STAYING HEALTHY

An English Learner's Guide to
Health Care and Healthy Living

Developed by the Florida Literacy Coalition, Inc.

Staying Healthy

An English Learner's Guide to Health Care and Healthy Living

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Florida Literacy Coalition
Florida's Adult and Family Literacy Resource Center

This publication was made possible through an English Literacy and Civics State Leadership grant (# 764-1948A-8PL01) from the Florida Department of Education, Division of Workforce Education. Funding was provided through the Workforce Investment Act, Title II, Adult and Family Literacy, Section 223.

ACKNOWLEDGEMENTS

We would like to acknowledge and thank the following individuals and organizations for their support in the development of this publication.

Florida Department of Education, Division of Workforce Education

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Pilot Programs

Orlando Tech – Dr. David Painter, Sonia Magarinos, Anevil Joselin, Myriam Oualit, and their students

United Methodist Cooperative Ministries – Jan Setzekorn, Tracey Tyber, Wynn Wargo, Virginia Melidiosan, and their students

GROWS Literacy Council – Marilina Viera, Nilda Loza-Evans, Hillary Smith, Beatrice Beardsworth, and their students

Invaluable Others

Phil Anderson, Adult ESOL Consultant, Florida Department of Education, Division of Workforce Education

Florida Hospital, Publix Supermarkets, and Orange County Health Department

Pamela Logsdon, Yari Payne, Tom Pattison, and Joe Pankowiecki

CREDITS

Exclusive photography by Tammy Middleton of Images-Company

Stock Photography and Illustrations by

Partnership for Clear Health Communication at the National Patient Safety Foundation, U.S. Food and Drug Administration, The United States Pharmacopeial Convention, Inc., ISTOCKPHOTO®, PHOTOS®, DREAMSTIME®

Yvanovich; Sampete; Tomas Hajek; Martijn Mulder; Sebastian Kaulitzki; Joe Belanger; Oguzaral; Peter Elvidge; Varyaphoto1000; Alex Staroseltsev; Niderlander; Paul Morley; Digieye; Heath Doman; Dušan Zidar; Scott Karcich; Jovan Nikolic; Teamarbeit; Rob Morrell; Billyfoto; Simon Krzic; Graça Victoria; Ron Chapple Studios; Terry Alexander; Nyul; Rmarmion; Madartists; Dwight Smith; Stephen Coburn; Eugene Bochkarev; Dannyphoto80; Noriko Cooper; Eugene Bochkarev; Boguslaw Mazur; Danijel Micka; Alain Juteau; Qwasyx; Nikola Hristovski; Richard Nelson; Lisa F. Young; Photong; Stuart Miles; Raja RC; Sandy Jones; Bonnie Schupp; Ferran Traite Soler; Brandon Laufenberg; Wilie B. Smith; Jeffrey Smith; Michael Krinke; Rebecca Grabill; Eliza Snow; Aldo Murillo; Aaron L. Frost, Sean Locke; Noriko Cooper

Copies of Staying Healthy: An English Learner's Guide to Health Care and Healthy Living may be ordered by contacting the Florida Literacy Coalition, Inc., (407) 246-7110. This publication and the corresponding Teacher's Guide can be downloaded for free at http://www.floridaliteracy.org

The opinions expressed herein do not necessarily represent the positions or policies of the Florida Department of Education.

ISBN: 978-0-615-22015-4

Table of Contents

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.

	ambulance AM byou lance	a vehicle that takes you pital quickly in an eme
	capsule CAP sul	a pill that contains med swallow a capsule whc NOT open or chew it
	checkup CHECK up	a visit to the doctor wh not sick, also called a w
	chronic disease KRON ik diss EZE	a sickness that you hav time, diabetes and hea chronic
	clinic 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.

CHAPTER 1

Health Care

Learning About Health Care

doctors

clinics

hospitals

emergency

Health Care

The health care system in the U.S. can help you when you are sick. It can also help you stay healthy. Doctors and other health care providers are part of the health care system. Public health departments are also part of the health care system.

The health care system includes services like **clinics, community health centers** and hospitals. There are health care services that are available to all people. For example, EVERYONE has the right to call 911 in an **emergency**.

