

**Meghan lives with Tetralogy of Fallot in Alberta. Her CHD was diagnosed at birth. She has received a TOF repair, along with several pulmonary valve replacements, various cardiac catheterizations, and an AICD implantation and then explantation**



“My cardiologists throughout my life always did a very good job at speaking to ME as the patient and explaining with diagrams/handouts/videos. I would like to see kids always been included in their CHD journey and work to explain what is going on at their level so that they are prepared as adults to advocate for themselves when needed and be active in their health care plan.

As adults I'd like to see from a surgical perspective some individualization of treatment and recovery plans. During some hospitalizations, I have found there is somewhat of a “box” they expect you to fit into for recovery. And that doesn't look the same for everyone. You can't treat/have the same expectations for an adult that underwent a bypass procedure to have the same challenges/response/needs as an adult CHD patient needing ongoing procedures.

I am hopeful with regard to the number of incredible specialists and scientists we have available in Canada with a huge knowledge and skill base. I am also hopeful about the advances that have been made and the abilities to diagnose and intervene earlier than when I was born. I am especially hopeful for my own pregnancy as I am due with my first child in April 2022 - something at certain points in my life I did not know if would be possible and I am so grateful for the resources, support, and monitoring I have received from my health care team.”



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