



A hole in the heart typically forms during early pregnancy and may require treatment after the infant is born. It is not possible to develop congenital heart defects later in life. The truth however, is that many adults do not display symptoms even during check-ups, so they do not realise that they are sufferers themselves.

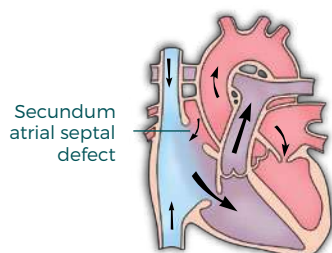
Living with it untreated can be a dangerous thing, especially when it takes a toll on your respiratory and circulatory system. That is why it is important to monitor your heart health as an adult, and to know the symptoms, causes and risks of living with a hole in the heart.

The Heart

Not every heart is created flawless and normal. Some hearts with holes at birth, alters the flow of blood within the chambers.

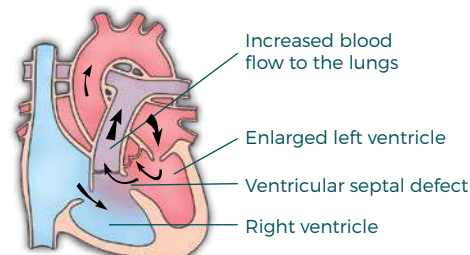
These are the most common form of congenital heart defects (CHD). Typically, the heart has two sides that are separated by an inner wall called the septum. The septum is necessary to prevent the mixing of oxygen-rich and oxygen-poor blood from both sides of the heart, to keep the flow of oxygen-rich blood to the rest of the body steady and healthy.

4 Common types of Hole in the Heart



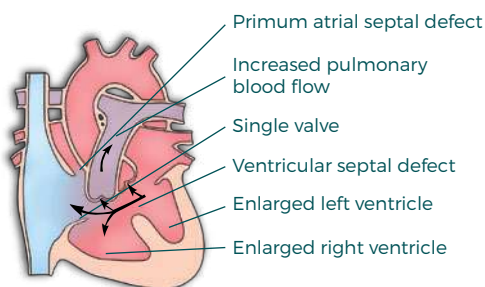
Atrial Septal Defect (ASD)

A hole in the septum between the heart's two upper chambers is called an Atrial Septal Defect (ASD).



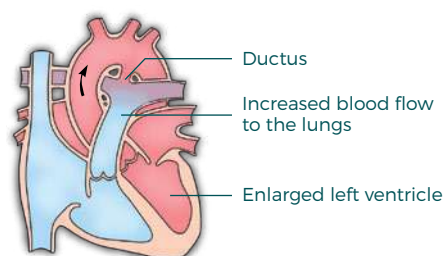
Ventricular Septal Defect (VSD)

If this occurs between the heart's two lower chambers, it is called a Ventricular Septal Defect (VSD).



Atrio-Ventricular Septal Defect (AVSD)

When there is a hole in the chambers between the right and left side of the heart, this is an Atrio-Ventricular Septal Defect (AVSD)



Patent Ductus Arteriosus (PDA)

A persistent opening between two major vessels leading from the heart is known as Patent Ductus Arteriosus (PDA).

But it is not as terrifying as it seems. Since the last few decades, children who are born with holes in the heart can survive to adulthood and live active and productive lives because they were treated early. There is a strict regimen of follow-up cardiac care but there is so much more we can do to protect ourselves, and save the lives of our loved ones. Read on to find patient testimonials, success stories, perspectives of experts on complicated CHD cases and how to help your child stay healthy. You are not alone in this.

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