

Atrial Septal Defect

Sometimes called “hole in the heart”. An atrial septal defect (pronounced EY-tree-uhl SEP-tuhl DEE-fekt) is a birth defect of the heart in which there is a hole in the wall (septum) that divides the upper chambers of the heart (atria). A hole can vary in size and may close on its own or may require surgery. It is estimated that about 1,966 babies in the United States are born each year with an atrial septal defect. The causes of heart defects such as atrial septal defect among most babies are unknown. Some babies have heart defects because of changes in their genes or chromosomes. Read more about Atrial Septal Defect at the Center for Disease Control and Prevention’s website (tinyurl.com/y79ekfca).

Resources for families

Northwest support resources

- Children’s Heart Foundation (OR)
tinyurl.com/ycklmhgr
- Pediatric Congenital Heart Association (WA)
tinyurl.com/yba3yhlw
- Mended Little Hearts - Portland [Facebook]
tinyurl.com/y9zskzll

National/international/online resources

- Atrial Septal Defect Survivors Network [Facebook]
tinyurl.com/y8yhwgev
- Atrial Septal Defect Support
tinyurl.com/ycvo39vp
- AHA Support Network for CHD
tinyurl.com/y9zjth92
- Mended Hearts
tinyurl.com/7wppot4
- Little Hearts - Parent Matching Program
tinyurl.com/y7wuh4yc
- Children’s Heart Foundation (CHF)
tinyurl.com/ptkqjd
- Congenital Heart Info Network [Facebook]
tinyurl.com/y8oxl67t

Information for you and your care team

- AHA - ASD fact sheet [PDF]
tinyurl.com/ycx3pyux
- AHA - Fact sheets and other tools
tinyurl.com/kex96bk
- AHA - Portable medical information [PDF]
tinyurl.com/ydye5u4s
- NIH Library of Medicine
tinyurl.com/aot8rx

Family stories

- AHA Family Stories
tinyurl.com/y8j578ny
- Little Hearts Stories of Hope
tinyurl.com/y8cze7em

Clinical trial information

- Children and Clinical Studies
tinyurl.com/y75s4twm
- Find an approved clinical trial
tinyurl.com/zp3jesq

Insurance information and help

- Getting insurance for children (OR)
tinyurl.com/ydfaeeoy
- Understand your health insurance
tinyurl.com/ychy6qnz
- General/Oregon Health Plan
Questions: 855-323-6744

Other resources

- CHF - *It’s My Heart* - free resource book
tinyurl.com/ybyp9goh
- AHA Web Booklet - *If Your Child Has a Congenital Heart Defect*
tinyurl.com/ycgu5mzw
- Merry Heart Children’s Camp
tinyurl.com/yaml6cma
- Summer camps for kids with CHD (outside OR)
tinyurl.com/y9awy2gy
- NIH - Miscellaneous tip sheets for children, teens and families
tinyurl.com/y86ofx4e
- CDC - Five Things you Need to Know about CHD [PDF]
tinyurl.com/yavg6fn2

Books for parents and children

- Bibliography available by calling the Oregon Family to Family Health Information Center at 855-323-6744
- Swindells’ online library search
tinyurl.com/y9t2jwcx