



Rheumatic Heart Disease Calendar



**DON'T MISS OUT ON
THE THINGS YOU LOVE.**

If you have rheumatic fever or rheumatic heart disease, you need a penicillin needle every 21-28 days.

Miss one needle and you could miss out on a whole lot more.



Government
of South Australia

SA Health

Thank you

The SA Rheumatic Heart Disease Control Program would like to thank the Aboriginal community of South Australia and all the Aboriginal health workers, nurses and other health staff for their valuable input and participation in the development of this resource.

We would like to acknowledge Aboriginal people as Australia's first peoples and as the traditional custodians of the land that we work on. We acknowledge the deep feelings of attachment and relationship of Aboriginal people to country.

Aboriginal and Torres Strait Islander people are advised that this document may contain sensitive material including names and or images of deceased persons.



*I want
to make it
somewhere
in life*

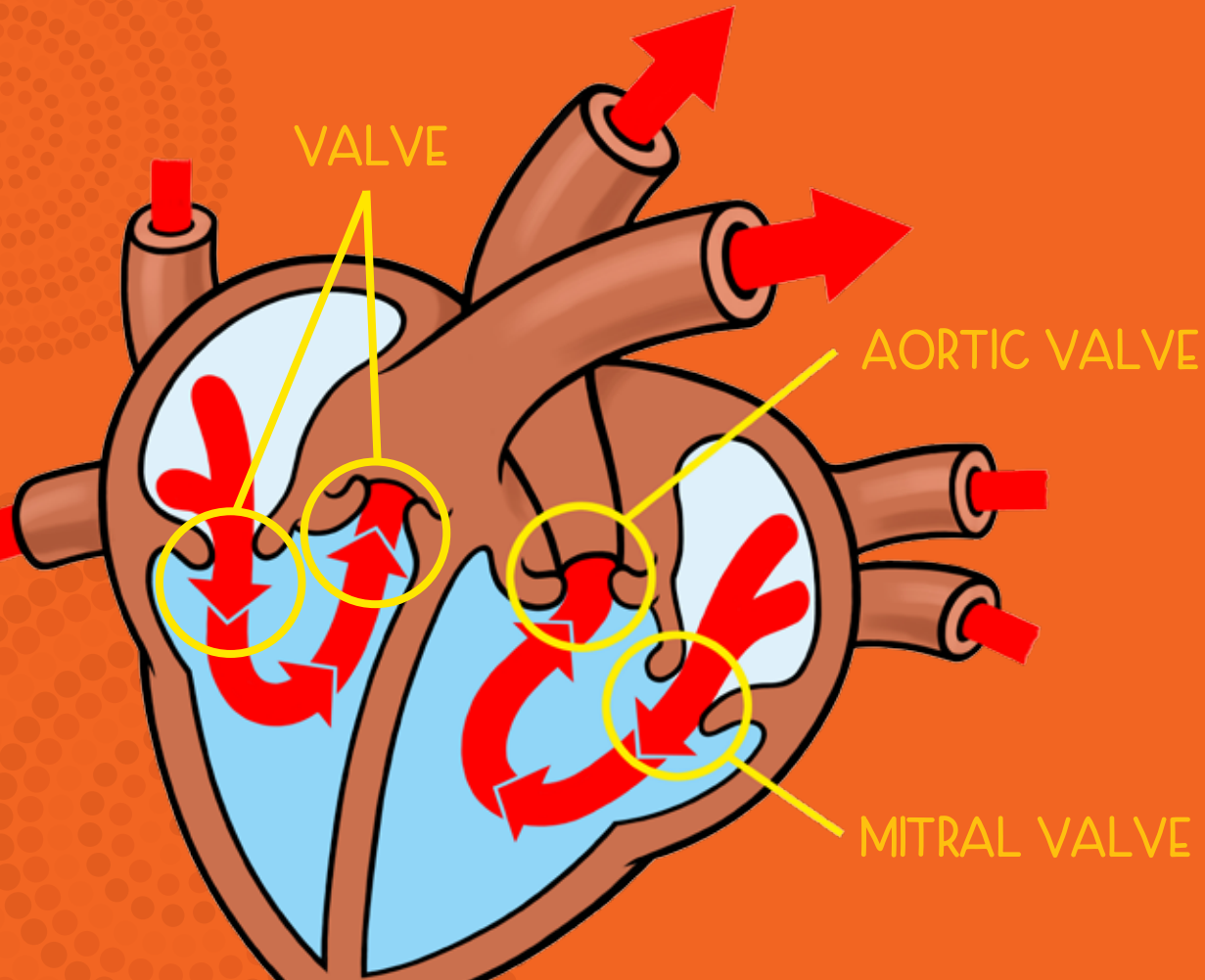
Isiah
(Narangga & Ngarrandjeri)

JANUARY

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DON'T MISS OUT ON
THE THINGS YOU LOVE.



