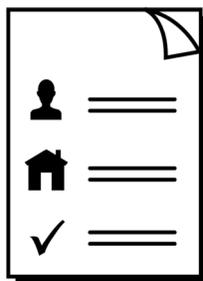


Information for young adults with childhood onset heart disease



Easy Read

About this fact sheet



This fact sheet is from HeartKids.

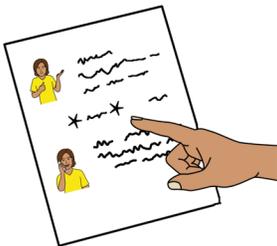


This fact sheet is written in a way that is easy to understand.



You can read more information about HeartKids on our website.

Visit heartkids.org.au



We add a star before and after ***hard words***.

Then we explain what the words mean.

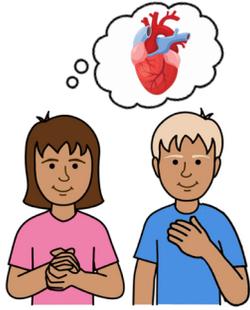


You can ask someone to help you read and understand this fact sheet.



Contact information is at the end of this fact sheet.

Childhood onset heart disease



We help people with

childhood onset heart disease or COHD.



COHD means a ***heart condition*** that starts

- before you are born

or



- when you are young.

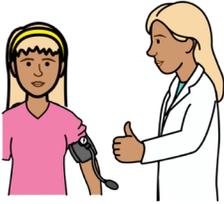


A heart condition means your heart works differently to the way it should.

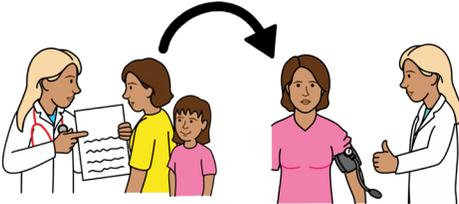


Most children with COHD grow up to live normal lives.

Help to stay healthy



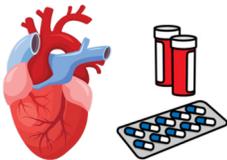
If you have COHD it is important for you to stay healthy.



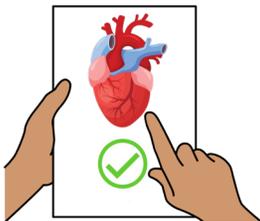
When you turn 18 you will go from child health services to adult health services.



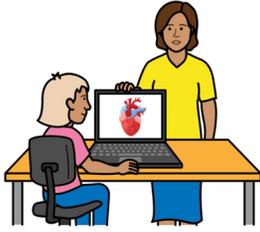
You will learn how to manage your heart condition on your own.



Your heart may have new problems that need to be treated.

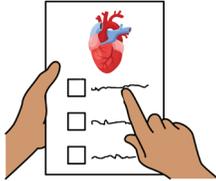


Your doctors will make sure any new heart conditions are treated.

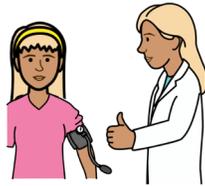


To stay healthy you can

- learn about your heart condition



- keep a copy of your medical history
 - for example, a list of your operations and treatments



- have regular health checks with your doctor.

Healthy choices



It is good to make healthy choices.



For example

- learn how to exercise in a safe way



- choose jobs that will keep you safe and healthy.



You can also

- choose not to smoke



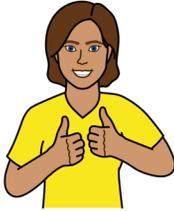
- choose not to have alcohol or drugs.



You can eat well and exercise to stay at a healthy weight.



If you are thinking of having a baby you can talk to your doctor.



It is important to have good ***mental health*** so you can enjoy life and reach your goals.

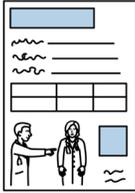


Mental health is how you feel about yourself and your life.

When to see your doctor

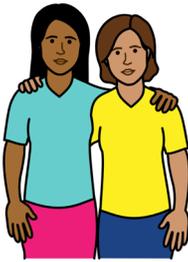


When you see your doctor you can ask for a ***referral*** to a ***cardiologist*** for adults with COHD.



A referral is a letter asking another doctor to help or do more tests.

A cardiologist is a heart doctor.



When you see your doctor you can take someone with you for support.

For example, someone in your family.

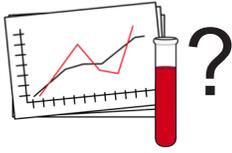


It is good to write notes about things your doctor says so you can read them later.



You can also ask your doctor for information you can take home.

Questions to ask your doctor



You may want to ask questions about

- what tests you need



- your ***symptoms*** and what causes them

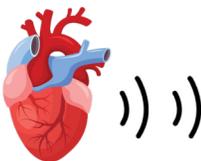


- how to manage your symptoms



- how often you should visit the doctor.

Symptoms are things you can see and feel in your body because of a health condition.



For example, your heart beats quickly.



More information

For more information or support contact HeartKids.

Call 1800 432 785

You can contact us from 9 am to 5 pm

Monday to Friday.



Website heartkids.org.au

You can also contact the Heart Foundation.

Website heartfoundation.org.au

Help to speak and listen



If you need help to speak or listen, the National Relay Service can help you make a call.



Call 1800 555 660



Website accesshub.gov.au/nrs-helpdesk

Help in your language



If you need help with other languages, contact the Translating and Interpreting Service.



Call 131 450



Website tisnational.gov.au

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