



**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



## 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

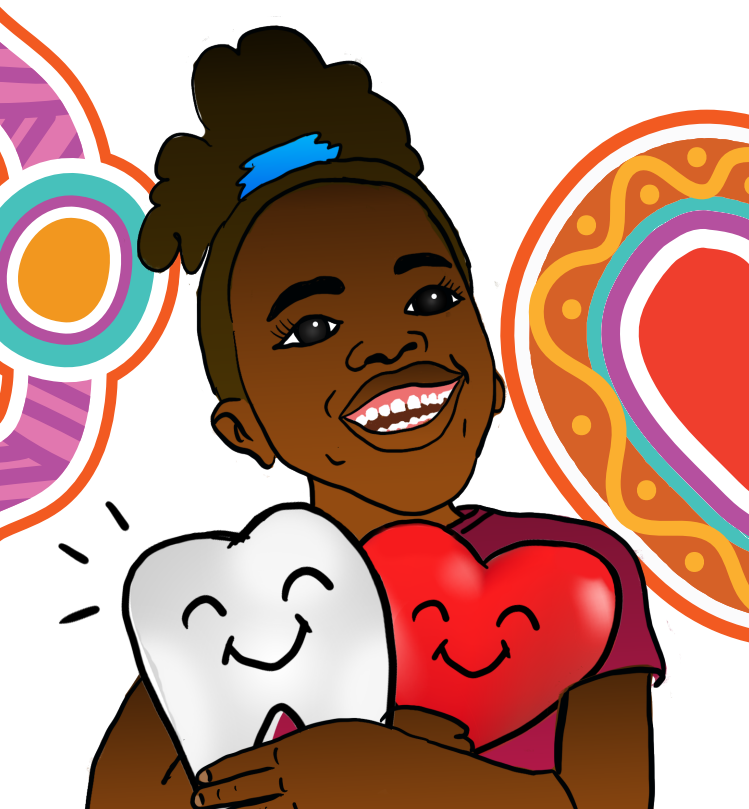


HEARTKIDS HELPLINE  
**1800 432 785**



WEBCHAT  
**heartkids.org.au**

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



Our support is for life

 @HeartKidsAustralia  @HeartKids