

Fast Facts

Ventricular Septal Defect (VSD)

- A hole in the muscular heart wall (septum) that separates the heart's two lower chambers (ventricles)
- Allows oxygenated blood from the left ventricle to mix with deoxygenated blood in the right ventricle, which means that your heart must work harder to provide enough oxygen to the rest of the body
 - Arises from issues during the heart's development while in utero
- Isn't a clear cause, but thought to be a result of genetics and environmental factors
 - Can vary in size and happen in several locations within the wall
 - Can be more than one hole
 - Can occur by themselves or with other congenital heart defects
- Usually something someone is born with, but it is possible to develop them later in life, like after a heart attack or as a complication to various heart procedures
- Some individuals who are born with one don't know that they have it until they're an adult

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Infants:</i></p> <ul style="list-style-type: none"> -Poor eating -Fast breathing -Breathlessness -Easily tires <p><i>Call Doctor If Your Child:</i></p> <ul style="list-style-type: none"> -Is not gaining weight -Has rapid breathing -Tires easily when playing/eating -Is breathless when eating/crying <p><i>Adults:</i></p> <ul style="list-style-type: none"> -Shortness of breath -Heart murmur <p><i>Call Doctor If You:</i></p> <ul style="list-style-type: none"> -Develop shortness of breath upon exertion or lying down -Have a rapid/irregular heartbeat -Feel fatigue/weakness 	<p><i>Small:</i></p> <ul style="list-style-type: none"> -Monitor to make sure it closes or doesn't cause complications <p><i>Small with Complications or Medium/Large:</i></p> <ul style="list-style-type: none"> -Medications to deal with complications (ex. extra fluid or irregular heartbeat) -Surgery to repair hole (ex. open heart surgery, catheter technique or hybrid procedure) 	<p><i>Have a healthy pregnant by:</i></p> <ul style="list-style-type: none"> -Getting early prenatal care -Eating a well-balanced diet -Taking a vitamin supplement that includes folic acid -Limiting caffeine -Not using alcohol, tobacco or drugs -Making you're your vaccinations are up to date -Exercising regularly -Managing diabetes (if you have it) -Talking to a genetic counselor if you have a family history of heart defects or other genetic disorders

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