



# Coarctation of the Aorta

Coarctation of the Aorta (kō-ärk-tā-shən *of the* ā-ör-tə) is a congenital heart defect (the baby is born with it) in which a part of the aorta, the tube that carries oxygen-rich blood from the heart to the body, is narrower than usual. The defect occurs when a baby's aorta does not form correctly as the baby grows and develops during pregnancy. It is estimated that about four out of every 10,000 babies are born each year in the United States with coarctation of the aorta. The cause of this condition is not known. For more information about AVSD see the Centers for Disease Control and Prevention's website [tinyurl.com/y7u3arkm](http://tinyurl.com/y7u3arkm).

## Resources for families

### Northwest support resources

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

### National/international/online resources

- American Heart Association (AHA) Support Network for Congenital Heart Defects (CHD)  
[tinyurl.com/y5bxh3z3](http://tinyurl.com/y5bxh3z3)
- Mended Hearts  
[tinyurl.com/7wppot4](http://tinyurl.com/7wppot4)
- Little Hearts - Parent Matching Program  
[tinyurl.com/y7wuh4yc](http://tinyurl.com/y7wuh4yc)
- Children's Heart Foundation (CHF)  
[tinyurl.com/ptkqdj](http://tinyurl.com/ptkqdj)
- Congenital Heart Info Network [Facebook]  
[tinyurl.com/y8oxl67t](http://tinyurl.com/y8oxl67t)

### Information for you and your care team

- Cincinnati Children's Hospital Coarctation of the Aorta  
[tinyurl.com/ycjlbpbw](http://tinyurl.com/ycjlbpbw)
- AHA - Coarctation of the Aorta [PDF]  
[tinyurl.com/ycqr9mw7](http://tinyurl.com/ycqr9mw7)
- AHA - Fact sheets and other tools  
[tinyurl.com/kex96bk](http://tinyurl.com/kex96bk)

- AHA - Portable medical info [PDF]  
[tinyurl.com/ydye5u4s](http://tinyurl.com/ydye5u4s)

- NIH Library of Medicine  
[tinyurl.com/aot8rx](http://tinyurl.com/aot8rx)

### Family stories

- AHA Family Stories  
[tinyurl.com/y8j578ny](http://tinyurl.com/y8j578ny)
- Little Hearts Stories of Hope  
[tinyurl.com/y8cze7em](http://tinyurl.com/y8cze7em)
- CDC - Nicholas's and Shandler's Story  
[tinyurl.com/ybc4ez39](http://tinyurl.com/ybc4ez39)

### Clinical trial information

- Children and Clinical Studies  
[tinyurl.com/y75s4twm](http://tinyurl.com/y75s4twm)
- Find an approved clinical trial  
[tinyurl.com/zp3jesq](http://tinyurl.com/zp3jesq)

### Insurance information and help

- Getting insurance for children (OR)  
[tinyurl.com/ydfaeeoy](http://tinyurl.com/ydfaeeoy)
- Understand your health insurance  
[tinyurl.com/y46h8nvx](http://tinyurl.com/y46h8nvx)
- Learn about coverage  
[tinyurl.com/y4639rz6](http://tinyurl.com/y4639rz6)
- Road map to health  
[tinyurl.com/yysc6kv7](http://tinyurl.com/yysc6kv7)
- General/Oregon Health Plan Questions: 855-323-6744

### Other resources

- CHF - *It's My Heart* - free resource book  
[tinyurl.com/ybyp9goh](http://tinyurl.com/ybyp9goh)
- AHA Web Booklet - *If Your Child Has a Congenital Heart Defect*  
[tinyurl.com/ycgu5mzw](http://tinyurl.com/ycgu5mzw)
- Merry Heart Children's Camp  
[tinyurl.com/yaml6cma](http://tinyurl.com/yaml6cma)
- Summer camps for kids with CHD (outside OR)  
[tinyurl.com/y9awy2gy](http://tinyurl.com/y9awy2gy)
- NIH - Miscellaneous tip sheets for children, teens and families  
[tinyurl.com/y86ofx4e](http://tinyurl.com/y86ofx4e)
- CDC - Five Things you Need to Know about CHD [PDF]  
[tinyurl.com/yavg6fn2](http://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](http://tinyurl.com/y9t2jwcx)