THE HEART AND HOW IT WORKS

Your heart has four valves in it. These valves act like one way doors.

The doors make sure the blood moves through your heart in the right direction. This keeps your heart going strong.

FEBRUARY



 DON'T MISS OUT ON
THE THINGS YOU LOVE.



*We don't
want to be
late for school*

Lizzy and Suzanne
(APY Lands)

WHAT IS RHEUMATIC FEVER?

Rheumatic fever is caused by the 'strep' germ. This germ likes to set up camp in your throat or your skin and can cause damage to your heart.

If you get a sore throat or skin sores, go to the clinic for treatment.



We want
to be our
best at soccer



Leshay and Bruce
(APY Lands)

MARCH

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DON'T MISS OUT ON
THE THINGS YOU LOVE.

JOINT PAIN

FEVER

JERKY MOVEMENTS



WHAT ARE THE SIGNS OF RHEUMATIC FEVER?

Rheumatic fever can cause:

1. joint pain
2. fever
3. jerky movements

If you have any of these signs, go to the clinic and ask to see your doctor, nurse or health worker.



We like to go
hunting for
kangaroos

Tanya with daughter Maria and
granddaughter (APY Lands)

APRIL

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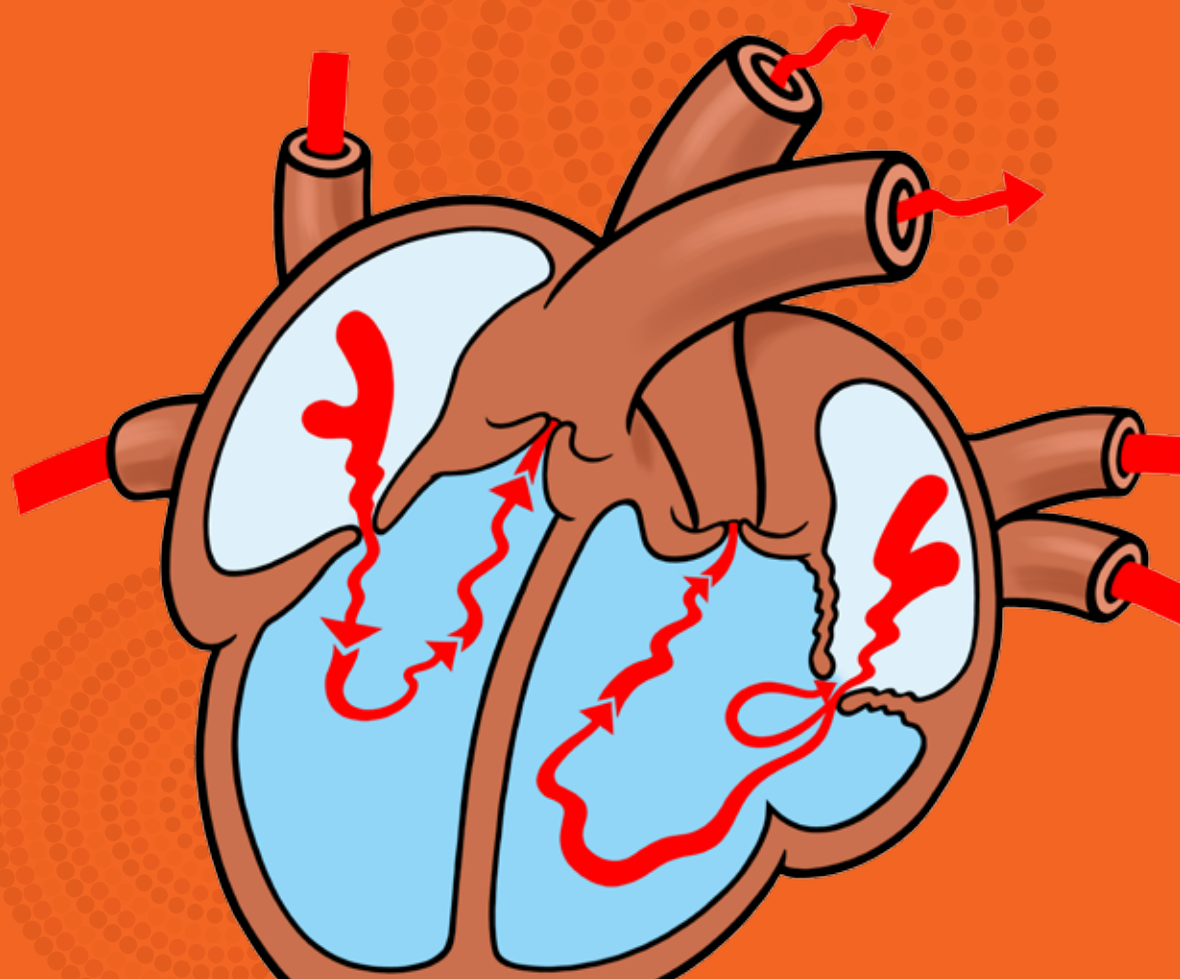


