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Rare congenital disorder and heart failure complex surgical repair and post-operative regeneration in an adult female

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The World Health Organization Global Hearts initiative acknowledges Cardiovascular Disorders as the number one killer in the world. It also recognizes the paucity of information and understanding about cardiovascular disorders, particularly as regards women with adult Congenital Heart Defects (CHD), on right heart failure, Transposition of the Greater Vessels (TGV) the high incidence in the developing world, the potential impact of travel and exposure to prolonged seated immobility, and the journey through diagnosis, treatment and post-surgery recovery challenges.

Through presentation of this incredible journey to symptom manifestation, diagnosis, surgical repair and the equally incredible post-surgery recovery period of heart and body regeneration from this particularly rare compound of congenital defects that surfaced only near mid-life in an adult female, this case story may explode some commonly-held notions of CHDs and illuminate directions for further diagnosis and treatment in general and in relation to adult women in particular. This case of right heart anomalies and failure also point to some startling departures in popular understanding of heart conditions largely drawn from knowledge of left heart anomalies.

Additionally, in a rare zone of survival, it highlights personal efforts to treat with the seemingly little understood post-operative period of a body and its organs readjusting to restructured heart after a lifetime, coping with regeneration and its survival efforts to date. It further aims to highlight some of the challenges and limitations of screening and detecting, particularly in the context of health care in the developing world.

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