Flu Facts:

- It is that time of year again! It’s the middle of Halloween costumes and crossed turkey roasting, giving gifts and singing holiday songs, many of us will encounter an age-old enemy—the flu.

- The flu—an infectious respiratory disease caused by influenza viruses—is spread mainly from droplets made when people with the flu cough, sneeze, or speak. The droplets remain in the air for a few minutes and are breathed in by people nearby.

- Some people should be vaccinated against the flu without consulting their physician. These include people who have had a severe allergic reaction to eggs, people who have had a severe reaction to the flu vaccine in the past, people younger than 6 months of age, pregnant women, and people with medical conditions that put them at high risk of complications from the flu.

- By 1980, Dr. Perloff and Dr. Child formed the first adult congenital heart disease clinic. By 1985, he became the chief medical resident in the Diagnostic Imaging Service at Children’s Hospital in Los Angeles. He returned to UCLA in 1977 and assumed an alternating cardiology position at UCL.

- With more than 30 years of expertise in imaging, Dr. Child is recognized as the first and foremost expert in the field of imaging for congenital heart disease. His department of cardiology is now part of the Imaging Sciences program, which is the largest in the country, a non-surgical option for pulmonic valve replacement continues to grow with new tools and techniques. For example, the transcatheter valve replacement field continues to grow with new tools and techniques. For example, the transcatheter valve replacement field continues to grow with new tools and techniques.
Dr. Child and Dr. congenital heart disease training at UCL
the Center, having completed his pediatric cardiology and adult
providing adult congenital heart disease specialty care.

heart disease team.

experience that brings empathy and a warm bed-side manner Dr.

She is a great addition to the Center.

• New Cardiologist – Dr. Leigh Reardon

Dr. John S. Child, director of the Ahmanson/UCLA Adult Congenital Heart Disease Center is stepping down. Dr. Child is being the Director of the Ahmanson/UCLA Adult Congenital Heart Disease Center since 2001. That same year he was named the “Mitsubishi Phlebolithon Professor of Medicine”.

With more than 30 years of expertise in congenital heart disease and a fierce advocate for adults with congenital heart disease, Dr. Child is internationally recognized as a world expert in this imaging technique, as a master clinician in adult congenital heart disease, and hypertrophic cardiomyopathy. He is recognized as one of the founding cardiologists of this growing subspecialty.

Prepping for the Transition
John Child knows he is being the transition to a new leader for the CHDC in 2012, and will carry the momentum of advances that he has been a part of since its beginning. By February 2012, Dr. Child will stop seeing his final patient appointments. He will spend the final few months finalizing the transition of staff, the Center and the Cardiomyopathy Laboratory.

Dr. Child will continue his leadership role for the Center, bringing his insights as both a medical director and as a patient advocate to all of the Center’s programs. He will continue to be a part of the clinical practice at the Center.

Dr. Child believes that adult congenital heart disease is a subspecialty that is still in its infancy. The best way to pre- empt the flu without getting the flu is to get vaccinated against the flu virus. The flu vaccine is widely available, and it is recommended for everyone age 6 months and older. The flu vaccine is available at local pharmacies, doctor’s offices, clinics, and community health centers.

The flu vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu shot is given by a healthcare professional, such as a doctor, nurse, or pharmacist, and it is administered intramuscularly, which means it is given into a muscle. The flu vaccine works by stimulating the immune system to produce antibodies that will help protect against future flu infections.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.

The flu vaccine is usually given as a shot in the arm or the thigh. The vaccine is recommended for everyone age 6 months and older, except for those who are not recommended to be vaccinated, such as people with certain medical conditions, people with egg allergies, and people who have had a severe allergic reaction to a flu vaccine in the past.
New Treatment Modalities for Pulmonary Hypertension
(Eisenmenger syndrome)

Children born with certain congenital heart defects, such as large holes or large connections between the great arteries, and those developing a progressively restrictive pulmonary blood flow in the lungs if their heart defects are not repaired early in life. These types of congenital heart defects allow oxygenated blood to flow to the lungs. Over the first 7 years of life these blood vessels can become very restrictive in response to this abnormal influx of blood flow, This restriction of blood flow is progressively to the pulmonary blood vessels in the lungs, it is called pulmonary vascular disease.

This type of pulmonary vascular disease can be treated in one of two ways.

The congestion of an abnormal influx of blood flow into the lungs has been termed “Eisenmenger syndrome.” If the lung defect has been repaired, the heart can be potentially dangerous if the blood flow restriction increases. Children with Eisenmenger syndrome confront the lifelong challenges of living with this disease, without a surgical repair option. The symptoms that accompany this problem include breathlessness with activities such as climbing stairs or walking. Some children and adults may have such symptoms that occur during sleep as well. Over time, the abnormal influx of blood flow across the defect in the heart without first picking up oxygen in the lungs. Heavily. It has been reported that patients with Eisenmenger syndrome confront early mortality, with 77% of these patients confronted by adults with Eisenmenger syndrome have low blood pressure, and this type of blood vessel disease is not known to be reversible. To avoid the lifelong effects of this disease, without a surgical repair option. The symptoms that accompany this problem include breathlessness with activities such as climbing stairs or walking. Some children and adults may have such symptoms that occur during sleep as well. Over time, the abnormal influx of blood flow across the defect in the heart without first picking up oxygen in the lungs.

