

Adult Congenital Heart Association

Webinars Presents:

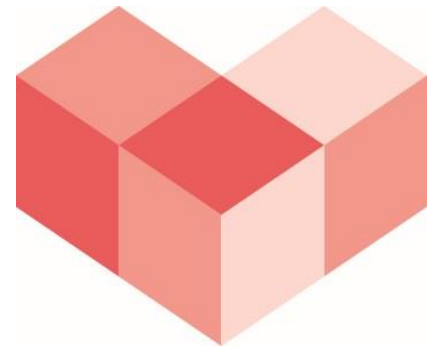
Psychosocial Considerations in Adult Congenital Heart Disease (ACHD)

Monday, 8/28/2017, 7 p.m. – 8 p.m. EDT

Presenter: Jamie Jackson, PhD

About the Webinar

Stress happens to everyone. Living with a chronic condition can increase our experience of stress, which if not addressed, can evolve into anxiety, depression, or other emotional concerns. Dr. Jamie Jackson will talk about the impact of stress on both cardiovascular health and emotional wellbeing. She will also discuss common symptoms of depression and anxiety, and review ways to manage stress and find treatment. Got stress? Don't miss this webinar. Register today.



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About the Presenter

Dr. Jamie Jackson is a Research Assistant Professor of Pediatrics and Psychology at Nationwide Children's Hospital and The Ohio State University. She is also a licensed clinical psychologist who works closely with the Columbus Ohio Adult Congenital Heart (COACH) Program. Dr. Jackson has multiple research interests, including identifying factors that help adolescents and young adults with CHD better care for themselves independently.

About the Adult Congenital Heart Association

The Adult Congenital Heart Association (ACHA) is a national not-for-profit organization dedicated to improving the quality of life and extending the lives of adults with congenital heart disease (CHD). ACHA serves and supports the more than one million adults with CHD, their families and the medical community—working with them to address the unmet needs of the long-term survivors of congenital heart defects through education, outreach, advocacy, and promotion of ACHD research. For more information about ACHA, contact (888) 921-ACHA or visit www.achaheart.org.

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