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WHAT IS RHEUMATIC HEART DISEASE?

Rheumatic heart disease is long term damage to your heart from rheumatic fever.

The valves of the heart (the doors) become stretched and scarred and they don't work like they should.



MAY

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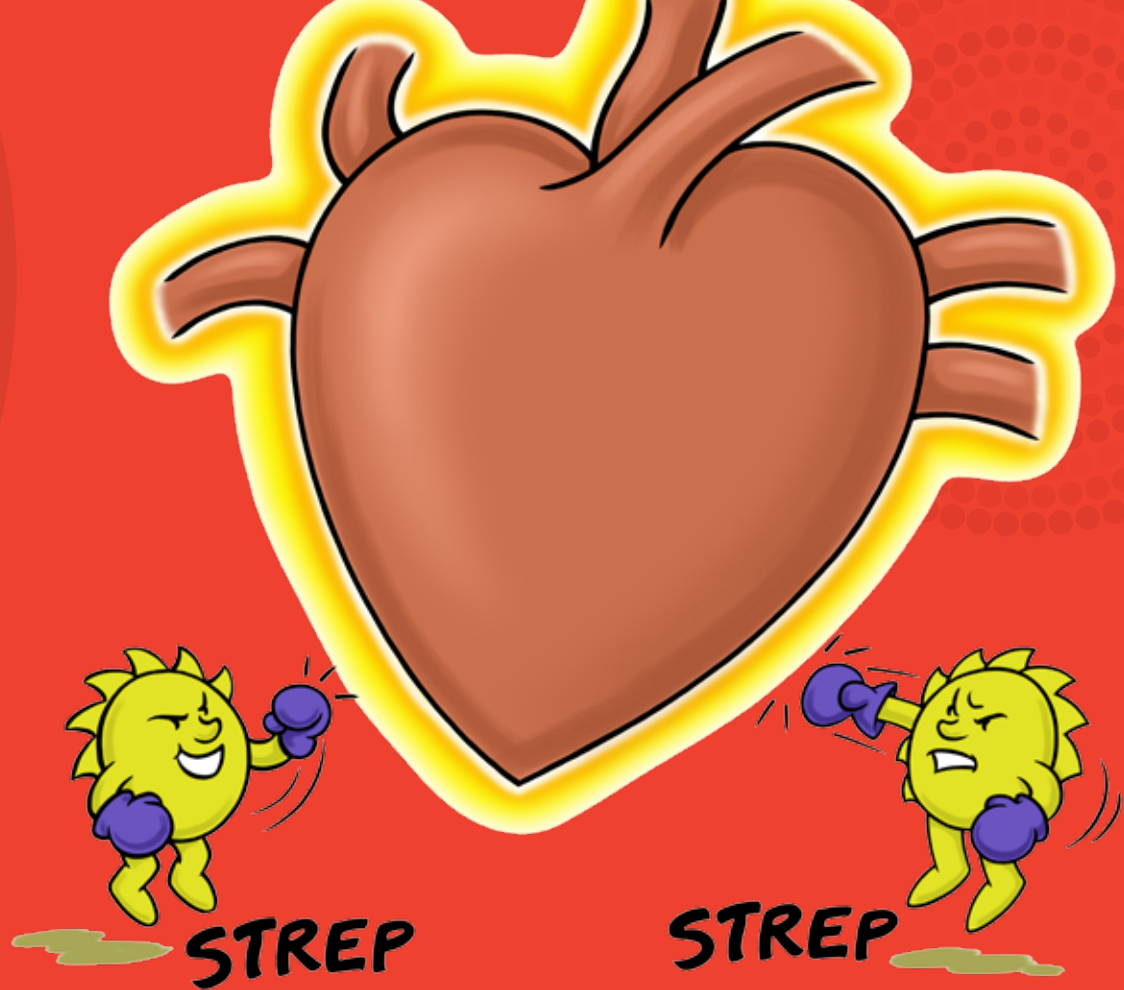
*I want to travel
the world one day*