The specialists that are used to treat pulmonary hypertension are used in five main categories, they can be separately or in combination:

1. Phosphodiesterase type 5 inhibitors, such as revatio or adcmra.
2. Endothelin antagonists, such as sarilumab or ilasit.
3. Phosphate, which can be an alternative of conventional calciferol, a skin delivery system called revatio or adcmra, and an inhaled version such as trecevans or trecevans.

The Eisenmenger syndrome is a diagnosis of heart disease that is not repairable or treatable. This is a 3 to 5 month trial in which the medication and all associated testing is provided for free. If you are interested in participating in a research study to evaluate the impact of inhaled therapies, or participating in the visits during the study, please call or email (310) 794-9629 or adcmra@ucmednet.edu.

The treatment of pulmonary hypertension involves complex medical care. To effectively diagnose and treat this condition, medical professionals must rely on the most recent advances in the field. These advances include:

- Advanced imaging studies, such as computed tomography (CT), magnetic resonance imaging (MRI), and echocardiography
- Prognostic tools, such as the World Health Organization (WHO) functional class system
- Palliative care, such as oxygen therapy and right heart catheterization

For more information about the Eisenmenger syndrome, please visit the following websites:

- www.achdc.org
- www.healthism.com
- www.clinicaltrials.gov

How Can You Help?
The Alpert/MCLA Adult Congenital Heart Disease Center provides a large part of the funding each year to pursue the goals of their Center. Donable contributions made to the Center directly support patient care, treatment, and fellowships. For those interested in making a financial contribution, we would like to consider a tax deductible donation to the Center, or you have questions about specific gift options in the future.

The Alpert/MCLA Adult Congenital Heart Disease Center is a research center that is dedicated to improving the lives of people with congenital heart disease and their families. Our goal is to provide the best possible care for people with congenital heart disease, and to improve the understanding and treatment of this complex condition.

If you or someone you know has a congenital heart defect, please consider donating to the Alpert/MCLA Adult Congenital Heart Disease Center. Your support will help us achieve our mission of providing the highest quality of care and support for people with congenital heart disease.

Alpert/MCLA ACHDC Faculty John Child, M.D. (Director)
Dara Abouassaly, M.D. (Cardiology)
William A. Edmondson, M.D. (Interventional Cardiology)
Kenneth Boyko, M.D. (Interventional Cardiology)
Kenneth Boyko, M.D. (Interventional Cardiology)
Douglas Praw, M.D. (Cardiology)
Kenneth Boyko, M.D. (Interventional Cardiology)
Douglas Praw, M.D. (Cardiology)
Kenneth Boyko, M.D. (Interventional Cardiology)
Douglas Praw, M.D. (Cardiology)
Kenneth Boyko, M.D. (Interventional Cardiology)
Douglas Praw, M.D. (Cardiology)
Kenneth Boyko, M.D. (Interventional Cardiology)
Douglas Praw, M.D. (Cardiology)
Kenneth Boyko, M.D. (Interventional Cardiology)
Douglas Praw, M.D. (Cardiology)
Kenneth Boyko, M.D. (Interventional Cardiology)
Douglas Praw, M.D. (Cardiology)
The combination of an unrepaired heart defect and pulmonary hypertension has been termed “Eisenmenger syndrome.” If Eisenmenger syndrome is left untreated, the heart defect can become potentially dangerous rather than merely symptomatic. The symptoms that accompany this problem include breathlessness with activity, fatigue, and even organ damage. Several other blood and oxygen changes occur with aging in the setting of low oxygen from the heart defect. These changes progress to the peripheral blood vessels in the lungs. Over the first 7 years of life these blood vessels can become very restrictive in response to this abnormal influx of blood flow. This restriction of blood flow progresses to the peripheral blood vessels in the lungs, it is called pulmonary vascular disease. Eisenmenger syndrome is the onset of “permanent” pulmonary hypertension (or pulmonary high blood pressure), and this type of blood vessel disease is known to be irreversible. To mention another type of pulmonary hypertension, these large defects usually are repaired in the first 5 years of life, so if you asked regarding further treatment changes.

