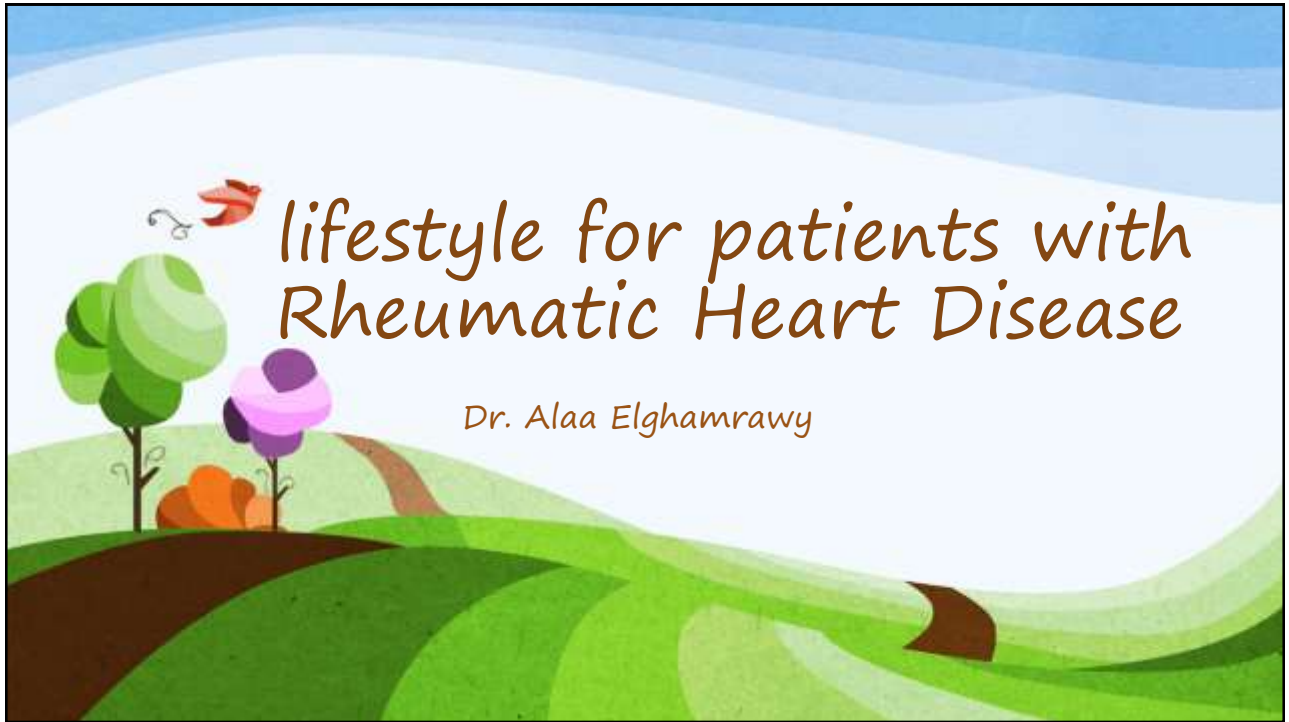




**Rheumatic Fever / Rheumatic Heart
Disease Prevention & Control
Program –EGYPT
2003-2017**

Dr. Alaa El-Ghamrawy
Director of programme Egypt

The slide features a background image of the Great Pyramids of Giza in Egypt under a clear blue sky. In the foreground, there are silhouettes of people riding camels and a person on a bicycle. In the top left corner, there is a circular logo of the Ministry of Health and Population of Egypt, which includes the national emblem and Arabic text. The main title and program details are centered in white and yellow text, and the director's name is at the bottom in yellow and white text.



Rh Fever / Rh.H.D.

- The most common cardiovascular disease in children aged 5-15 years.
- Is a major public health problem in our country.
- Still the major cause of death and disability.



It is associated with poverty, poor housing and overcrowding.

So , these conditions increase the spread of streptococcal sore throat which lead to repeated infection and result finally or later (Rh.A) & Rh . H.D.

They also lead to valve damage and expensive open heart surgery for valve replacement.



- The disease has been eliminated from developed countries, and Egypt has to go in the same direction.
- In a meta analysis of 38 studies collected from different parts of Egypt done by Maklady et-al; they estimated the prevalence of RHD - in community based studies, as 6 per 1000, and in hospital based studies as 16%.



So , these data show that the solution for the problem was to create a comprehensive program for the prevention and control

of

Rh. Fever / Rh.H.D.



