



**HeartKids**

# LOOKING AFTER YOUR TEETH WHEN YOU HAVE RHD



We are here to support you  
[heartkids.org.au](http://heartkids.org.au)



## WHY IS IT IMPORTANT?

So germs from our mouth don't hurt our heart.



## BRUSHING OUR TEETH

Brush your teeth in the morning and at night.



## DIET

Eat healthy food, not sugar and junk food. Drink water, not sugary drinks.



## DENTIST

Visit your dentist every 6-12 months when possible.

It doesn't matter where you live or how far you are into your CoHD or RHD journey, HeartKids is here to support you.

## CONTACT THE TEAM AT HEARTKIDS

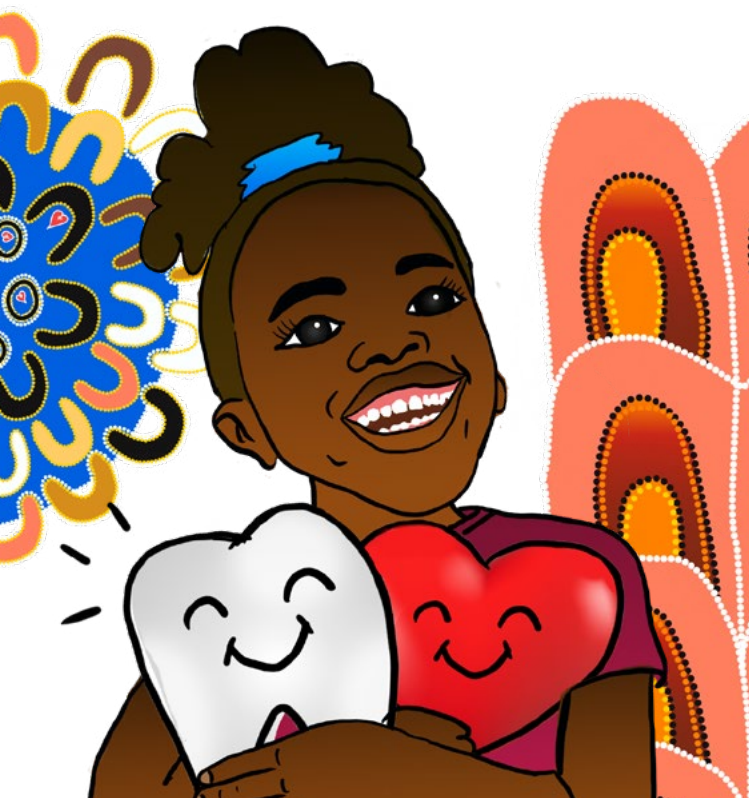


HEARTKIDS HELPLINE  
**1800 432 785**



WEBCHAT  
**heartkids.org.au**

The HeartKids Helpline services are available  
9am - 5pm AEST, Monday to Friday.



**Our support is for life**

 @HeartKidsAustralia  @HeartKids