



Exercise Guidelines



Check your particular restrictions with your cardiologist.

Mild Stenosis: no specific restrictions.

Moderate or severe stenosis: competitive and contact sports are not recommended.

Endocarditis Prevention



Antibiotics are needed before specific surgical and dental procedures.

You should always maintain good oral hygiene in order to prevent infection.

Warning Signs and Symptoms



Contact your cardiologist as soon as possible if you frequently have:

- Chest pain
- Shortness of breath
- Dizziness
- Exercise intolerance
- Loss of consciousness
- Palpitations

Pregnancy and Contraception



Pregnancy carries morbidity and mortality risks, depending on your clinical condition.

A pre-conception cardiology counseling with your congenital heart disease cardiologist is necessary and very important.

Risks of Transmission

Normal population	1%
1 child affected	2%
2 children affected	15%
3 children affected	50%
Mother with malformation	Up to 15%
Father with malformation	Up to 12%
Marfan's Syndrome, bicuspid valves	Up to 50%

These numbers are approximate. A fetal echocardiogram is recommended between the 18th and the 20th week of pregnancy to detect possible cardiac malformations in the baby.

The risk of transmission varies according to the family medical history. In case of doubts, a consultation with a geneticist is recommended in order to precisely evaluate the risk and to make specific recommendations.