

TREATMENT OPTIONS FOR CONGENITAL HEART DISEASE



If your child has a Congenital Heart Disease (CHD), there is a good chance that it can be remedied. Infants diagnosed with milder CHD that does not require treatment are monitored regularly. Should their condition worsen, treatment may be necessary. Inversely, if their condition remains stable after a period of time, treatment may not be required after all.

For some, treatment may include staged surgeries or non-surgical procedure. For others, it takes only one procedure or surgery.

Some children may need to take medicine for the rest of their lives. They might also need to make regular visits to the cardiologist.

Hence, constant and effective monitoring is important. With the advanced tools at IJN's disposal, we are able to do just that.

TREATMENT OPTIONS FOR CONGENITAL HEART DISEASE (CHD)

1. Medicine

- CHD can put a strain on the heart, causing it to work harder. To alleviate symptoms, the doctor may treat your child with medications aimed at easing the burden on the heart.
- You need to ensure your child complies with the medicine's regimen as they help ease the heart's workload, reduce fluid build-up in the lungs, and prevent clot formation. These medicines include:



Inhibitors – Used widely to reduce the workload of the heart. They relax blood vessels, making it easier for the heart to pump blood.



Aspirin - Used to prevent clot formation in patients who have stents implanted to treat their hearts.



Diuretics - Also called water pills, these medications lower fluid levels, causing less blood volume which helps lower blood pressure.



It is important to note that infection of the heart can come from tooth infection. You will need to visit the dentist regularly and practise good dental hygiene.



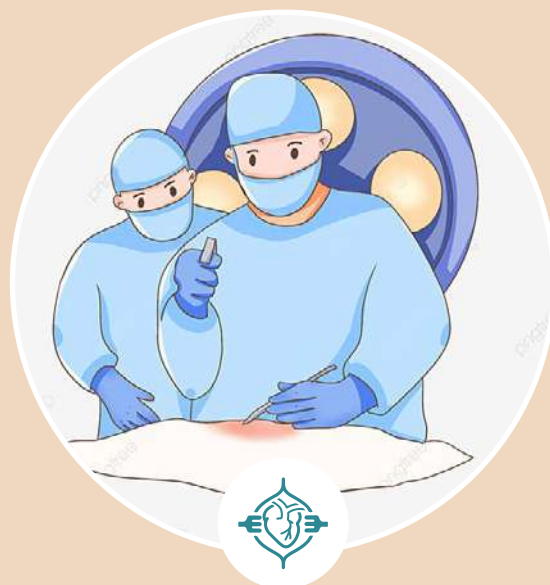
2. Procedures

- Thanks to new technology, doctors have easier and better ways to fix CHD. Sometimes, infants need several procedures as they grow up. As their heart gets bigger, replacement valves, for example, will need to be changed. Therefore, constant and effective monitoring is important.
- There are two main procedures to treat CHD, which are as follows:



Cardiac Catheterisation

- Doctors can use catheters to repair hearts by closing holes or expanding narrowed valves or arteries.
- Small tubes are inserted in the vessels through the groin that is directed to the lesions of interest. Using an X-ray for guidance, the catheter is directed to deliver the closure device, balloon or stent.
- The doctor inflates the balloon or stent to widen the valve or artery. This allows better blood flow through blocked or narrowed vessels or valves. When it is done for a valve, it's called a valvuloplasty. When it's done in an artery, it's called an angioplasty.
- Catheter procedure alone might not fix every issue. Some children might need surgery when they are a little older. But this procedure allows the surgery to be delayed until the child is older and stronger.



Open Heart Surgery

- In some cases, infants would be required to undergo open heart surgery.
- With this surgery, a doctor has to cut through the breastbone to operate on the heart directly. Conditions that are treated with open-heart surgery include holes in the heart, and valve and arteries abnormalities.
- Because a heart grows in size along with its owner, some people may need more surgeries or other procedures years later.