To get good health care you need to understand how the health care system works. You also need to know what rights you have and how to get the health care you need.

?

This chapter will answer these questions.

- Why are checkups important?
- When do I need emergency health care?
- How do I get help paying for health care?

Different Kinds of Health Care

People see a doctor for many different reasons. People see a doctor when they are sick and in an emergency. In the U.S. people also see the doctor even when they are not sick. These visits are called checkups.

When do people see a Doctor?

- For checkups
- When you are sick
- In an emergency

Checkups are Important

A **checkup** is a visit to the doctor to make sure you are healthy, and to check for signs of sickness. During a checkup your doctor may find a problem that you did not see or feel. Sometimes finding a problem early can save your life.

Adults need checkups every year or every two years, children need checkups every year, and babies need checkups more often. Sometimes checkups are called **well visits**, because you go to the doctor when you are well (not sick).

Famous Sayings About Staying Healthy

"The greatest wealth is health."

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

What Happens During a Checkup?

- First you give information about your health. You may need to fill out a **health history** or **medical history form**. On this form you check "yes" or "no" on a list of health problems to show the doctor what health problems you have had in the past.




- The doctor and nurse will check your:
  - ✓ Height and weight
  - ✓ Heart
  - ✓ Lungs
  - ✓ Eyes, Ears, Throat, Mouth
  - ✓ Blood pressure

- You may get tests or **screenings** to make sure you do not have certain health problems. For example, women get **Pap tests** to make sure they do not have **cervical cancer**.

- Children often get **immunizations** or shots at a checkup to help **prevent** sickness.

- The doctor will talk to you about what you can do to stay healthy. You may need to eat differently, **exercise**, or take medicine.

- You should talk to the doctor and ask questions about the checkup or anything else about your health.

Where Do I go for a Checkup?

If you have a doctor for when you are sick, go to that same doctor for a checkup. If you do not have a doctor, go to a local clinic or health center.

You can get a checkup in many different places.

- Neighborhood or mobile clinics
- Community health centers
- Local hospitals

If you do not know where the closest free or low cost clinic is, you may call the local health department to find out. At the end of this chapter is a list of phone numbers and information about where to go for free or low cost health care.

What are Contagious Diseases?

Contagious diseases are sicknesses you get from other people or animals. One of the best ways to prevent contagious diseases, like colds and flu, is to wash your hands carefully and often.

Where Do I go When I am Sick?

Sometimes when you get sick you will want to see a doctor right away. If you have the flu, or a very bad pain in your stomach, call your doctor or go to a health center.

- Describe your **symptoms** (how you feel).
- Tell how long you have had the symptoms.
- Ask what you need to do. Ask if you need to see a doctor.
- Ask how you can keep others in your family from getting the same sickness.

If you need to see the doctor, the person on the phone or at the health center will make an **appointment** for you. You may see a doctor that same day or the next day, or they may tell you to go to the emergency room. This is where you go for serious health problems or when you need help right away.

When is it an Emergency?

Emergency health care is when a person is so sick or so injured that he or she may not live without quick help from a doctor.

Here are some examples of emergencies.

- A heart attack
- A bad traffic accident
- A person is unconscious
- Gunshot and knife wounds
- A person can't breathe
- Drowning
- A poisonous snake bite

Examples of When to Call 911

Poisonous snake bite

Very bad accident

To get help in an emergency, use any phone to call 911 immediately:

- Tell what the emergency is.
- Answer all questions.
- If you cannot understand the questions, say: "I speak Spanish" (or any other language). WAIT for someone who speaks your language. DO NOT HANG UP the phone.
- Wait with the injured or sick person until the **ambulance** arrives.

The ambulance driver will decide what hospital to go to. Even if you know the injured or sick person, you cannot ride in the ambulance. You must get to the hospital another way.

How Do I Get Good Health Care?

Know what your rights are and use them. This will help you get good health care.

You have a right to:

- Choose a doctor that you trust
- Ask questions about your health care
- Make decisions about your health care
- Get help to find more information
- Ask if a **medical interpreter** is available to help you understand your doctor

You also have a responsibility to:

- Ask questions
- Learn about your health
- Get help from others when you need it
- Make sure you understand the problem and what you need to do
- Give your doctor complete and true information
- Help make decisions about your health care

Check Your Learning

Why are checkups sometimes called "well visits"?

