

Mayo Clinic Minute: Congenital heart disease and pregnancy

Video	Audio
	Congenital heart disease is an abnormality in your heart's structure that you're born with. These birth defects can alter the way blood flows through the heart and cause a wide range of issues that may be life-threatening without intervention or surgery.
KATIA BRAVO, M.D. CARDIOVASCULAR MEDICINE Mayo Clinic	"Many times, (patients) can experience arrhythmias, palpitations, problems with shortness of breath, and all of these symptoms can actually trigger much more consequences in older congenital heart disease populations."
	Pregnancy can pose a new set of risks for someone with congenital heart disease. Blood volume increases during pregnancy, which can alter the flow, create differences in blood pressure and lead to a potentially dangerous situation.
	"Understanding that pregnancy can potentially lead to volume overload, maybe some rhythm problems."
	Dr. Bravo recommends preconception counseling for those with diagnosed congenital heart disease.
	"They are going to need somebody that can look after them in all the aspects involving exercise, stress testing, echocardiography, advanced imaging, specialized interventions and also surgery."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.