

The Fontan Management Clinic



The Fontan Management Clinic at Cincinnati Children's is one of just a few programs in the country that provides complete and specialized care to individuals who have had a Fontan operation. Cincinnati Children's Fontan program is unique because of its specific heart-liver focus.

CONTACT US

For patient referrals and non-urgent consultation during business hours, contact the program directly at:

Phone: **1-513-803-2243**

Email: ACHD@cchmc.org

International

Phone: **+1-513-636-3100**

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[www.cincinnatichildrens.org/
fontan](http://www.cincinnatichildrens.org/fontan)



The Heart Institute at Cincinnati Children's is part of the Joint Heart Program.

A collaboration between Cincinnati Children's and Kentucky Children's Hospital, the Joint Heart Program is ranked nationally by *U.S. News and World Report*.

More children who were born with a single ventricle heart and have a Fontan circulation are growing into adulthood. For these patients, close monitoring is very important. Their circulations often become vulnerable to a variety of health issues as they grow. At our clinic, we use preventive strategies that can help expose treatable problems early. This helps us monitor patients' heart health, preserve liver and kidney health and address other organ systems that are impacted.

HOW WE'RE DIFFERENT

The Fontan Management Clinic is a multidisciplinary clinic that is part of the Cincinnati Children's Adult Congenital Heart Disease (ACHD) Program. Our team offers a coordinated approach that addresses both pediatric and adult patients' complex needs, including:

- Integrated care for single-ventricle patients from specialists caring for multiple organ systems
- An active surveillance program to improve quality and length of life, which includes early detection strategies and therapeutic and preventive approaches that may be lifesaving for patients
- Thoughtful approaches to health concerns that stem from the Fontan circulation such as liver disease, sleep disturbance and sleep apnea
- Highly specialized interventions, such as left ventricular assist devices, total artificial hearts, and both heart and heart-liver transplantation
- Extensive education and coping strategies for patients and their families
- Focus on healthy lifestyle, including balanced diet and exercise
- Palliative and quality-of-life therapies when symptoms return, including diagnostic and invasive cardiac catheterization

Cincinnati Children's is a pioneer and leader in Fontan care, playing a major role in spearheading the Fontan Outcomes Network, a nationwide learning network focused on improving outcomes for people with a Fontan circulation.

SECOND OPINIONS

Our team regularly provides second opinions that can reassure patients they are receiving the best possible care elsewhere, or offer insights about other treatment options available at Cincinnati Children's.



TREATMENT TEAM

Carl Backer, MD

Cardiothoracic Surgeon

Nicole Brown, MD

Attending Physician, Adult Congenital Heart Disease

Clifford Chin, MD

Medical Director, Heart Transplant Program

Sarah D. Corathers, MD

Director, Diabetes Transition Program, Division of Endocrinology

Jonathan R. Dillman, MD, MSc

Medical Director, Imaging Research Center, Division of Radiology

Felicia Eichelbrenner, RN

Care Manager, Adult Congenital Heart Disease

Stuart L. Goldstein, MD, FAAP, FNKF

Director, Center for Acute Care Nephrology

Don Hayes, Jr., MD, MS, MEd

Medical Director, Pediatric Lung Transplant Program

Garick D. Hill, MD, MS

Associate Director, Echocardiography Program

David Lehenbauer, MD

Cardiothoracic Surgeon

Angela Lorts, MD, MBA

Medical Director, Ventricular Assist Device Program

Adam M. Lubert, MD

Attending Physician, Adult Congenital Heart Disease

David L.S. Morales, MD

Director, Cardiothoracic Surgery

Sasha Opotowsky, MD, FACC

Director, Adult Congenital Heart Disease

Joseph J. Palermo, MD, PhD

Director, Gastroenterology Center of Excellence

Joseph S. Palumbo, MD

Director, Comprehensive Thrombophilia Center

Amy Rich, MSN, APRN, CNP

Nurse Practitioner, Adult Congenital Heart Disease

Greg M. Tiao, MD

Director, Division of General and Thoracic Surgery
Surgical Director, Liver Transplantation

Andrew T. Trout, MD

Director, Nuclear Medicine, Department of Radiology and Medical Imaging

David Winlaw, MBBS, MD, FRACS

Cardiothoracic Surgeon

TREATMENT APPROACH

Primary prevention through early detection and treatment, including cardiac and pulmonary rehabilitation, are the mainstays of the Fontan Management Clinic. Our Fontan Management team brings together specialists from a variety of backgrounds to provide the best care possible for adults with congenital heart disease. The clinical team collaborates on individual care, so patients receive care that is coordinated and convenient at each visit. Our team includes specialists from:

- Cardiology
- Diagnostic and Interventional Radiology
- Endocrinology
- Gynecology
- Heart Failure and Transplantation
- Hematology and Thrombophilia
- Hepatology
- Heart and Liver Transplant Surgery
- Maternal and Fetal Medicine
- Nephrology
- Nutrition Therapy
- Pulmonology
- Psychology
- Sleep Disturbance

We also work closely with the Heart Institute's Single Ventricle Interstage Clinic to provide a smooth transition for children from the pediatric to adult program.

PREGNANCY AND FONTAN

It is possible to be pregnant and have a successful birth after having a Fontan operation. However, it may be too risky for some women. Our ACHD specialists have experience working with women and their maternal-fetal medicine teams before and during pregnancy and in the months afterward.

HEART-LIVER TRANSPLANTATION

Due to the impact the Fontan circulation has on both the heart and liver, heart-liver transplants may be the only alternative to palliative care for some of these patients. Cincinnati Children's partners with UC Health to offer seamless care and world-renowned expertise for single ventricle patients needing a heart-liver transplant. Our joint Heart-Liver Transplant Program combines the knowledge and skill of specialists in the Fontan Management Clinic and UC Health Transplant Program.

221

Patients in FY22
(July 2021–June 2022)

51

New patients
in FY22

3

Heart-liver
transplants
from 2015 to
June 2022

For urgent issues, or to speak with the specialist on call 24/7, call the Physician Priority Link® at 1-888-987-7997.

For international inquiries, call +1-513-636-3100 or email international@cchmc.org.