



"I will never forget the relief of meeting people my age with busy careers, young children and a multitude of dreams and aspirations who had the 'tell-tale scar' on their chests that proved they had lived through the surgery I was about to experience."

-Monique



Inspiring hope and improving lives because heart disease can strike at any age.



Young
Mended Hearts™

Young Mended Hearts™

HOPE ♥ HELP ♥ HEALING

The Mended Hearts, Inc. is the nation's largest cardiovascular disease peer-support network.



Contact us

The Mended Hearts, Inc.
1500 Dawson Road
Albany, GA 31707
1-888-HEART99

info@mendedhearts.org
www.mendedhearts.org



We are Young Mended Hearts™

WHO WE ARE

Young Mended Hearts was created to give hope and support to young adults (ages 18 to 55 suggested) who have heart disease, including congenital heart disease (CHD).

Many peer support groups for patients who have heart disease are made up of older adults, and young adult patients often don't feel they fit in. Young adults are dealing with heart disease at a different stage of life and have different life experiences as they manage their heart disease.

Young Mended Hearts is a peer-support program designed to fill a gap for those who are often told they are "too young to have heart disease"—yet they do. Young Mended Hearts officially became a national program of The Mended Hearts, Inc. in August 2021.

THE PROGRAM

Young Mended Hearts is a safe place for people between the ages of 18 and 55 to talk about their fears and share their successes. Young Mended Hearts can make a tremendous difference in the lives of young adults living with heart disease.



Why?

While most forms of heart disease occur later in life, heart disease can strike at any age.

1.4 MILLION

Number of adults living with congenital heart disease (heart disease they were born with). This number grows by 5% each year.

4% - 10%

of heart attacks happen before age 45.

ANY AGE

Heart diseases like cardiomyopathy, Familial Hypercholesterolemia (FH), heart rhythm issues and atherosclerosis (hardening of the arteries) can start at any age.

Young adults living with heart disease need peer support networks so they can talk about their condition and the issues they face. Because heart disease is "supposed to" affect older adults, they feel like no one truly understands them and what it is like to live with heart disease at their age.

www.achaheart.org

"The camaraderie and support I found in this group has made a world of difference to me. We all have an unusual condition for our ages, yet we know we are not alone."

-Steven



What we do



PEER SUPPORT

Young adult patients hold support group meetings and provide one-on-one peer support. They also can become accredited visitors and provide peer support in a hospital visiting program or MyHeartVisit™ virtual visiting program.



EDUCATION

Young Mended Hearts provides education on living with heart disease as a young adult and how to improve physical and emotional health and well-being.



ADVOCACY AND AWARENESS

Raising awareness of heart disease in young adults, including congenital heart disease, will help others get support when they need it, connect with resources, and help them know they are not alone.