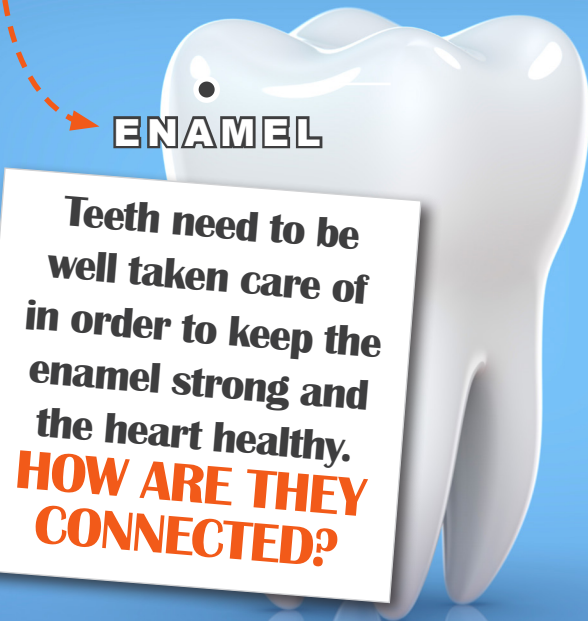


did you **know** ?

The hardest working muscle in the human body is the **HEART**



TOOTH ENAMEL is the hardest substance in the human body.



Teeth need to be well taken care of in order to keep the enamel strong and the heart healthy.
HOW ARE THEY CONNECTED?

FUN FACT

The Blue Whale has the largest heart of any living creature but has **NO TEETH!**



If you have any questions or concerns about your dental care routine, please contact your dentist and/or pediatric or congenital cardiologist.

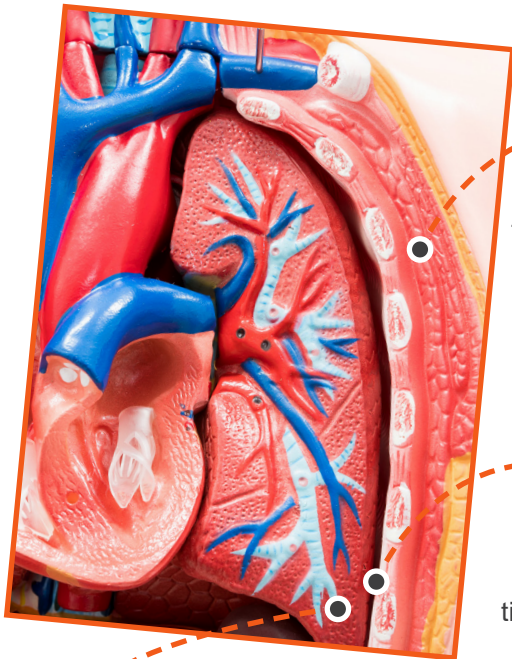
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The Road to Transition *presents* **Congenital Heart Disease & Dental Care**



YOUR Hardworking Heart has 3 Layers!



Outer Layer EPICARDIUM

The **Epicardium** is a thin layer of elastic connective tissue and fat that serves as an additional layer of protection from trauma or friction for the heart under the pericardium.

Middle Layer MYOCARDIUM

The **Myocardium** is the muscle tissue of the heart and the thickest layer of the heart wall.

Inner Layer ENDOCARDIUM

The **Endocardium Layer** provides a smooth surface that allows the blood to flow freely across the tissues. If the inner layer was damaged, there could be higher risk for clot formation or even rupture.

Despite the amazing power of the endocardium, this layer can be very vulnerable to bacteria and germs. If bacteria make its way into the blood stream, it can inflame and infect this layer causing something called endocarditis.

Endocarditis can destroy heart valves and/or cause life threatening complications, especially in those living with congenital heart defects.

ENDOCARDITIS can be devastating to someone with Congenital Heart Disease and unfortunately it is on the RISE.

Symptoms of Endocarditis:

- Flu-like symptoms, fever & chills
- Fatigue
- Aching joints & muscles
- Night sweats
- Shortness of breath and/or chest pain when you breathe
- Rash-small pin-point purplish rash on toes/fingertips
- Swollen abdomen
- A new or changed heart murmur

We don't always know where the infection comes from, but some common causes of this infection include poor dental hygiene, dental procedures performed without proper prophylaxis and body tattoos and/or piercings.

If you have concerns that you might have endocarditis, contact your cardiologist or healthcare professional. They will send you in for lab work to look for signs of infection.

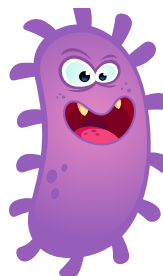


How to avoid the Endocarditis monster?

Develop a good dental care habit by brushing your teeth after every meal, using dental floss or a Waterpik® every day, and seeing your dentist twice a year. You may need to take antibiotics before your visits; please ask your cardiologist what they recommend for your diagnosis.

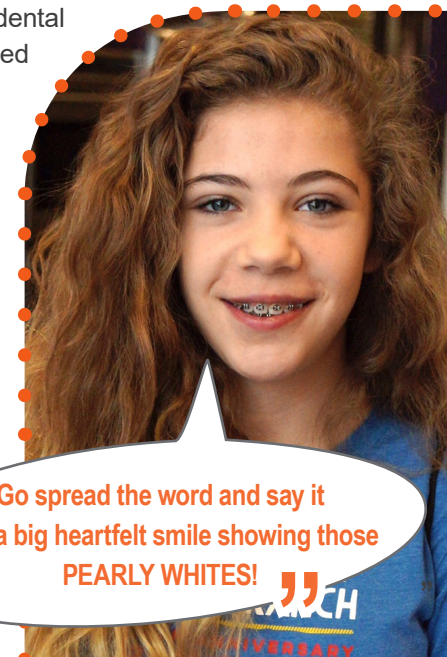


Having a clean healthy mouth is vital to the health of your heart, but don't try and be your own dentist. Avoid poking or scraping your gums with over the counter dental tools; leave that to a real qualified dentist. Last, but not least, consult your cardiologist before a tattoo or body piercing.



Most people don't understand the importance of good dental hygiene in relation to their heart and find themselves in trouble, but now...

you know. Yay!



“ Go spread the word and say it with a big heartfelt smile showing those PEARLY WHITES! ”