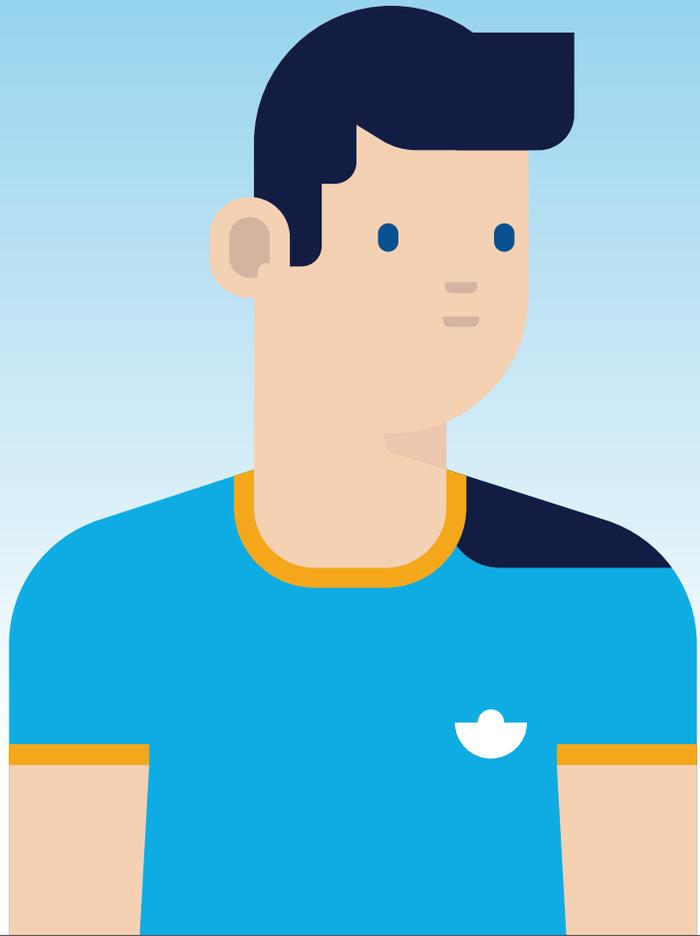


HELPING MIKE MANAGE HIS CONGENITAL HEART DISEASE



This information is intended to assist in meaningful discussions between you and your doctor or dentist. This information should not be a substitution or replacement for talking to your doctor and dentist. Always talk to your heart doctor about symptoms, risks, diagnosis, and treatment.

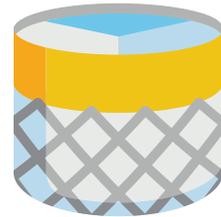
MEET MIKE.



Mike has congenital heart disease (CHD).

CHD is the most common birth defect, affecting almost 1% of babies born each year.¹ Most heart defects are present at birth, caused by the heart not developing the way it should during pregnancy.

When Mike was born, doctors recognized he had a problem with one of his heart valves. Mike has had multiple operations on his heart as he has grown older to replace artificial heart valves that either no longer fit his body or do not function as well as they did when they were new.



Because Mike has CHD and an artificial heart valve, he has a greater risk for a condition called endocarditis.

Read on to learn more about what endocarditis is and what Mike can do to help manage his CHD.

