



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%
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.