



Photo credit: Renate Ludvigsen

Join VMH

Voksne med medfødt hjertefeil (VMH) offers courses, activities, peer support and much more for both patients and their next of kin. In VMH you'll find both community and understanding!



www.vmh.no

Need to talk?

Do you have questions or thoughts you'd like to share with someone else? Chat with one of us

On our website vmh.no you'll find information (in Norwegian) about our various offers and the opening times for our peer support chat line (Likepersonstelefonen).



Contact information::
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Vipps: 16200

Facebook & instagram:
#jegervmher

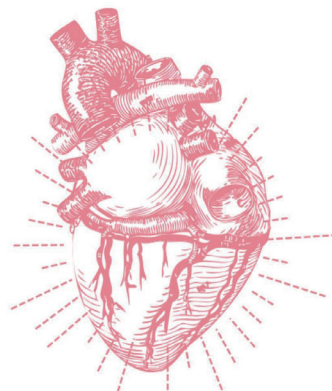


Facebook: [vmh.no](https://www.facebook.com/vmh.no)



Instagram: [vmh_offisiell](https://www.instagram.com/vmh_offisiell)

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FØDT MED HJERTEFEIL



VOKSNE MED MEDFØDT
HJERTEFEIL

”

Can I have kids?
Is my condition hereditary?
Is it dangerous to have sex?
What rights do I have?

Many people worry about
the same things as you.

“

Knowledge, Community and Joy



Everyone with a CHC deserves the best possible life

Voksne med medfødt hjertefeil

”
I am functioning too well to be considered disabled. But I am too unwell to feel completely healthy.

– An adult with a congenital heart condition (CHC)

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VMH works:

- To improve the living standards of adults with CHCs
- To give adults with CHCs their own community to be a part of
- To arrange relevant seminars about living with a CHC
- To be an one-stop shop for everyone with a CHC
- For healthcare policy including rights, welfare, education, employment, etc.
- To give useful information to our target group, the healthcare sector and the general public
- For more research on and about adults with CHCs



Photo credit: Ingvild van Wijk

Maybe you are wondering:

- Can I have kids?
- Is my heart condition hereditary?
- What kind of qualifications should I take?
- What rights do I have?
- Why do I feel so tired all the time?
- Will I need multiple operations?
- Why do I have to go for checkups?
- Can I get piercings and tattoos?
- Does my employer have to know about my condition?
- Am I completely alone in this?

Remember: You are not alone.
Sign up and join us today!

About VMH:

Voksne med medfødt hjertefeil (VMH) is a nationwide patient organisation in Norway that works for the interests of people over the age of 18 with congenital, genetic or early acquired heart conditions and their next of kin. Next of kin includes spouses, partners or friends.



VOKSNE MED MEDFØDT
HJERTEFEIL