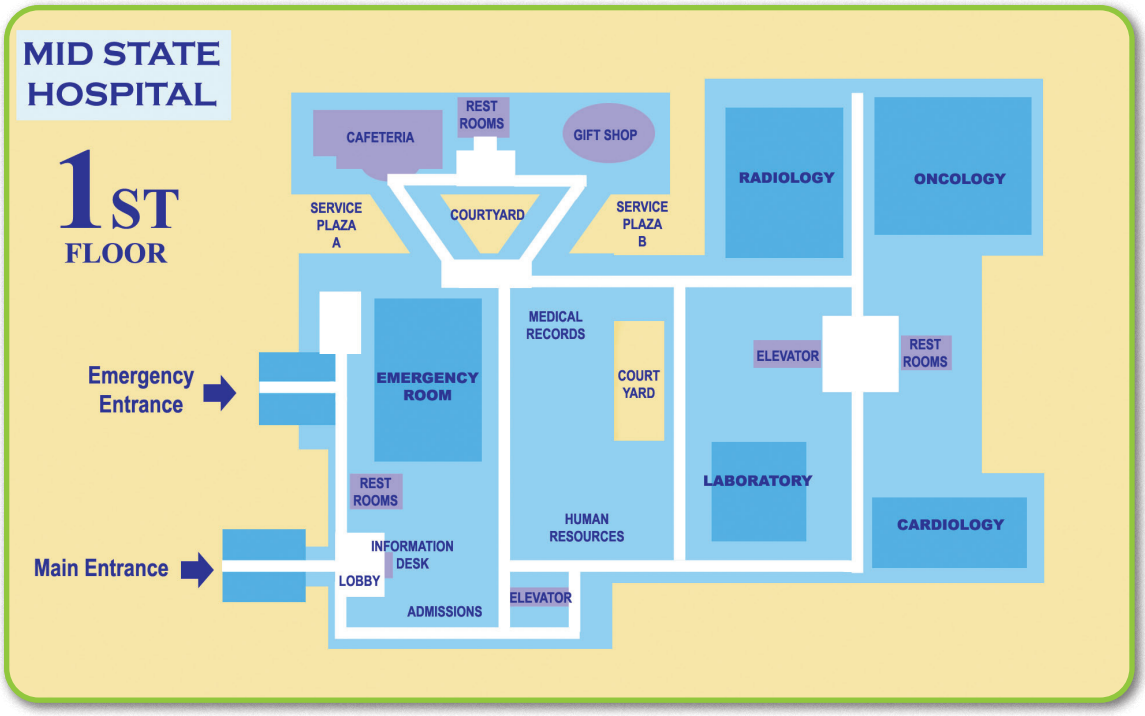
- ❍ Because you go to the doctor when you are not well
- ❍ Because you go to a doctor when you are well
- ❍ Because you go to the hospital to visit a doctor

Key Points

- Do not wait until you are sick to see a doctor.
- To get good health care, know your rights.
- Ask for help at the information desk.
- Learn more about programs that can help you pay for health care.

How Do I Find My Way?

Hospitals and health centers can be confusing. Big hospitals have many health care services. Small hospitals and health centers also have many services.



When you go to a hospital or health center, start at the **Information Desk**. It is in the **lobby** (the big room at the main entrance -- where you first walk in).
Ask the person at the Information Desk for help finding your way.

This chart shows signs and symbols that will help you find your way in a hospital or health center.

Health Care Signs and Symbols

What it looks like	What the signs say	What happens here
	Information Information Desk	Start here. Here is where you ask for help finding your way.
	Emergency Emergency Entrance	Ambulances enter here. You can bring a very sick or injured person here.
	Pediatrics Children's Clinic	Health care services for children.
	Radiology X-Ray	Where you get x-rays (pictures of the inside of your body).
	Social Services Patient Advocacy	Services to help you with problems that make it hard to take care of your health. For example, paying for health care or buying healthy food.
	Oncology Cancer Center	Health care services for cancer patients.
	OB/GYN	Healthcare services for women.