Jai (Ngarrindjeri & Mackay, Qld)
and his Mum Frances (Raukkan)

RHEUMATIC FEVER CAN COME BACK AGAIN

Every time you have rheumatic fever,
your heart damage can get worse.

It is important to protect your heart
from the strep germ.



JUNE

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 DON'T MISS OUT ON
THE THINGS YOU LOVE.



We want to
keep fit to coach
the footy team

Ricky and Richard
(APY Lands)

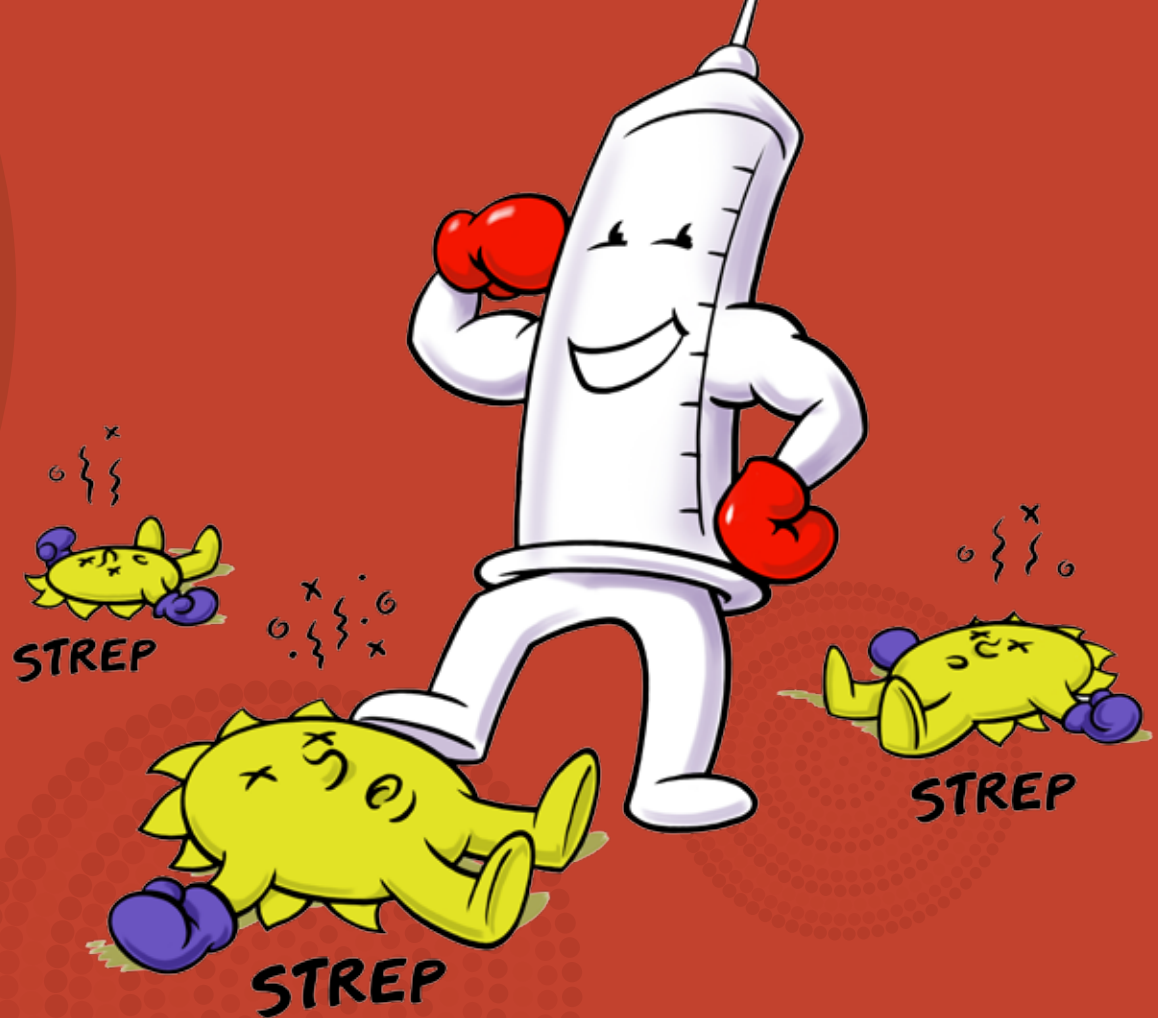
STAY HEALTHY WITH REGULAR NEEDLES

The strep germ can be killed with medicine called penicillin.

Penicillin protects you and keeps your heart strong.

Even if you are feeling good you still need to have your needles.

Having your needles on time means you won't get crook again with rheumatic fever.



We want to keep
happy and healthy



Tieandra (Wirangu & Narranga)
and her sisters Monique and Shontaya

JULY

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YOU NEED A NEEDLE EVERY FEW WEEKS

Penicillin needles are every 21-28 days (or every 3-4 weeks).

You need penicillin in your body all the time to kill any strep germs.

Day 28 is the last possible day to have your needle. After that your heart won't be protected.

Having your needles on time means you won't get crook again with rheumatic fever.

We stay strong
for our baby daughter



