

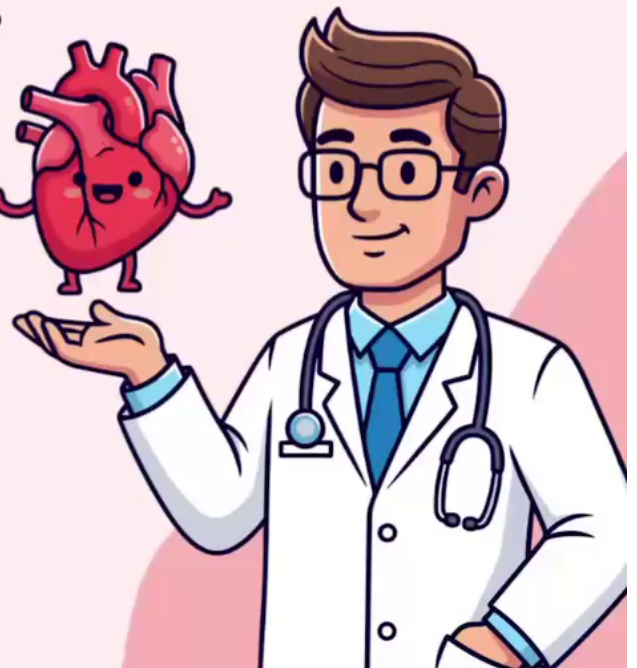
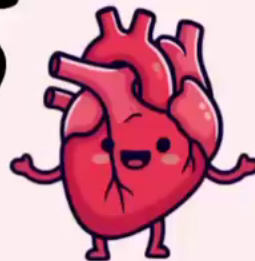


**PCSSA**  
PAEDIATRIC CARDIAC SOCIETY  
OF SOUTH AFRICA  
A SPECIAL INTEREST GROUP OF SA HEART®

# CONGENITAL HEART DISEASE

## ***MYTHS*** ***VS***

## ***FACTS***



**MYTH: CHD is rare**



**FACT: CHD is the most common birth defect, affecting 1 in 100 babies worldwide**





***CHD is caused  
by something  
parents did***



***FACT: Most CHDs  
have no known  
cause and are not  
preventable***



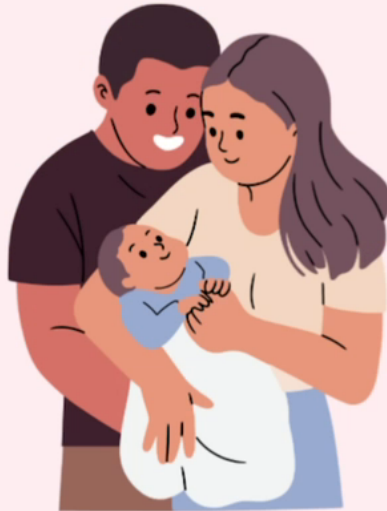


***MYTH: Children with CHD can't live normal lives***



***FACT: With proper care, many children with CHD grow up to live full, active lives***

**MYTH: CHD is always diagnosed at birth**



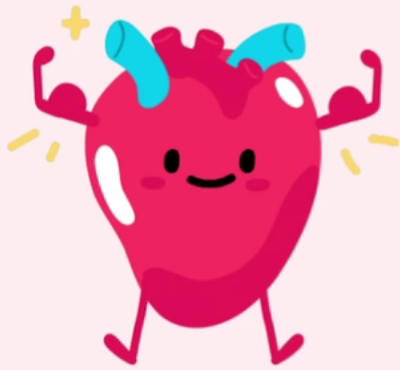
**FACT: Some heart defects are diagnosed later in childhood or even adulthood**



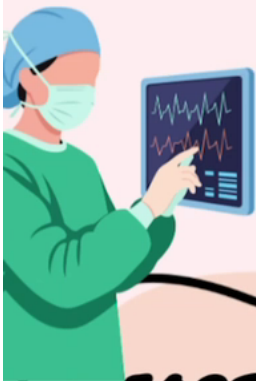
**MYTH: Surgery cures  
CHD forever**



**FACT: CHD often  
requires lifelong  
follow-up, even after  
successful surgery**



**MYTH: If they're  
doing well,  
everything is  
fine**



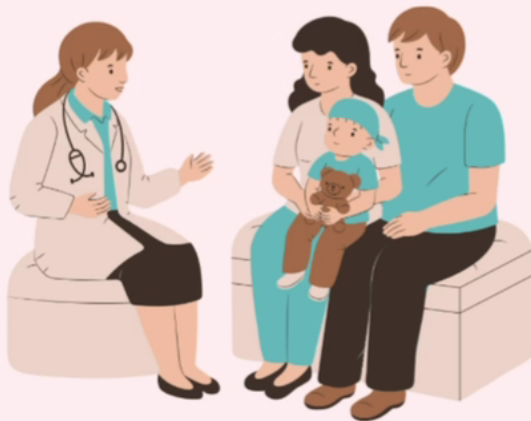
**FACT: CHD is unpredictable  
and requires lifelong  
monitoring**

***A child can look stable today while still living  
with risks complications, and sudden changes  
that require ongoing vigilance. Good days don't  
erase the reality of the condition.***





***MYTH: CHD is  
just a heart  
issue***



***FACT: CHD affects the  
whole family.***

***Emotionally, financially, mentally, physically.  
Appointments, hospital stays, trauma, and  
constant worry can impact every part of life  
for parents and siblings.***





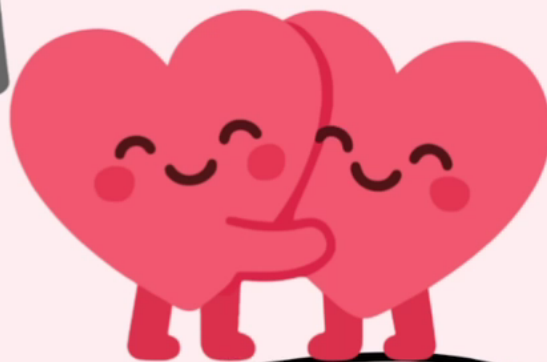
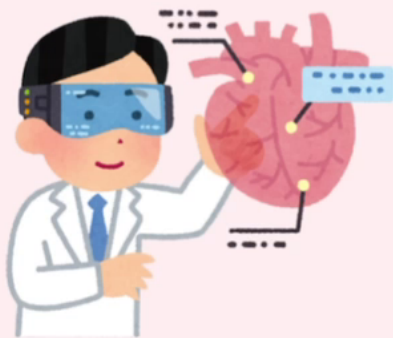
***Myth: "You'd know if a baby had a heart problem."***



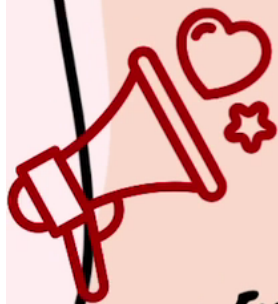
***Fact: Many CHDs are invisible.***

***Babies may look healthy on the outside while facing serious internal challenges. Scars, meds, and symptoms aren't always noticeable - which is why awareness matters.***

***Myth: "Awareness doesn't really do anything."***



***Fact: Awareness = Funding  
→ Research  
→ Better Outcomes.***



***Every share, donation, and conversation  
helps support advancements that save and  
improve lives.***



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***The more people  
understand CHD, the  
more compassion heart  
families receive – and the  
more hope our children  
have.***