In Eisenmenger syndrome, the specialist must be aware of the treatment options. The specialist should be able to explain the risks and benefits of these options. These options include inhaled vasodilators, or “adaptive capacity,” medications that change the size of the blood vessels in response to blood flow. These drugs can help to relieve symptoms. However, they cannot reverse the damage to the blood vessels in the lungs. Therefore, these drugs cannot help to repair the heart defect. The specialist can discuss the options for surgical repair of the heart defect. If the specialist chooses surgical intervention, it is usually performed in the first 5 years of life. If the heart defect is not repaired, the only option is medical management of the underlying pulmonary hypertension. This management should include medications and lifestyle changes. The specialist should work with the patient and family to develop a management plan. The specialist can provide additional support to help the patient and family cope with the stress of having a chronic illness.
New Treatment Modalities for Pulmonary Hypertension (Eisenmenger syndrome)

Children born with certain congenital heart defects, such as large holes or large connections between the great arteries, and who are developing a progression of blood flow to the lungs over the first 7 or 8 years of life, may have pulmonary hypertension (Eisenmenger syndrome). This is a progressive disease that can lead to heart failure and ultimately unsatisfactory to both patient and family. The Eisenmenger syndrome is not currently treatable.

The purpose of this study is to begin to understand and identify the issues of patients with Eisenmenger syndrome. This study is ongoing and is expected to last for several years.

How Can You Help?

The American/ UCLA Adult Congenital Heart Disease Center is a large part of the national Adult Congenital Heart Disease Center. The center is dedicated to providing the best possible care and treatment for patients with congenital heart defects. The center is made up of a team of experts, including cardiologists, surgeons, and nurses. The center is committed to providing the highest level of care to patients with congenital heart defects.

We encourage you to learn more about the American Adult Congenital Heart Disease Center and the work they do. The center is dedicated to providing the best possible care and treatment for patients with congenital heart defects. The center is made up of a team of experts, including cardiologists, surgeons, and nurses. The center is committed to providing the highest level of care to patients with congenital heart defects.

The American Adult Congenital Heart Disease Center is conducting a research study to evaluate the impact of new modalities in operation on its target population. This is a 1.5 year trial, in which the medication and associated testing is provided free of cost. If you or someone you know is interested in participating in the study, please contact the American Adult Congenital Heart Disease Center or visit their website at http://www.achc.org for more information.
providing adult congenital heart disease specialty care. After completing his pediatric cardiology and adult congenital heart disease training at UCLA in July 2011, Dr. Leigh Reardon joined Dr. Child as the Adult Congenital Cardiologist for AHCCH. Dr. Reardon adds 6 years of experience and training to the Center, having completed his pediatric cardiology and adult congenital heart disease fellowship training at UCLA. As Dr. Child returns to his primary position in adult cardiology, his clinical expertise is coupled with personal experience, that brings empathy and a warm bedside manner.

Dr. Reardon has been named the "Stranger at the End of the Bed" for his master clinician in adult congenital heart disease and a fierce advocate for adults with congenital heart disease. The transition of Dr. Child to this role will be a comprehensive program at UCL

What's New

Dr. John S. Child leaves behind an impressive legacy for the Center and for the specialty of adult congenital heart disease as a whole. The process of transitioning Dr. Child's patients over to our other adult CHD cardiologists begins in earnest. By February 2012, Dr. Child will ramp up his first pattern appointments. He will spend the final 3 months finalizing the transition of Dr. Child to the Center and the Cardiothoracic program at the Heart Institute for the Center. Bringing his talents as both a master clinician in adult congenital heart disease and a fierce advocate for adults with congenital heart disease, Dr. Child's tenure here at UCLA is immeasurable. His dedication to his patients is unmatchable and will benefit all of our patients. We wish Dr. Child the very best in his future endeavors.

New Nurse Coordinator – Jennifer Dickson

Jennifer Dickson, RN joined AHCCH in July 2011 as a Nurse Coordinator. She provides clinical support to the adult congenital heart disease clinic patients, the administrative staff, the nurse practitioners, and cardiologists. She provides clinical support to patients who have valvular disease, heart failure, and complex congenital heart disease patients. Jennifer has 28 years of clinical experience as an RN, and has expertise in communication, problem-solving, and advocacy when it comes to dealing with insurers, pharmacies, and the health care system as a whole. She is a great addition to the Center.

Flu Facts:

- It's that time of year again! The midst of Hollowmas costumes, costuming, candy, counting, and singing holiday songs, many of us will encounter an age-old enemy—the flu.
- The flu is contagious. It is a respiratory illness caused by influenza viruses. The flu is spread mainly by droplets made when people with the flu cough, sneeze, or even talk. The droplets can land in the mouths or noses of people nearby. Even if someone else gets infected, the person may also get sick. So if you touch a surface or object that has flu virus on it and then touch their nose or mouth, you can get the flu. (This average person touches their face hundreds of times per day.)
- Signs and symptoms of the flu include a fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and sometimes vomiting or diarrhea (more common in children than adults).

Wishing everyone a happy and HEALTHY new year!