

Growing Group of Women Take Heart in Pregnancy Recommendations

New advice will help women with congenital heart defects navigate pregnancy

Ronald Reagan UCLA Medical Center

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NEWS PACKAGE



SUGGESTED TEASE	STILL TO COME, A RECORD NUMBER OF WOMEN BORN WITH HEART DEFECTS - ARE NOW WANTING BABIES OF THEIR OWN. ¹
ANCHOR LEAD	HOW A NEW PLAN FOR PREGNANCY IS GIVING THOSE WOMEN NEW HOPE, NEXT IN HEALTH NEWS.
(PACKAGE START) -----	JUST A GENERATION AGO, BABIES BORN WITH HEART DEFECTS WEREN'T ALWAYS EXPECTED TO SURVIVE. TODAY, THEY'RE NOT ONLY SURVIVING, THEY'RE THRIVING. A RECORD NEARLY TWO AND A HALF MILLION PATIENTS ¹ ARE LIVING WITH HEART DEFECTS, AND MANY ADULT SURVIVORS ARE NOW WANTING BABIES OF THEIR OWN. PREGNANCY CAN POSE SOME SERIOUS RISKS FOR THOSE HEART PATIENTS, BUT AS CLARK POWELL SHOWS US, NEW RECOMMENDATIONS ARE GIVING WOMEN NEW HOPE.
CG: Courtesy: Ronald Reagan UCLA Medical Center :00 - :03 Shots of Erica with kids	(Nats - Sound) :02 WHEN ERICA THOMAS WAS BORN WITH COMPLEX HEART DISEASE, HER PARENTS AND DOCTORS WEREN'T SURE SHE WOULD SURVIVE PAST CHILDHOOD. :06
CG: Erica Thomas Gave birth with heart condition Shots of UCLA surgery	<i>"I saw doctors very frequently, had several major surgeries to do corrections on my heart."</i> :07 THOSE SURGERIES HAVE BECOME SO EFFECTIVE OVER THE LAST 20 YEARS THAT NEARLY TWO AND A HALF MILLION PATIENTS BORN WITH HEART DEFECTS ARE ALIVE TODAY. ¹ :09
CG: Mary M. Canobbio, RN UCLA School of Nursing WS of Erica - blur for graphic Since 2000 adults with congenital	<i>"We now have a new population with adults with congenital heart disease."</i> :04 IN FACT, JUST SINCE 2000, THE NUMBER OF ADULTS WITH CONGENITAL HEART DISEASE HAS SHOT UP 63 PERCENT ¹ - AND INCREASINGLY,

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<p>heart disease up 63%</p> <p>Shot of pregnant woman exam</p> <p>CG: Brian Koos, MD Ronald Reagan UCLA Medical Center</p> <p>Wide shot of exam - graphic</p> <p>Graphic of AHA paper</p> <p>Shots of Mary counseling patient</p> <p>Shots of pregnant woman in exam</p> <p>Mary Canobbio (CG'd earlier)</p> <p>Wide shot of exam - blur / graphic <u>Recommendations</u> Extensive testing & Counseling Specialists work as teams</p> <p>Shots of Erica with children</p> <p>Erica Thomas (CG'd earlier)</p> <p>Shot of Erica with her kids</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>THOSE WHO OVERCAME HEART DEFECTS AS BABIES - ARE WANTING BABIES OF THEIR OWN. :12</p> <p><i>“The good news is that pregnant women who have complex congenital heart disease, most of these women can successfully become mothers.” :10</i></p> <p>THAT’S THE POSITION OF THE AMERICAN HEART ASSOCIATION, ACCORDING TO NEWLY PUBLISHED RECOMMENDATIONS.</p> <p>MARY CANOBBIO (can-OH-bee-oh) IS A NURSE AT RONALD REAGAN UCLA MEDICAL CENTER AND LECTURER AT THE UCLA SCHOOL OF NURSING WHO CHAIRED THE RECOMMENDATIONS PANEL.</p> <p>SHE SAYS THIS REPRESENTS A MAJOR SHIFT IN ALLOWING WOMEN WITH HEART DEFECTS TO HAVE BABIES. :15</p> <p><i>“But we do it very carefully. We outline that it has to be - there has to be a delivery plan in place. Every step of the way is guided. It's not just serendipitous.” :10</i></p> <p>THE RECOMMENDATIONS CALL FOR EXTENSIVE TESTING AND COUNSELING BEFORE PREGNANCY, AND FOR SPECIALISTS TO WORK AS TEAMS THROUGH DELIVERY LIKE CARDIOLOGISTS, HIGH-RISK OBSTETRICIANS AND SURGEONS.</p> <p>IT WAS THAT APPROACH THAT ALLOWED ERICA TO HAVE TWO SUCCESSFUL PREGNANCIES AND NOW SERVES AS THE BLUEPRINT FOR A GROWING NUMBER OF OTHERS TO DO THE SAME. :16</p> <p><i>“For those of us who maybe were told we couldn’t get pregnant, and now there’s hope of that // To me, that’s exciting.” :07</i></p> <p>AT RONALD REAGAN UCLA MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :03</p> <hr/> <p>IT’S ALSO RECOMMENDED WOMEN WITH CONGENITAL HEART PROBLEMS GO TO LARGER MEDICAL CENTERS IF THEY ARE CONSIDERING PREGNANCY, BECAUSE OF THE WIDE RANGE OF SPECIALISTS AND RESOURCES THAT COULD BE AVAILABLE TO THEM.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>More adults who survive heart defects as babies now want to have babies. Experts @UCLAHealth make it possible. http://bit.ly/2jqGKhU</p> <hr/>
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	<p>The number of adults living with congenital heart defects is at an all time high, up 63 percent just since 2000. Now, more of those who overcame heart defects as babies are wanting babies of their own. See how experts at Ronald Reagan UCLA Medical Center are giving this growing group of women new hope: http://bit.ly/2jqGKhU</p>
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EXTRA BITES

<p>CG: Mary M. Canobbio, RN UCLA School of Nursing</p>	<p>Canobbio describes advice given to women in the past: <i>“Historically, the tendency has been to advise these women not to get pregnant because of the risk associated with pregnancy in hearts that are vulnerable.”</i></p> <p>Canobbio talks about the data she collected: <i>“We see that women who are clinically stable can tolerate a pregnancy so as a result, more and more women want to get pregnant.”</i></p> <p>Canobbio talks about care after delivery: <i>“Once you have the baby, that doesn't mean that you're home free -- at least from this pregnancy. Because many of the complications occur post-delivery.”</i></p> <p>Canobbio says the recommendations offer new options: <i>“Now, at least we can give them information that is data-based, it's not just an opinion.”</i></p>
<p>CG: Brian Koos, MD Ronald Reagan UCLA Medical Center</p>	<p>Koos talks about demands on the heart during pregnancy: <i>“During pregnancy, there's increase in blood flow to several organs, increase in flow to the kidneys, for example, the breasts, the skin and most importantly the increase blood flow to the uterus.”</i></p>
<p>CG: Erica Thomas Gave birth with heart condition</p>	<p>Thomas talks about how long she underwent counseling: <i>“By the time we had that first appointment of discussion and deciding to move forward to when we got pregnant was a year and a half.”</i></p> <p>Thomas talks about her concerns during pregnancy: <i>“Our concerns were more of how would my heart be able to manage having a child, would it be strong enough? Are there any long-term concerns that we need to worry about?”</i></p>

References

¹Increasing number of U.S. adults living with congenital heart defects, **Circulation**, July 2016. Online: <http://newsroom.heart.org/news/increasing-number-of-u-s-adults-living-with-congenital-heart-defects>

²Management of Pregnancy in Patients With Complex Congenital Heart Disease, **Circulation**, January 2017. Online: <http://circ.ahajournals.org/content/early/2017/01/12/CIR.0000000000000458>

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