps
Lists of books for parents written by other parents of children with CHD
Books to explain CHD to children.
Families are able to share their personal experiences to help those families newly diagnosed

Resources for Youth/Families and Health Care Professionals:

American Heart Association:  http://www.heart.org/HEARTORG/Conditions/CongenitalHeartDefects/CongenitalHeartDefectsToolsResources/Congenital-Heart-Defects-Tools-and-Resources_UCM_002031_Article.jsp

- Images of structural defects along with easy to understand descriptions of the various defects
- Address how stress potentially affects families
- Links to local resources

Cove Point Foundation: http://www.pted.org

- Information on structural defects with interactive images that compare normal anatomy and the specific defect
- Information on potential surgical interventions and what to expect after surgery
- Includes health information such as how long to expect the child to miss school, nutrition topics, and specific information on common electrolyte replacements in this population