

Rheumatic heart disease

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- **Rheumatic fever** = group A streptococcal infection of tonsillopharynx (after latent period of 3 weeks) → immune response and inflammatory reaction affecting heart (causing pancarditis, valvulitis and fibrosis of heart valve = rheumatic heart disease, refer to valvular heart disease), joints, brain, cutaneous and subcutaneous tissues.

Jones criteria of rheumatic fever

- **Major symptoms** = carditis, polyarthritis, chorea, erythema marginatum, subcutaneous nodules
- **Minor symptoms** = arthralgia, fever, elevated acute phase reactants (ESR, CRP), prolonged PR interval
- **Diagnosis** = 2 major, or 1 major and 2 minor, supported by evidence of group A streptococcal infection such as positive throat culture or elevated streptococcal antibody titer (antistreptolysin O, ASO titer)

Treatment of rheumatic fever

- Bed rest, salicylates, steroid, antibiotic prophylaxis (1.2 million unit benzathine penicillin every 4 weeks) for 5 years or until age 18 (if no carditis), 10 years or until age 25 (mild carditis), or life-long (moderate to severe carditis)