Program Achievement by 2015

30 Centers established

One Rheumatic Heart Centre For

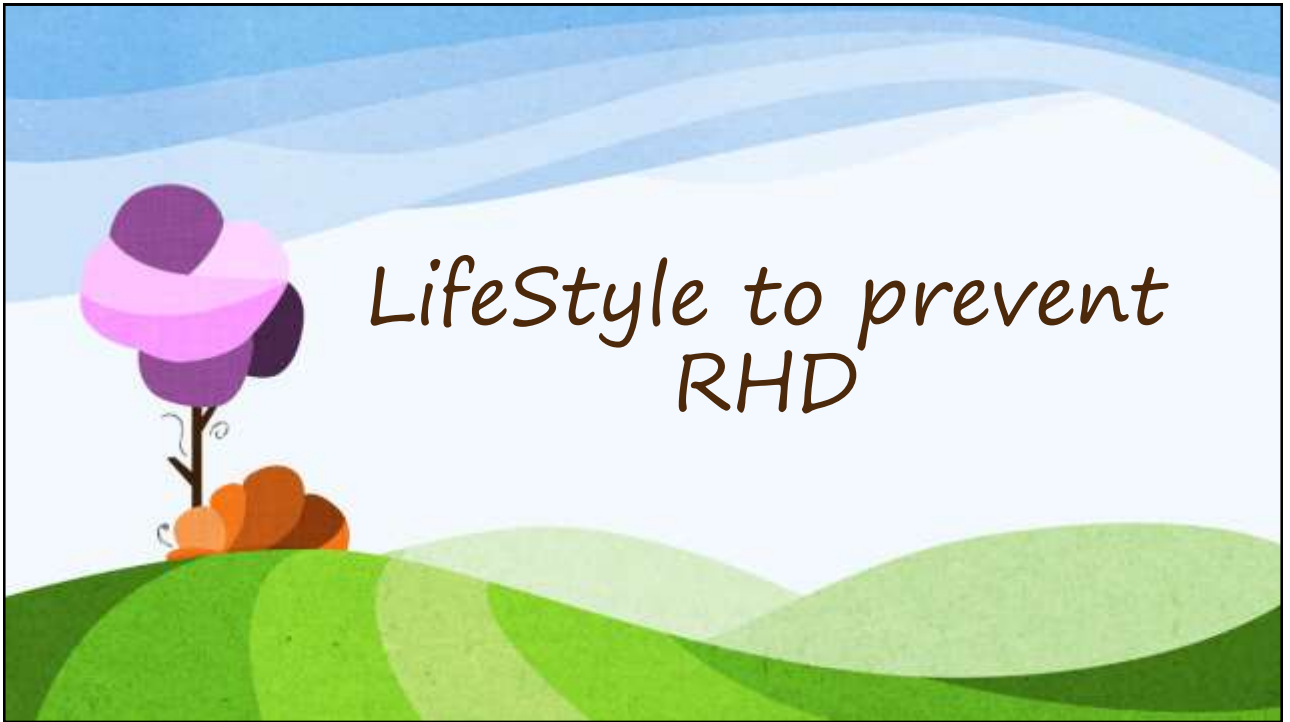
Every Governorate In Egypt



Every center has 2 Echo Devices
Mobile Echo Portable Echo



Rheumatic Heart Centers in Egypt



Don't ignore a sore throat

- *Go to the clinic. Treating a sore throat stops the strep germs, and can prevent ARF.*



Overcrowded Classroom

- *Easy position to catch a sore throat.*
- *Over-crowded environment reduces the quality of air.*



Sedentary LifeStyle

- *Get moving: a Harvard study found that watching TV for two hours a day increased the risk of developing heart disease by 15 percent.*
- *The American Heart Association (AHA) recommends being active for at least 30 minutes each day, even if you have to break it into three 10-minute sessions.*



Smoking, & pollution

- *Kick the habit.*

It raises your risk of developing heart disease by two to four times.

Moreover, it increases the susceptibility to catch a sore throat.



Avoid stress

- *Can lower the resistance to infections by depressing the immune system*



Maintain a healthy weight

- *Maintaining a healthy weight is important to protect your heart from damage or fatigue.*

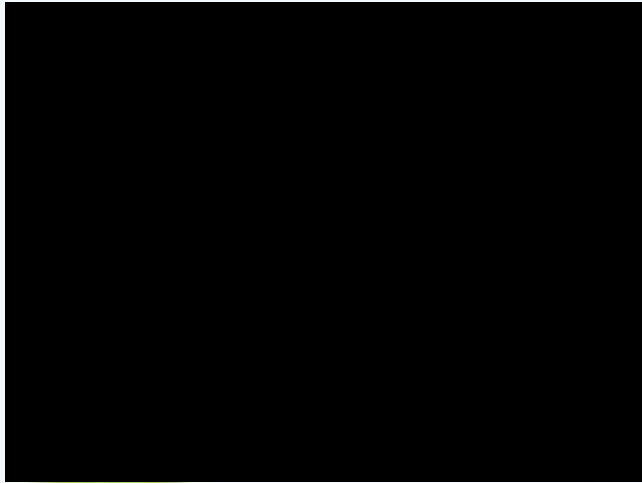


Eat healthy

- *The quality and quantity of the types of food you put into your body are important.*
- *Low vitamins and mineral levels may decrease immunity, and increase the risk of a sore throat. infection*



we made a song to raise awareness about
sore throat prevention



RHD LifeStyle



Regular visits with your doctor.

- Your doctor needs to see you regularly to know if your valve problem has gotten worse and should be treated more aggressively.
- If tests show minor or moderate malfunction of a valve, your cardiologist may recommend monitoring your condition during regular check-ups with echocardiography .



Don't miss your injections



If you have a Rheumatic fever, you must have regular penicillin injections to stop RHD.

Relieve Stress.



Party for RHD patients

Active life style



Marathon for patients with open heart surgery

- Restricting the intake of salt can also help lessen fluid retention and improve symptoms related to heart valve disease.

Thank
you