Ria and Robert
(APY Lands)

AUGUST

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THE NEEDLES DON'T HAVE TO BE FOREVER

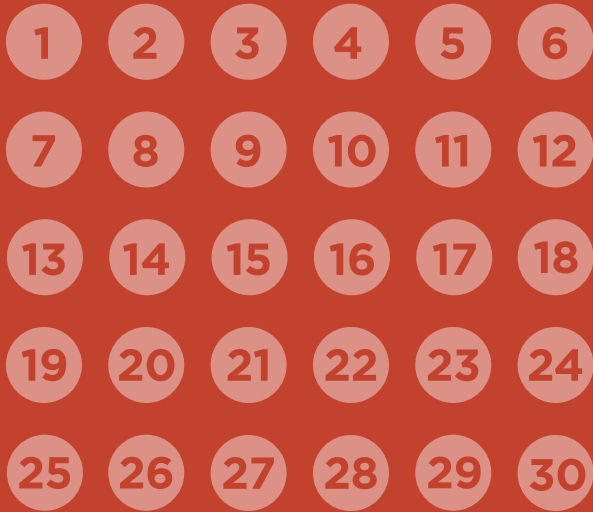
If you have all of your needles from the start, you will most likely be able to stop when you turn __.

Sometimes you might need to be on them for longer. Your doctor will decide this.

Having your needles on time means you won't get crook again with rheumatic fever.



SEPTEMBER



 DON'T MISS OUT ON
THE THINGS YOU LOVE.



*It's important
to have
your needle every
21-28 days*

Dr Chris Zeitz
(SA Cardiologist)

OTHER APPOINTMENTS ARE IMPORTANT TOO

Seeing your specialist (heart doctor) will also help keep your heart strong – it is important to have your heart checked regularly with an ultrasound called an echocardiogram.

Clean and healthy teeth help keep the bugs away, so go to the dentist every 6 - 12 months.

SEEING THE HEART DOCTOR



HAVING AN ECHOCARDIOGRAM



VISITING THE DENTIST



I want to finish my studies to become a registered nurse

Zibeon
(APY Lands)

OCTOBER

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SKIN SORES / SORE THROAT

JOINT PAIN

FEVER



WHEN TO GO TO THE DOCTOR

If you or a family member have any of these signs, go to the clinic and speak to a doctor, nurse or health worker.

