



HeartKids

LOOKING AFTER YOUR TEETH WHEN YOU HAVE RHD



We are here to support you
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



DENTIST

Visit your dentist every 6 or 12 months

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

CONTACT THE TEAM AT HEARTKIDS

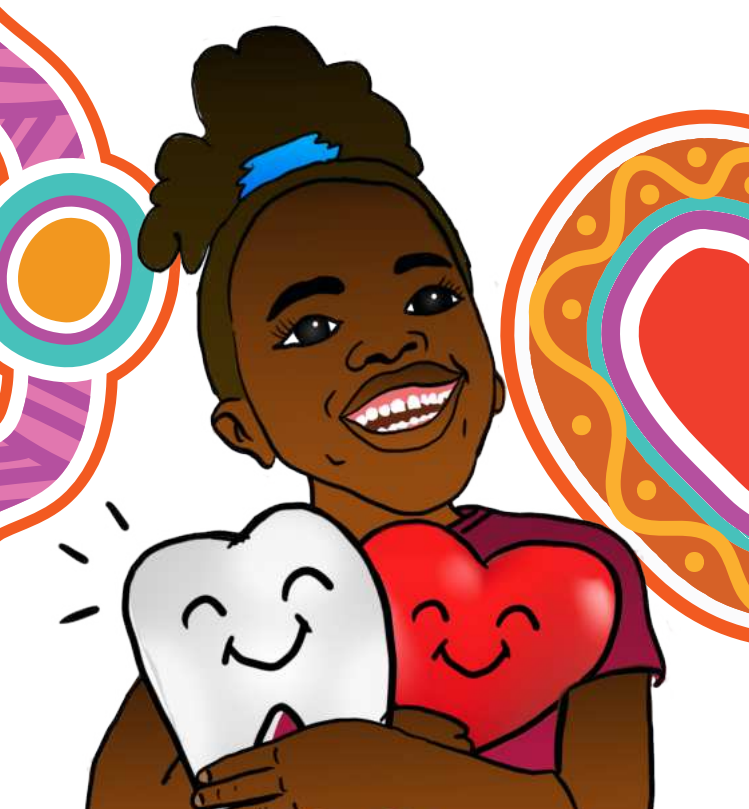


HEARTKIDS HELPLINE
1800 432 785



WEBCHAT
heartkids.org.au

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



Our support is for life

@HeartKidsAustralia @HeartKids