

CHD INFO CARDS



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I HAVE CONGENITAL
HEART DISEASE (CHD)

- According to the CDC, CHD affects 1 in 100 children born each year, making it the most common birth defect.
- The cause of CHD is unknown and while there are treatments and surgeries to help patients, there is no cure.
- If I am blue, my oxygen is low. If I appear sunburned, I am not, it is because of poor circulation. Unfortunately, this is my normal.
- While I might look healthy I may need to use a stroller or wheelchair because I cannot walk long distances and need to save my energy.
- CHD is an invisible illness; while I might appear normal on the outside, I may have to park in handicapped parking because I cannot walk far. Please be kind to me.



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