

## What is This Book About?

This book is about how to take care of your health. There are six chapters. Each chapter is on a different and important health topic. We hope that this book will help you learn more about health care and how to stay healthy.

### Finding a Doctor

One of the most important things this book tells you is that you should find a doctor and a place to go for health care. This book also gives information on how to find free and low cost health care. If you do not have a doctor, find one you like and trust. This book talks about seeing “your doctor” and asking questions to “your doctor.” Having a doctor or clinic that you know and trust will help you stay healthy.



### How to Learn More

You will want to keep this book so you can look up information about health when you need it. But, there is much more to know about health than what is in this book. If you have a health question, ask your doctor. There is a list of websites at the end of each chapter where you can go to learn more about health. There are also websites and phone numbers listed to help you find places where you can go for free or low cost health care.



## Words You Do Not Know

There may be some words in this book that you do not know. If you see a word in bold letters that means the word is in the glossary at the end of the book. The glossary tells you what the word means and may have a picture to help you remember it.

	<b>ambulance</b> AM byou lance	a vehicle that takes you pital quickly in an eme
	<b>capsule</b> CAP sul	a pill that contains mec swallow a capsule who NOT open or chew it
	<b>checkup</b> CHECK up	a visit to the doctor whf not sick, also called a w
	<b>chronic disease</b> KRON ik diss EZE	a sickness that you hav time, diabetes and hea chronic
	<b>clinic</b> KLIN ik	a type of health center where you get health c

## Asking Questions

This information is not meant to replace advice from your doctor. To stay healthy it is important that you ask questions and get help from your doctor. We hope this book will help you find good health care and understand what you need to do to stay healthy.