Learning Medical Words

Knowing the meaning of medical words can also help you find your way. For example, if you are looking for a medical department for children, look for the word "Pediatric". The department may be called "Pediatrics" or "Pediatric Clinic" or "Pediatric Services." "Pediatric Radiology" is where children go to get x-rays. The chart below has more hints about medical words and their meanings.

If the word begins like this...	It probably means this...
pedi-	children
cardio-	heart
oral or dental	teeth or mouth
derma-	skin
gastro-	stomach
onco-	cancer
optha-	eyes
psych-	mind or feelings
neuro-	brain
If the word ends like this...	**It probably means this...**
-ology	a department or specialty
-ologist	a doctor or other person who is a specialist

How Do I Get Help Paying for Health Care?

The best way to pay for health care is to have **health insurance**. In the US, many people get health insurance through their work, while others choose to purchase health insurance on their own. Sometimes, you can choose between different kinds of health insurance, also called health plans. If you have a family, you may want to choose a family plan. If your workplace offers health insurance, be sure you understand what the health insurance covers and how much it will cost you.

Before you sign up for health insurance be sure you understand these things about your health insurance.	
HMO (Health Maintenance Organization)	In this kind of insurance plan, you have to use the doctors and hospitals that the company lists in their book.
PPO (Preferred Provider Organization)	In this kind of insurance plan, you can use the doctors, or hospitals, in the company's book, or you can choose the provider or hospital you want. If you choose someone who is not in the book, you pay more.
Co-payment	With some insurance plans like HMO's, you pay one fee every time you see the doctor and the insurance pays the rest. For example, you may pay $20 each visit.
Covered expenses	These are things your insurance company agrees to pay for.
Deductible	The amount you have to pay before your insurance company will begin to pay.
Co-insurance	In some insurance plans (like PPO's) this is the percentage of your medical bills that you have to pay after you have met your yearly deductible.
Exclusions	These are things your insurance company will not pay for.
Maximum out-of-pocket expense	This is the highest amount you have to pay by yourself in one year.
Pre-existing conditions	This is a health problem that you have before your insurance starts.
Premium	The amount you or your employer pays for your insurance coverage. This usually comes out of your paycheck.

Many people in the US cannot get health insurance through their work or simply cannot afford it. If you do not have health insurance, look for help in the community. Local County Health Departments, clinics, community health centers and some hospitals offer health care at no charge or for a small fee based on your income. If you want to find free or low cost health insurance, contact one of the programs listed in the chart on page 15.

Programs to Help Florida Residents Pay for Health Care

Program	Purpose	Who Is Eligible	Things to Know	For More Information
Florida KidCare	Four health insurance programs for children from birth to 18 yrs	• *MediKids:* 1-4 years • *Healthy Kids:* 5-18 years • *Children's Medical Services Network:* kids with special & ongoing health problems • *Medicaid:* birth-18 years	• Child's legal status documents ARE required	• 1-888-540-5437 • online in English, Spanish, or Haitian Creole www.floridakidcare.org
Florida WIC 	A nutrition program for women, infants and children	• WIC uses income guidelines, based on monthly income • must be a FL resident • must prove child's age	• Provides healthy foods, counseling, breastfeeding support, referrals for health care, immunizations, other community services	• 1-800-342-3556 • online in English, Spanish, or Haitian Creole www.doh.state.fl.us/family/wic
Health Insurance Marketplace	Provides access to insurance information and tax credits	• must live in the USA • must be a US citizen or lawfully present • can't be incarcerated	• Also known as ACA and ObamaCare • Must be income eligible to receive tax credit	• www.healthcare.gov • call 1-800-318-2596 • assistance available in multiple languages
Medicare	A national health insurance program	• 65 & older or • under 65 with certain disabilities • persons of any age with permanent kidney failure requiring dialysis or a transplant	• Some of Medicare is free • Some parts you pay for monthly	• 1-800-633-4227 • online in several languages www.medicare.gov • Contact Social Security at 1-800-772-1213 for your Medicare enrollment and eligibility.
Medicaid	Provides medical coverage to low income individuals and families	• Low income families with children • Children • Pregnant women • Aged and/or disabled individuals not receiving Supplemental Security Income (SSI)	• Family income is key to eligibility • Children under 12 and pregnant women with higher incomes may also be eligible	• 1-866-762-2237 • https://myaccess.myflfamilies.com/Help/HCPDE • Information available online in several languages

How Can the Information Desk Help?

