



## Exercise Guidelines



Check your particular restrictions with your cardiologist.

If you have a repaired coarctation of the aorta, you should exercise regularly.

However, if you have hypertension, you should avoid extreme exercise.

## 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:

- Fast breathing
- Shortness of breath
- Hypertension
- Persistent headaches
- Abdominal and leg cramps
- Decreased urinary output

## Pregnancy and Contraception



Pregnancy carries morbidity and mortality risks. Risks are higher if you don't have a repaired coarctation.

With a repaired coarctation, risks are lower.

In both cases, you should discuss with your cardiologist and have a strict cardiac follow-up if you plan to be pregnant.

## Risks of Transmission

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

These numbers are approximate. A fetal echocardiogram is recommended between the 18<sup>th</sup> and the 20<sup>th</sup> 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.