

What is Rheumatic Heart Disease?

Rheumatic heart disease is a serious heart problem that develops after *rheumatic fever*.

Rheumatic Heart Disease causes

- chest pain
- shortness of breath
- feeling tired.

- Some women with *rheumatic heart disease* will not be able to have children...Some people need an operation to fix the heart if they do not receive regular treatment ... young people can die from *rheumatic heart disease*.

... **Benzathine penicillin injections (every 3 or 4 weeks) (BEST TREATMENT)**

Na Cava na Rheumatic Heart Disease?

Na *Rheumatic Heart Disease* sai koya na kena vakacacani na valve ni uto e loma. E mate bibi ka dredre ka rawa ni yaco vua e dua ka tauvi koya na *Rheumatic Fever*.

E levu na cauravou kei na goneyalewa era sa vakamatei mai na *Rheumatic Heart Disease*.

Na *Rheumatic Heart Disease* e vakavuna na:

- momosi ni sarisari
- cegu leka kei na
- oca

Eso e tauvi ira, ena gadrevi me sele nodra uto me ripeataki se vakaisosomitaki na nodra valve ka sa vakacacani ka sega ni cakacaka vinaka.... Oqo e rawa ni yaco kevaka e sega ni ra dau mai cula ena gauna sa lavaki vei ira.... **Cula ena vei ya 3 kina 4 na macawa ena Benzathine Penicillin (vinaka taudua).**

Rheumatic Heart bimari kva hai?

Rheumatic heart bimari ek aisi bimari hai jo hriday ke valve ko sthayee taur se kshati hoti hai.

Yeh ek gambhir samasya hai jo *rheumatic fever* ke daure ke baad viksit hoti hai.

Rheumatic heart bimari se kam umra mei kai log mare jate hain.

Rheumatic heart bimari se:

day dard

an lene mein takleef

thankan mahasoos hoti hai

Nimit ilaag na hone par kuch logon ko hriday ka operation bhi karana pad sakta hai.

Benzathine Penicillin suiyan- har teen se chaar hafton par (yeh sarwoshreshtha illag hai).

Rheumatic Fever may cause:

Swollen and/or painful joints (knees, wrists, elbows and ankles)

Uncontrollable arm, leg or face movements

Shortness of breath

Chest pain

Skin rashes (usually on the chest, stomach and back)

Lumps under the skin (usually on the legs or arms)

You may also have a sore throat

See your Doctor or Nurse Practitioner immediately if you think you have Rheumatic Fever

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**Prevent
Rheumatic Fever and
Rheumatic Heart Disease
In Fiji**



What is Rheumatic Fever?

Rheumatic Fever is an illness that can cause heart problems, joint pains and swelling, rashes and odd movements.

Rheumatic fever is caused by a germ called Strep.

Strep enters the body through sore throats and skin infections.

Rheumatic fever is common in young people (age 5-15) but can happen up to age 35.

People who have had *rheumatic fever* before can get it again and again.

Na cava na mate ka vakatokai na Rheumatic Fever?

Na *rheumatic fever* sai koya na mate ka rawa ni tauva e dua ka kena i vakaraitaki na:

Katakata

Sasala kei na vuce ni sema ni yago

Warurubu ni kuli kei na

Sega ni lewai rawa ni yavala ni liga, yame kei na vei tiki ni yago tale eso ka vakatokai vakaperitania me Chorea

Na *rheumatic fever* e vakavuna na manumanu somidi ka yacana na Strep.

Na Strep e curu kina yago mai na mate mosi ni i tilotilo ka vakatalega mai na mate ni tetela ni kuli.

Rheumatic Fever Hai Kya?

Rheumatic Fever us jwar ko kahate hain jisse heart problem, deh mein chakatta aur sharir mein vichitra chaal paida hona.

Strep Kitanu se *rheumatic fever* paida hota hai.

Gale ke dard aur chamre ke rog se Strep Kitanu sharir mein pravesh karta hai.

Rheumatic fever zyada tar paanch se pandrah saal ke logon mein paya jata hai lekin yeh bimari 35 years (Paintees varsh) tak ke umra ke logon ko bhi pakar sakti hai.

Jo log pahale *rheumatic fever* ke shikar huwe hain, weh baar baar *rheumatic fever* ki jakar mein aa sakte hain.

How to stop Rheumatic Fever.

1. Get treatment for sore throats and skin sores.
2. See a doctor if you have sore joints (knees, ankles, elbows, wrists)
3. Keep your body and house clean.
4. Eat healthy food.

Ena Tarovi vakacava na Rheumatic Fever.

1. Mo raici vakavuniwai ke mosi na nomu i tilotilo se tauvi iko na mate ni kuli
2. Mo dau qarauna me savasava na yagomu kei na nomu i tilotilo.
3. Dau kania na kakana bulabula.
4. Dau raici vei Vuniwai ke mosi, se vuce na veisema ni yagomu.

Rheumatic Fever ki roktham kaise kare.

1. Gale ke dard aur twacha ka sankraman (infection) ke ilaag karwayeeye.
2. Joron ka dard jaise ghutno, nail, kalaii ho to Doctor ko dikhyayeeye.
3. Apna sharir aur apna ghar saaf rakhiye.
4. Swasthya bhojan khayeyeeye.



How to prevent Rheumatic Fever coming back?

People who have had *rheumatic fever* before can get it again and again.

All people who have had *rheumatic fever* should:

Have Benzathine penicillin injections every 3 weeks (children) or 4 weeks (adults)

Visit their Doctor regularly for a check-up

Visit the Doctor immediately if they think *rheumatic fever* is coming back.

Ena Tarovi vakacava na Rheumatic Fever ena kena rawa ni lesu tale mai?

O ira sa tauvi ira oti na mate na *rheumatic fever* ena rawa ni tauvi ira tale ena dua na gauna.

O ira kece esa tauvi ira tiko na *rheumatic fever* e dodonu mera:

Dau cula ena Penisilini ena vei ya 3 na macawa (vei ira na Gone) 4 na macawa (vei ira na qase).

Mo dau raici Vuniwai totolo, ke o nanuma ni tauvi iko tale na *rheumatic fever*.

Rheumatic Fever ki wapasi se kaise bache?

Jin logon ko *rheumatic fever* hua hai, yeh bimari unko baar baar ho sakti hai.

Jin logon ko kabhi bhi *rheumatic fever* hua hai

Bachhon ke liye har teen hafte aur badon ke liye har chaar hafton par Benzathine Penicillin suiyaan lagwani chahiye

Nimit taur se apne doctor se jaanch karaye

Agar unko lage unko *rheumatic fever* ho raha hai to tatkaal apne doctor ke paas jaye.