

## IS ALL HOPE LOST IF ONE IS DIAGNOSED WITH RHD?

- No, there is still hope especially if you seek medical attention early
- However, if left unattended till very late, there is a high risk of death or there may be need for expensive heart surgery

## How I survived RHD

**M**y name is Ruth Solomon. I lived with my parents and four other siblings in Tusung Village of Faan district, Plateau State. I remember having several episodes of painful sore throat from when I was 8 years old. My mother always gave me palm oil mixed with salt to relieve the pain after gargling with salt water. She also boiled a sour leaf in water which I drank. I started having painful joint swellings when I was 11 years old. The pains moved from joint to joint. Later I began to swell and developed difficulty breathing and could not go to school.



Ruth before her heart surgery



Ruth recuperating from heart surgery

I ended up at the Jos University Teaching hospital (JUTH) several months later and was admitted for severe heart failure. My parents were told that I had rheumatic heart disease (RHD) and needed to have an open heart surgery which was then not available in the country. My parents who

were peasant farmers with no money for treatment were devastated and gave up all hope.

With help from Heart Aid Trust, I had the opportunity to go abroad for Heart surgery at the age of 12 years. Today, I am a first year student of the University of Jos. I feel perfectly fine though taking drugs every day and have regular medical checks.

My problem could have been averted if my parents knew that sore throat could lead to severe heart disease needing millions of naira for treatment and if they had taken me to the hospital early.

If your child has sore throat, joint pains or body swelling please take him or her to the hospital immediately.



Ruth with her family after her heart surgery



Ruth as a university student



**RHD Action**

Global to End Rheumatic Heart Disease



### For More Information

**Contact:**  
**KICK RHEUMATIC HEART DISEASE OUT OF PLATEAU STATE PROJECT**  
 c/o HEART AID TRUST, INC.  
 No 2 Joseph Gornwalk Road,  
 Beside NUJ Press Centre,  
 Jos, Plateau State, Nigeria.  
 Tel: 08130028450/08051654357  
 Email: heartaidtrust@gmail.com



**SORE THROAT**  
 Can Seriously Damage Your  
**Heart!!!**



Regular Hand washing

Good ventilation

Overcrowding

Self-medication

Good personal hygiene

Brushing the throat

Cutting the Belu-Belu (Uvula)

Promptly seek medical attention

# SORE THROAT Can Seriously Damage Your Heart!!!



**RHD Action**

United to End Rheumatic Heart Disease



**For More Information**

**Contact:**

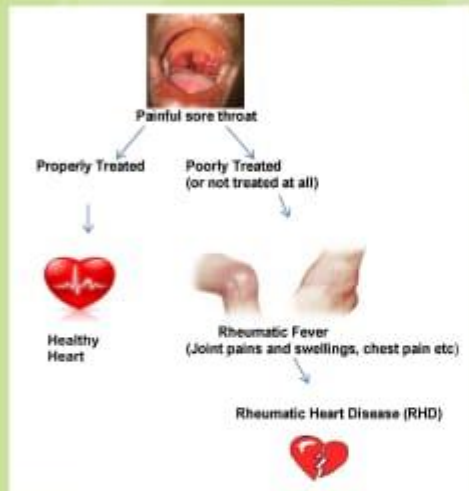
**KICK RHEUMATIC HEART DISEASE OUT OF PLATEAU STATE PROJECT  
c/o HEART AID TRUST, INC.**

No 2 Joseph Gomwalk Road, Beside NUJ Press Centre, Jos, Plateau State, Nigeria.  
Tel: 08130028450/08051654557. Email: heartaidtrust@gmail.com



## HOW CAN SORE THROAT CAUSE HEART DISEASE?

Sore throat is caused by a germ that makes the body fight against itself leading to a condition called Rheumatic Fever. If not properly treated it leads to permanent damage of the heart called Rheumatic Heart Disease (RHD).



## WHAT IS SORE THROAT???

Sore throat is pain in the throat when swallowing. It is very common in children and easily spreads to other people especially when there's overcrowding, poor ventilation, and poor hygiene



### WHAT IS RHEUMATIC HEART DISEASE?

Rheumatic Heart Disease (RHD) is a type of a heart disease that occurs in children and young adults as a result of poorly treated or untreated painful sore throat.

### WHAT ARE THE SYMPTOMS OF RHEUMATIC FEVER AND RHEUMATIC HEART DISEASE?

Symptoms of rheumatic fever and rheumatic heart disease include, Hotness of the body, painful joint swellings, chest pain, difficulty in breathing, cough, body swelling and general body weakness.

### WHAT CAN RHEUMATIC HEART DISEASE LEAD TO?

- Frequent hospital visits
- Frequent and prolonged hospital admissions
- Poor school attendance and performance
- School drop out
- Poor growth and development
- Delayed puberty
- Poor social interaction
- Need for expensive heart surgery
- Psychological problems including depression
- Stroke
- Need for lifelong medication
- Heart failure
- Death

## HOW TO PREVENT SORE THROAT, RHEUMATIC FEVER AND RHEUMATIC HEART DISEASE:

Overcrowding <b>X</b>		Regular Hand washing <b>✓</b>	
Self-medication <b>X</b>		Good ventilation <b>✓</b>	
Brushing the throat <b>X</b>		Good personal hygiene <b>✓</b>	 cough or sneeze into your sleeve
Cutting the Belu-Belu (Uvula) <b>X</b>		Promptly seek medical attention <b>✓</b>	

