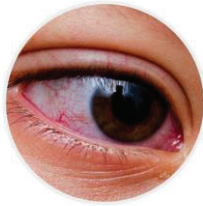


I was diagnosed with Kawasaki Disease when I was \_\_\_ years old.

What is Kawasaki Disease?

Kawasaki Disease (KD) is an inflammatory disorder that can affect the heart and the coronary arteries. Some signs of KD are:

- Fever



Bloodshot eyes



Rash



Red lips and tongue



Swollen lymph nodes in the neck



Swollen hands and feet

When left untreated, up to 25% of patients can develop swelling of the small arteries in the heart named coronary arteries. If the swelling is significant (aneurysm), there is a risk of a blood clot and heart attack.

Echocardiogram results

Z-scores of the coronary arteries indicate the size of your coronary artery compared to normal values based on body size. For those who have a persistently abnormal Z-score, it is important to follow up with an adult cardiologist after your last visit in KD clinic at Rady Children's Hospital.

| Z-Score   | Evaluation     |
|-----------|----------------|
| < 2       | Normal         |
| 2.0 - 2.4 | Dilated        |
| 2.5 – 4.9 | Small aneurysm |
| 5.0 – 9.9 | Large Aneurysm |
| > 10      | Giant Aneurysm |

**My Z-scores:**

- My Z-scores were always in the normal range
- My Z-scores were dilated but resolved.  
Max : \_\_\_\_\_
- My Z-scores are persistently abnormal.  
Max : \_\_\_\_\_ Current : \_\_\_\_\_

Other changes on the echo

- Patent Foramen Ovale (PFO) is a natural hole between the top chambers of the heart. About 20% of people still have a PFO as an adult. If you have a PFO, you should avoid deep scuba diving and discuss with your PCP.

Things I should know

Things to consider for heart healthy lifestyle

**Good for Heart**

- Exercise
- Maintain ideal weight for height :  
Current percentile for height : \_\_\_\_\_  
weight : \_\_\_\_\_

- Maintain normal blood pressure :  
My blood pressure today : \_\_\_\_\_

- Maintain a heart healthy diet
- Maintain normal blood values for lipids  
My recent total cholesterol, HDL, and LDL value :  
Date : \_\_\_\_\_  
Cholesterol : \_\_\_\_\_ (Heart Healthy : < 200)  
HDL : \_\_\_\_\_ (Heart healthy : > 60)  
LDL : \_\_\_\_\_ (Heart healthy : <100)

Avoidance of the following are very important to keep your heart healthy:

- Tobacco/Cigarettes
- Amphetamines
- Cocaine

Medications for my heart recommended by my Kawasaki Doctor:

- None
- Aspirin
- Plavix
- Statin \_\_\_\_\_
- Direct oral anticoagulant \_\_\_\_\_

Why did I have Kawasaki Disease?

You had Kawasaki Disease because:

1. You have a pattern of genes which made you susceptible to KD and
2. You breathed in something from the air that triggered KD (the exact agent is not yet known)

Because you carry the genetic pattern for KD, if you have children in the future, they may inherit this pattern and be at slightly greater risk of developing KD.