

Your Heart Health (8-10 Years)

It is important for you to know your heart diagnosis and what this means for you. The heart team will begin to ask you questions (instead of your parents) about how you are feeling, and any changes you have noticed.

We will help you to understand your heart and about the medicines you take and why. We will also help you learn how to keep your heart and body healthy.

Your Goals

- Learn how the heart works
- Learn why we check your heart
- Name your medicines and tell us why you need to take them
- Start to learn the tests that you have and why
- Learn heart healthy eating and nutrition and why this is important
- Talk about exercise and activity
- Learn the importance of brushing and flossing your teeth and going to the dentist to keep your teeth healthy and how this keeps your heart healthy.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7470.