



Ventricular Septal Defect

A ventricular septal defect (VSD) is a congenital heart defect (the baby is born with it) in which there is one or more holes in the wall (septum) that separates the two lower chambers (ventricles) of the heart. This forces the heart and lungs to work harder and can increase the risk for other complications. The Centers for Disease Control and Prevention (CDC) estimates that 42 of every 10,000 babies born had a ventricular septal defect. Learn more about VSD at the CDC website [tinyurl.com/y8nbgglo](https://www.cdc.gov/ncbddd/heartdefects/about-ventricular-septal-defect.html).

Resources for families

Northwest support resources

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

National/international/online resources

- VSD Support Group [Facebook]
[tinyurl.com/y7mjz2y2](https://www.tinyurl.com/y7mjz2y2)
- American Heart Association (AHA) Support Network for Congenital Heart Defects (CHD)
[tinyurl.com/y5bxh3z3](https://www.tinyurl.com/y5bxh3z3)
- Mended Hearts
[tinyurl.com/7wppot4](https://www.tinyurl.com/7wppot4)
- Little Hearts - Parent Matching Program
[tinyurl.com/y7wuh4yc](https://www.tinyurl.com/y7wuh4yc)
- Children's Heart Foundation (CHF)
[tinyurl.com/ptkqdj](https://www.tinyurl.com/ptkqdj)
- Congenital Heart Info Network [Facebook]
[tinyurl.com/y8oxl67t](https://www.tinyurl.com/y8oxl67t)

Information for you and your care team

- Cincinnati Children's Hospital Ventricular Septal Defect
[tinyurl.com/hpsflt4](https://www.tinyurl.com/hpsflt4)
- AHA - Ventricular Septal Defect - fact sheet [PDF]
[tinyurl.com/ybqx7z27](https://www.tinyurl.com/ybqx7z27)
- AHA - Fact sheets and other tools
[tinyurl.com/kex96bk](https://www.tinyurl.com/kex96bk)

- AHA - Portable medical info [PDF]
[tinyurl.com/ydye5u4s](https://www.tinyurl.com/ydye5u4s)
- NIH Library of Medicine
[tinyurl.com/aot8rx](https://www.tinyurl.com/aot8rx)

Family stories

- AHA Family Stories
[tinyurl.com/y8j578ny](https://www.tinyurl.com/y8j578ny)
- Little Hearts Stories of Hope
[tinyurl.com/y8cze7em](https://www.tinyurl.com/y8cze7em)

Clinical trial information

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

Insurance information and help

- Getting insurance for children (OR)
[tinyurl.com/ydfaeoy](https://www.tinyurl.com/ydfaeoy)
- Understand your health insurance
[tinyurl.com/y46h8nvx](https://www.tinyurl.com/y46h8nvx)
- Learn about coverage
[tinyurl.com/y4639rz6](https://www.tinyurl.com/y4639rz6)
- Road map to health
[tinyurl.com/yysc6kv7](https://www.tinyurl.com/yysc6kv7)

- General/Oregon Health Plan Questions: 855-323-6744

Other resources

- CHF - *It's My Heart* - free resource book
[tinyurl.com/ybyp9goh](https://www.tinyurl.com/ybyp9goh)
- AHA Web Booklet - *If Your Child Has a Congenital Heart Defect*
[tinyurl.com/yvcgu5mzw](https://www.tinyurl.com/yvcgu5mzw)
- Merry Heart Children's Camp
[tinyurl.com/yaml6cma](https://www.tinyurl.com/yaml6cma)
- Summer camps for kids with CHD (outside OR)
[tinyurl.com/y9awy2gy](https://www.tinyurl.com/y9awy2gy)
- NIH - Miscellaneous tip sheets for children, teens and families
[tinyurl.com/y86ofx4e](https://www.tinyurl.com/y86ofx4e)
- CDC - Five Things you Need to Know about CHD [PDF]
[tinyurl.com/yavg6fn2](https://www.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](https://www.tinyurl.com/y9t2jwcx)