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**SABRINA D
PHILLIPS:**

Hello, I'm Dr. Sabrina Phillips, one of the adult congenital heart disease specialist at the Mayo Clinic. Adults with congenital heart disease often return to medical care in adulthood through providers that are not cardiologists. When presented with a patient with a history of congenital heart disease, it can be difficult to determine who needs referral to a sub-specialty clinic in a tertiary care facility, especially if the patient has no current cardiac complaint. Often, patients are uninformed or underinformed about their diagnosis, or they may not be able to accurately identify their original diagnosis.

Many patients believe that they have been cured of their congenital heart disease and need no further cardiac follow up or evaluation. If your asymptomatic patient has any of the following concerns, a referral to an adult congenital heart disease specialist is warranted. First, a new diagnosis of congenital heart disease. Examples include an atrial septal defect. Guidance from a sub specialist is beneficial to give the patient information regarding appropriate treatment. Next, a patient with an operation that is named for a surgeon. Examples would include Mustard, Senning, Konno, or Ross. Often this denotes a more complex operation, and all of these procedures have potential sequelae that does need specialty cardiology follow up.

Next, a patient that is pregnant or considering pregnancy should be referred. These patients require expert advice on potential complications, both maternal and fetal. The patient that is cyanotic should be referred, even if it is believed that the cyanosis is expected with the patient's diagnosis. Cyanotic patients have multi-organ effects that need evaluation, and some patients should not be cyanotic after their specific repair. Finally, a patient has had an operative repair, but has not seen an adult congenital heart disease specialist in adulthood needs referral.

Mayo Clinic has adult congenital heart disease specialists available in Rochester, Jacksonville, and Scottsdale to provide a comprehensive evaluation for your patient.