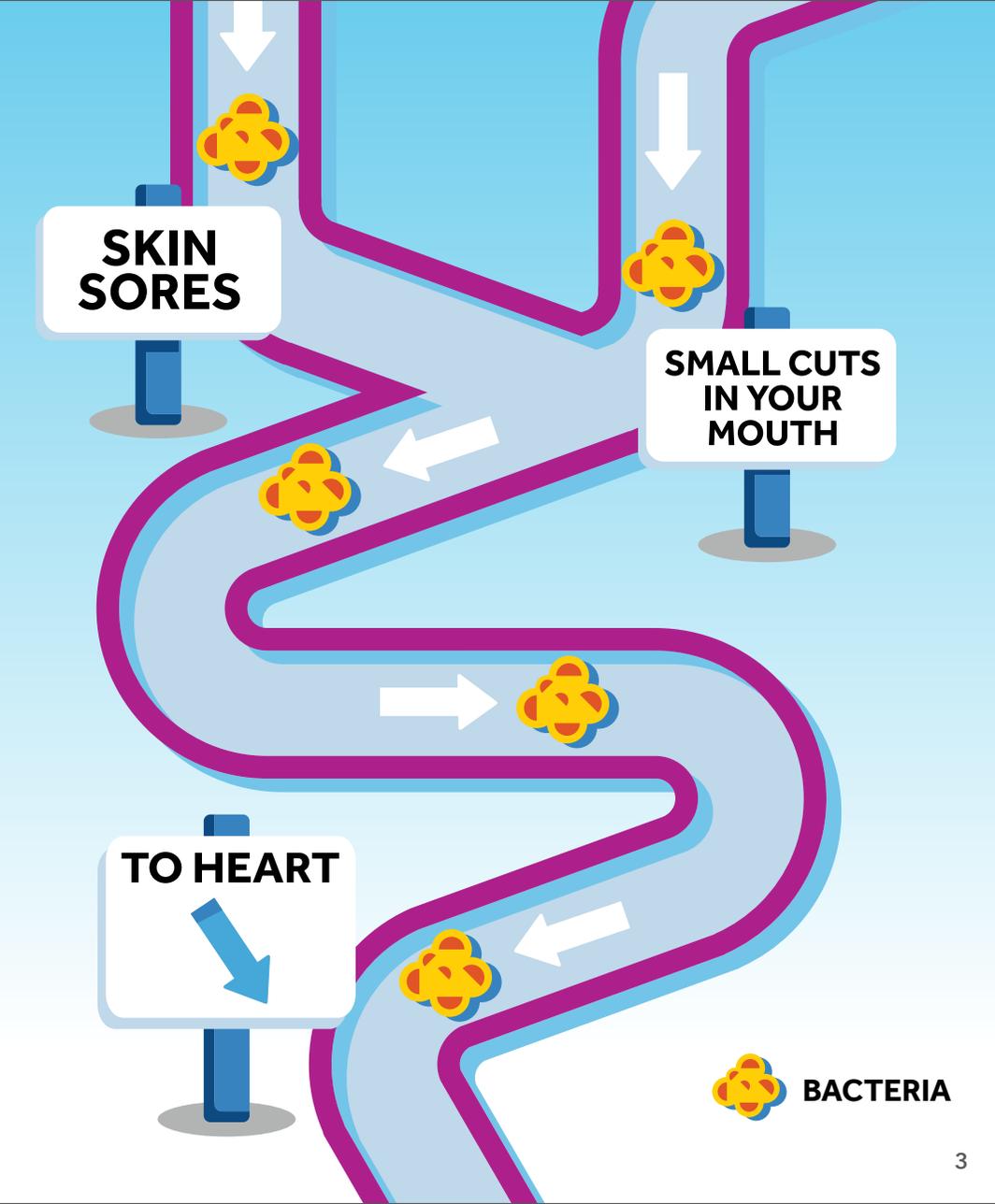
BACK UP. WHAT IS ENDOCARDITIS?

Infective endocarditis (IE) is an infection of the inner lining of your heart or heart valves, caused by bacteria that entered your bloodstream.

The most common bacterial entry points are:

- Skin sores
- Small cuts in your mouth

If left untreated, endocarditis can cause serious harm or even death.



WHAT ... HOW DO I MINIMIZE THE RISK OF ENDOCARDITIS?

It is very important to practice good dental care and personal hygiene:

- Brush twice a day (best after meals)
- Gently brush all sides of your teeth with a soft-bristled brush
- Brush along gum line
- Floss at least once a day
- Lightly brush your tongue
- Practice good personal hygiene, such as washing your hands and face

Try to avoid:

- Biting, tearing, or picking fingernails or toenails
- Picking or scratching skin injuries such as acne, moles, or scabs
- Tattoos or piercings and consult with your doctor before considering these



You need to:

- Tell all your other doctors (such as your dentist) if you have an artificial heart valve, and ask your heart doctor whether antibiotics should be taken before any procedures (**including routine teeth cleaning**)
- Use caution with animals or pets to avoid skin scratches



This information is provided as an educational resource based on an identified need, but is not intended to constitute medical advice or in any way replace the independent medical judgment of a trained and licensed physician with respect to patient needs or circumstances. The physician is solely responsible for all decisions and medical judgments related to the treatment of their patients.

HELP! WHAT ARE THE SYMPTOMS OF ENDOCARDITIS?

