

# KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



**February Awareness:**  
American Heart Month

National Cancer Prevention  
Month

World Day of Social Justice

## Awareness Spotlight: Congenital Heart Disease



Happy February! This month as we celebrate black culture, lover's day, and cold weather: I'd like to spotlight Congenital Heart Disease. The definition of congenital heart disease is an abnormality in the heart that develops before birth. Congenital heart disease is one of the most common birth defects. Symptoms may seem non-existent visually but can manifest as shortness of breath, swelling, heart murmur, and abdominal heart rhythm. Potential causes of congenital heart disease can be hereditary, poor prenatal care, random accuracy, or a defect or abnormality in the fetus development process. No matter how the defect occurs or severity, the condition is very serious; as with any other birth abnormalities, especially ones involving the heart. Fortunately, Congenital Heart Disease is a common treatable condition. Parents just need to make sure to take every possible precautions as well as stay on top of prenatal care or any changes in pregnancy during the developmental stages. Once diagnosed, treatment options depend on the severity, however,

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medication, heart devices like catheter procedures, and surgery are some of them. In extreme cases of a full heart transplant surgery could be necessary. In that case, there would be a multi-disciplinary approach including a cardiologist, a pediatric doctor (for children), and cardiothoracic surgeon. The facility I found to treat the disease was none other than the Mayo Clinic in Arizona as well as two other locations in Florida and Maryland. For more information, please visit:

[www.mayoclinic.org](http://www.mayoclinic.org)

Next month I look forward to sharing with you my experience at The Abilities Expo 2024 in Los Angeles Ca. At the convention center March 15-17 maybe I'll see you there! Until then, this is Gilbert J for [keepipushing.org](http://keepipushing.org) reminding you to be well and always KeepItPushing!