

Ep. 91 - From Strep to RHD: A Mother's Story and a Community's Fight

Group A strep might sound like a simple sore throat—but for many children and families in American Samoa, it can have life-threatening consequences. In this episode of the MotherToBaby Podcast, we sit down with Dr. Anaise Uso, a public health leader and mother, who shares both her professional and deeply personal experiences with strep infections, rheumatic fever, and rheumatic heart disease (RHD).

Together, we explore:

- What Group A Strep is and the common signs of strep throat and skin infections.
- How untreated infections can progress into rheumatic fever and, ultimately, rheumatic heart disease.
- The unique challenges in American Samoa, where children are three times more likely to be affected than in neighboring Pacific Islands.
- The role of screening, prevention, and treatment programs, including antibiotics and regular monitoring.
- A personal story of Dr. Uso's son, who was diagnosed with RHD at age three, and how their family manages his care.
- How partnerships with CDC, AMCHP, and MotherToBaby are helping build resources, raise awareness, and strengthen prevention efforts.
- This episode highlights why early detection, treatment, and community awareness are critical – not only to protect children's immediate health, but also to prevent lifelong complications.

□ Resources mentioned in this episode:

- [MotherToBaby: Group A Strep Fact Sheet](#)
- [MotherToBaby: Rheumatic Heart Disease Fact Sheet](#)

- Association of Maternal & Child Health Programs (AMCHP)

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).

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