NOVEMBER

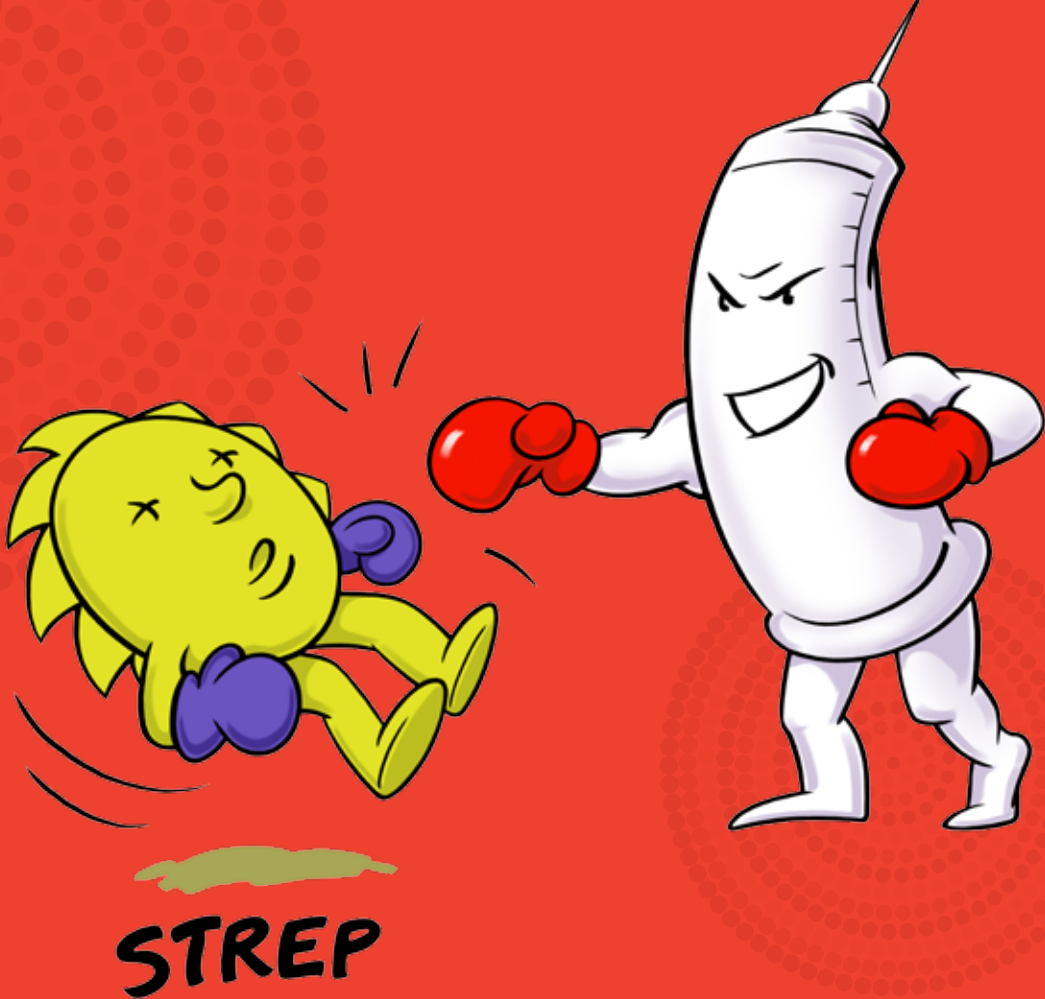
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 DON'T MISS OUT ON
THE THINGS YOU LOVE.



*I want to keep
fit and be around
for my son*

Charlotte
(Arabana & Andyamathanha)



THINGS TO REMEMBER

Keep your heart going strong by having your needles or reminding your family member to have their needles on time or before day 28 at the very latest.

Having them on time means you won't get crook again with rheumatic fever.

The sticker will help you remember when your next needle is due.



*I have my
needles for
my girls*

DECEMBER

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DON'T MISS OUT ON
THE THINGS YOU LOVE.

Emmanuel (Wirangu) and his daughters

WHY SHOULD I GET MY NEEDLES?

My heart needs to stay strong because I don't want to miss out on the things I love.

These are my reasons for looking after my heart:

