

Who are we and what do we do?

- We are a multidisciplinary team whose goal is to keep your child's heart health while they receive their cancer treatment.
- We monitor all who receive cancer therapy that may cause heart issues. This is also called cardiotoxic treatment.

How do we monitor your child?

- Echocardiograms, also called Echo, are ultrasounds of the heart that check how the heart is working

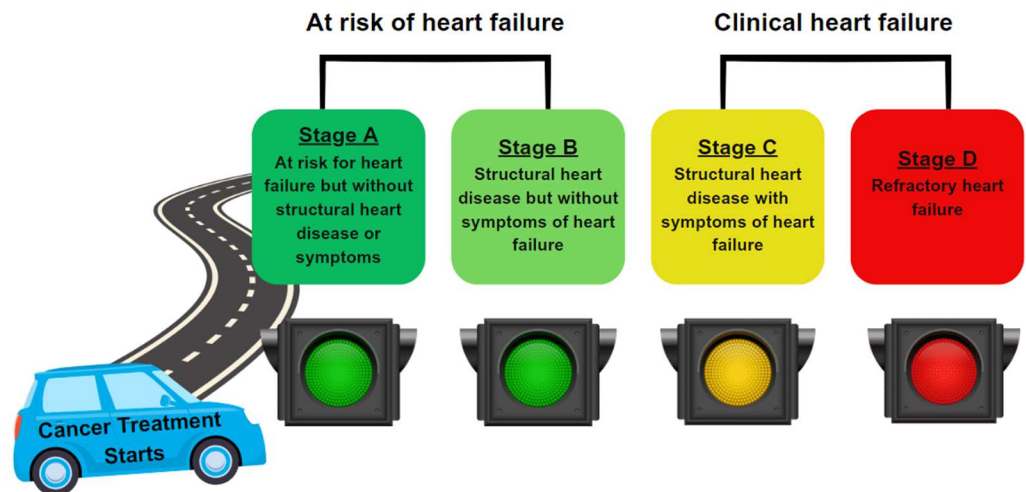


- We review all Echos required during your child's cancer treatment
- Other ways we check your child's heart health:
 - Cardiac magnetic resonance imaging (CMR) – checks the function and structure of the heart in a very accurate way
 - ECG/EKG – checks the electrical activity of the heart
 - Blood tests – these can be done along with your child's routine oncology blood draws
 - Cardiac CT – provides a detailed picture of your child's heart and blood vessels. Not commonly used, but is a helpful tool if needed
- Important values measured in the Echo are:
 - Ejection fraction (EF) – 55% or higher is normal
 - Shorten fraction (FS) – 29% or higher is normal
 - Global longitudinal strain (GLS) –17% or higher is normal



Why do I see a Heart Failure diagnosis on my child's MyChart?

- When we check heart function, we use what is called the “heart failure stages”
 - **Stage A:** Your child's heart is healthy. Your child will be getting treatment that might affect their heart. This means we need to check your child's heart so it stays healthy.
 - **Stage B:** Your child's heart is still working well, but there may be small changes seen when we image your child's heart.
 - **Stage C & D:** Your child's heart is showing signs of damage. This could be reversible. This doesn't happen a lot. In these stages your child will have symptoms that limit their ability to be active. We hope that by finding issues early we can prevent stages C and D.



Our team works closely with your child's primary oncology team. A consult will be placed if your child's heart health has any changes.

- We would see your child at our cardio-oncology clinics. Staff you may see include: oncology, cardiology, nutrition, physical therapy, and endocrinology
- Medications can be used to protect your child's heart.
- Medications can also be used to treat changes in your child's heart. If this medication is needed your child will keep taking this until they finish treatment.
- Cardiology can be reached at 860-545-9400.

What can your child do to keep their heart healthy?

- We encourage physical activity as tolerated.
- We encourage a heart healthy diet. If you want more information we can refer you to the oncology registered dietitian.
- We encourage no smoking/vaping around your child if applicable.