

# ABOUT THIS GUIDE

## Finding your way

This guide, *Heart and Soul*, has in-depth information for you about congenital heart defects in children. Some of the information will be helpful now and some will be helpful later. You can use it in your own way.

### Suggestions for using this guide

Check the table of contents to see the topics. You can read the sections in any order and skip any sections that you don't need right now.

#### Here are some other tips for using this guide:

- You might want to share this guide with family or friends who want to help or understand your child's heart defect.
- Consider using this binder as a place to keep all the information about your child's health. For example, you may want to include your child's medical records or handouts from pharmacists or the Cardiology Clinic. Jot your own notes on the pages.
- Not all problems in this book will happen to you or your child. Every family is different, and heart defects are not all the same.

- As you talk to health specialists, they will be using some medical words that you may not know. The glossary at the end of this guide explains those medical terms. Words in bold face can be found in the glossary.

Be patient with yourself. You don't need to know everything all at once. It is very difficult to understand information when you are stressed or emotionally exhausted. If you are overwhelmed by the information you have been given, take your time.

Some people want to read about heart defects because it gives them more control over the situation and it gives them more information for decisions.



*"We know in our hearts that, whatever road Bridget goes down, she will remain strong and always have us right behind her."*

PARENT



Finding answers. For life.