You'll be really sick:

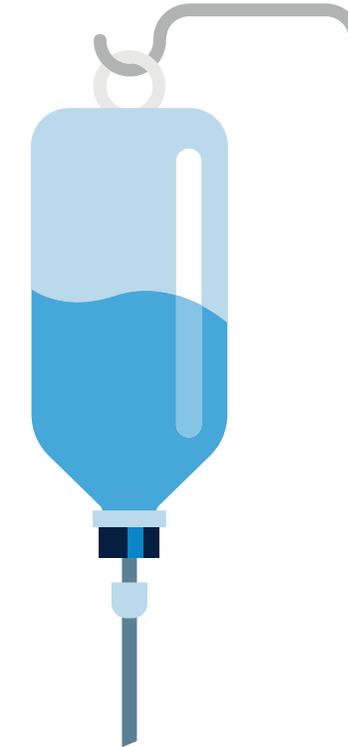
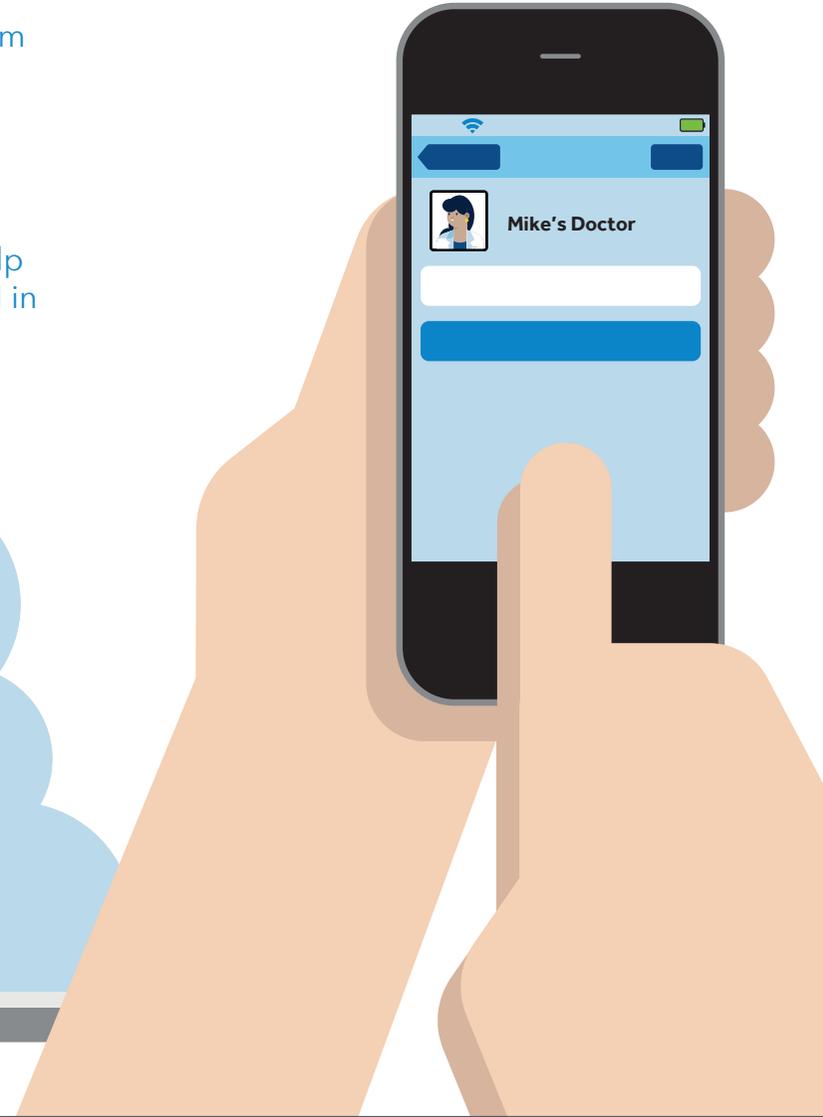
- Fever or chills that last 5 days or more
- Poor appetite or unexplained weight loss
- Unusual amount of tiredness
- Night sweats



OK. SO WHAT DO I DO IF I THINK I HAVE ENDOCARDITIS?

If you suspect you have endocarditis:

- Call your heart doctor, or go to an emergency room as soon as possible and ask the staff to call your heart doctor.
- Explain that you have a heart defect or an artificial heart valve and have a higher risk of endocarditis.
- Your doctor will probably order a blood test to help prescribe antibiotics specific to the bacteria found in the blood test.



ANYTHING ELSE?

- Ask your heart doctor whether you need antibiotics before you have dental work, routine teeth cleaning, or other medical procedures.
- Visit the American Dental Association for additional information on oral hygiene at www.ada.org.
- Visit the American Heart Association for additional information about infective endocarditis at www.heart.org/en/health-topics/infective-endocarditis.

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Reference

¹Hoffman JI, Kaplan S. The incidence of congenital heart disease. *J Am Coll Cardiol.* June 19, 2002;39(12):1890-1900.

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