

## Health Disparities in Females with Rheumatic Heart Disease in Central Afghanistan

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In developing countries, and sporadically in developed countries, Rheumatic Heart Disease (RHD) persists in being the main health condition, and yet the medical management of RHD throughout the years has not changed. The acquisition of RHD as well as its pathogenesis remains elusive. What is known is that Anonsuppurative indication of group A streptococcal (GAS) pharyngitis causes rheumatic fever (RF) which develops into RHD when untreated. Secondary prophylaxis proves ineffective in preventing death from this disease. Because an anti-streptococcal vaccine does not yet exist, ancillary prophylaxis is not possible (Vijayalakshmi, 2011). The attempt to invent such a vaccine using the M protein has been unsuccessful over the last 40 years (Vijayalakshmi, 2011). Although developing countries have reduced the incidence of RHD, the disease still remains one of the leading causes of mortality and morbidity in developing countries worldwide. This study offers strategies to eliminate health disparities in women with RHD in Central Afghanistan, where the life expectancy for women is 44 years old. By increasing the number of trained healthcare professionals, as there are presently 695 female doctors for 4,595,000 women, and by increasing the health quality of life in a region where 85% of women are illiterate, the incidence of RHD in women in Central Afghanistan can be significantly reduced (Arnold, Teijlingen, Ryan, & Holloway, 2014; "Trust In Education." 2011; Bezruchka, 2012).

### Biography:

Ruhina Najem is a foreign medical graduate from Afghanistan, He came to USA as a refugee hoping for a better future. His long life dream to attain my Doctoral degree is coming to light at Walden University. He is currently an experienced Administrator & Faculty at Peralta Colleges, Merritt College with a demonstrated history of working in the higher education industry, Strong education professional skilled in Event Planning, Customer Service, Instructional Design, Public Speaking, and Curriculum Development. He is a coauthor while working at Stanford University on Mycophenolic acid concentrations in long-term heart transplant patients: relationship with calcineurin antagonists and acute rejection.