

## Fast Facts

### Fallot's Tetralogy

- Rare condition
- Person has abnormal blood flow in their heart
- Results from four structural heart defects that are present at birth (congenital)
  - Reason these abnormalities occur isn't known
- Structural changes include pulmonary valve are narrowed, ventricular septal defect (hole between ventricles), aorta is attached directly above the ventricular septal defect, and right ventricular hypertrophy (weakened, stiff, and enlarged)
- Some individuals aren't diagnosed until adulthood because they don't have noticeable symptoms as children
- Can have other heart defects, like atrial septal defect (hole between the two upper chambers), abnormalities to the coronary arteries, or a right aortic arch (aorta comes from right ventricle)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Shortness of breath or rapid breathing (especially during exercise or eating)</li> <li>-Fainting</li> <li>-Bluish color to the skin (cyanosis)</li> <li>-Tiring quickly during play/exercise</li> <li>-Irritability</li> <li>-Prolonged crying</li> <li>-Heart murmur</li> <li>-Clubbing of fingers/toes (abnormal rounded shape of nail bed)</li> <li>-Poor weight gain</li> <li>-Tet spells (when a baby suddenly develops deep blue skin, nails, and lips after crying/feeding or when agitated as the result of a sudden drop in oxygen)</li> </ul>	<p><i>Surgery:</i></p> <ul style="list-style-type: none"> <li>-Temporary shunt</li> <li>-Intracardiac repair</li> </ul> <p><i>Other:</i></p> <ul style="list-style-type: none"> <li>-Regular appointments with doctor</li> <li>-Have a good support network</li> </ul>	<ul style="list-style-type: none"> <li>-Nothing specific</li> <li>-Prevent infections by making sure you're up to date on immunizations and practice good hygiene habits (ex. washing your hands frequently and thoroughly)</li> <li>-Protect against infections during dental work or other surgical procedures by taking antibiotics prophylactically before</li> <li>-Have good dental hygiene habits, such as brushing twice daily, flossing daily, and having regular dental checkups</li> <li>-If you have the condition or are over the age of 40 and considering pregnancy, talk to your doctor</li> <li>-If you're pregnant, eat a healthy diet and avoid alcohol</li> </ul>

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