

# My Understanding of Congenital Heart Disease as a Patient Myself

Cheng Guo - 6/14/2018



Picture source:

[www.coliccalm.com/baby\\_infant\\_newborn\\_articles/congenital-heart-disease-gerd.htm](http://www.coliccalm.com/baby_infant_newborn_articles/congenital-heart-disease-gerd.htm)

As a patient with congenital heart disease, my understanding of this disease is relatively late. When I was a child, every time I asked about the origins of the scar on my chest, my parents' reply always avoided the real reason to relieve my pressure. Because of the rapid development of human medical technology in the Twenty-first Century, congenital heart disease can be completely cured, but perhaps because of the scar after the operation, the life of the patient is somewhat different from that of other people.

We do not have the opportunity to choose at birth, the body automatically carries out such a disease, and there is only two way out, the good one left the scar, and the other one can not enjoy the right to live. As long as a child with congenital heart disease is born, the family must go through a gamble, bet almost all of the property, to see if the child will be cured, and the success rate of this gamble is only about 40%. My mother later told me that the hospital had issued a notice of danger, but my parents did not hesitate to continue treatment. The cost of the operation and the low success rate are prohibitive for many families, and a middle-class family needs to bet almost all of the

property to take one child back from fate. I was one of the lucky ones who survived the operating table, but there were always the unfortunate, poor, withered toddlers to make their families immerse in great pain.

One in 100 newborn babies will be diagnosed with congenital heart disease, and in every four children with congenital heart disease, a baby will have an unhealthy color in the skin because of the congenital heart disease. Until now, there is still a serious illness that can not be completely treated, resulting in a child who knows his or her destiny from the very beginning. All kinds of difficulties did not stop humans from conquering congenital heart disease, but the psychological problems of patients after being cured are always in the neglected corner. People always feel that being cured is the most important thing, but whoever thought of even though the lives are being rescued, the children's psychology is also traumatized.

When I grew up, I was more and more afraid of the scars on my body, and I would not tell anyone anything about that scar. Recall in my primary school and junior high school, for every school physical examination, boys always have to queue up, take off their coats, and then measure weight and heartbeat, but I dare not show the chest out. Although some doctors would sympathize with me, when they called me after the physical examination, as time went on, my secret was known to some students. First of all, the students are surprised and they are all kinds of "whimsy" that explains the connection between congenital heart disease and my physical characteristics. Originally I had no intention of caring about them, however, as their idea becomes a personal assault, I estranged them.

It is impossible to judge others' ideas solely based on my own opinion after all. But I suggest that from now on, we should also pay attention to the psychological problems of children with congenital heart disease after they are cured. Let all lucky children grow up healthily and happily and face life in a correct and sunny way.