



# Adult Congenital Heart Disease in the 21<sup>st</sup> Century

*Patient, Provider and Family Symposium:  
Understanding the Importance of Lifelong Care*

October 5, 2019 | 12:30 – 3:45 p.m. | Bethesda Marriott | Bethesda, MD

[CE.MedStarHealth.org/ACHDPatient](https://CE.MedStarHealth.org/ACHDPatient)



Children's National

**Course Director:**

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## Would you like to learn more about current guidelines created for and with congenital heart disease (CHD) patients in mind?

We're inviting patients and families to join clinicians attending the 8<sup>th</sup> annual *Adult Congenital Heart Disease in the 21<sup>st</sup> Century* symposium, a continuing medical education conference, for a special afternoon that's part education, part inspiration and 100 percent patient-centered. Feel free to attend alone or bring family and friends. Sessions will be led by providers and patients with time for discussion and questions.

The three sessions for patients/families include:

### The Impact of CHD on the Family

*Through an interactive panel discussion, patients and family members will discuss the process of becoming an adult with CHD. Parents will discuss the process of fostering independence as their children grow to adulthood. Spouses and patients share their experiences developing long-term relationships and raising children.*

### The Unspoken Truths: Addressing the Challenges Associated with CHD

- Learning, Career, and Life Management: Understanding the Impact of Neurodevelopmental Outcomes in CHD Patients
- Practical Tools and Tips for Anxiety Management and Stress Reduction for CHD Patients and Family Members

### Be the Best You: The Importance of Self-Care

- Body image, reproductive health, fitness and exercise for women and men

## Registration

Type	Fee
1 Patient/Family Member	\$20
2 Patients/Family Members	\$30
3 Patients/Family Members	\$35
4 Patients/Family Members	\$40

*Parking at the Bethesda Marriott will be complimentary. Light refreshments will be provided.*

Learn more and register at [CE.MedStarHealth.org/ACHDPatient](http://CE.MedStarHealth.org/ACHDPatient)

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