

# Adult Congenital Heart Association

Webinars Presents:

## Managing Common Illnesses and Vaccine Update for Patients with Congenital Heart Disease

Tuesday, October 29 , 2019, 7 p.m. – 8 p.m. EDT

Presenters: Rachel Steury, NP, and Nancy Klein, RN

### About the Webinar

As someone with congenital heart disease (CHD), do you worry about getting sick with common illnesses like upper respiratory infections, the flu and GI bugs? Do you want to learn some tricks for staying healthy during the cold and flu season? Do you know what to do if you do get sick? And what about vaccines? Should you take them? Do they make you sick? Watch this webinar for an update on all of this and more. You'll also get an update on the vaccines you should receive. Hint—it may be more than you think! You don't want to miss this webinar. Register today!

**REGISTER NOW:** <https://bit.ly/2mjih07>

### About the Presenters

Rachel Steury, NP, has worked at Children's National Heart Institute for more than 15 years and with the Washington Adult Congenital Heart (WACH) Program for more than five. She's co-authored a chapter on ACHD for the American Academy of Pediatrics, *Common Cardiac Issues in Pediatrics*. Her interests include Fontan outcomes and transition programs for youth with CHD.

Nancy Klein, RN, has been with the Children's National Heart Institute for more than 15 years and as Clinical Program Coordinator with the WACH program for nine years. In recent years, she has focused on educating ACHD patients and families about advance directives and has presented her research findings at national and international conferences. Her interests include diet and exercise programs for adults with CHD.

### About the Adult Congenital Heart Association

The Adult Congenital Heart Association (ACHA) is a national not-for-profit organization dedicated to improving the quality of life and extending the lives of adults with congenital heart disease (CHD). ACHA serves and supports the more than one million adults with CHD, their families and the medical community—working with them to address the unmet needs of the long-term survivors of congenital heart defects through education, outreach, advocacy, and promotion of ACHD research. For more information about ACHA, contact (888) 921-ACHA or visit [www.achaheart.org](http://www.achaheart.org).

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