The Information Desk is there to help you. A person at the Information Desk can answer your questions and help you find your way.

Here is a list of questions you can ask at the Information Desk.

- Where do I go to find a medical interpreter?
- Who can I talk to get help paying for health care?
- Where do I register?
- Where is the cafeteria?
- Where do I go for an X-ray?
- How do I make an appointment?
- I am here to visit a patient, when are visiting hours? What room is she in?

Dialog

Information Desk: May I help you?
Patient: Yes, where do I go for an X-Ray?
Information Desk: Do you have an appointment?
Patient: Yes.
Information Desk: That's in Radiology. Go past the gift shop and turn right. Look for the X-Ray sign. You'll need to sign in at the desk.
Patient: OK. Thanks.

How Can I Learn More?

Visit these websites to learn more about free and low cost health care.

Information

Understanding Health Care Basics
https://youtu.be/0WKVyozJSbA

Frequently Asked Questions About Medicaid
https://www.flmedicaidmanagedcare.com/home/faq

Coverage to Care
https://www.cms.gov/priorities/health-equity/c2c

Florida Department of Health
http://www.doh.state.fl.us/Floridians.html

Florida Health Finder
https://quality.healthfinder.fl.gov/

Activities

Picture Story about Emergency
http://www.cal.org/caela/esl_resources/Health/healthindex.html#Emergency

Free or Low Cost Services

County Health Departments (for local free clinics contact information)
http://www.doh.state.fl.us/chdsitelist.htm

Florida Association of Free and Charitable Clinics
https://www.fafcc.org/member-directory

Insure Kids Now (to find free and low-cost health insurance for kids)
http://www.insurekidsnow.gov/

Access Florida (information about food stamps, temporary cash assistance, and other programs)
https://www.myflorida.com/accessflorida/

211 Service (Referrals to local human services)
https://www.211.org/ or call 211

Florida SHINE (information about state insurance programs for elders)
http://www.floridashine.org or call 1-800-963-5337

NOTES

CHAPTER 2

Your Doctor

Your doctor may be a man or a woman.

Female doctor

Male doctor

Your nurse may be a man or woman.

Female nurse

Male nurse

What Happens At the Doctor's Office?

People see doctors when they are sick. They also see doctors when they are well for **checkups** to help them stay healthy.

When you go to a doctor's office, first you tell the person at the front desk your name. You may need to fill out some forms. You will wait until the nurse calls you. Then you will see the doctor.

Going to the doctor can be scary, especially if you do not know what to expect. Sometimes it is hard to describe your **symptoms**. Sometimes it may be hard to understand what the doctor is telling you.

?

This chapter will answer these questions.

- What happens at the doctor's office?
- What can I do before I see the doctor?
- What questions do I ask the doctor?
- How do I describe my symptoms?
- How do I fill out a health history form?

When you go to the doctor's office, you will:

- Sign in. This means you tell the person at the front desk your name and why you are there.
- Fill out some forms. You may need to fill out a **health history form**.
- Wait in the waiting room until the nurse calls you.
- Go with the nurse to an **examining room**. The nurse will weigh you, measure your height, and take your blood pressure.
- The nurse may ask you to undress and wear a **gown** that will allow the doctor to examine you more easily. The nurse will leave the room while you change into the gown.
- Wait in the examining room until the doctor knocks on the door and comes in.
- Tell the doctor why you are there. You will need to describe your symptoms. The doctor will then examine you.
- Talk with your doctor about why you are there.

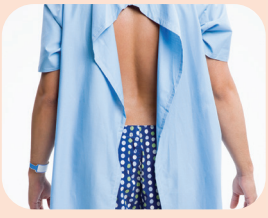
Before you see the Doctor, you will:

1. Sign in

2. Fill out forms

3. Wait for someone to call your name

4. Get weighed and measured



5. Put on the examining gown

Before you go to the Doctor

Here are some things you can do before you go to the doctor's office to help you and your doctor understand each other better:

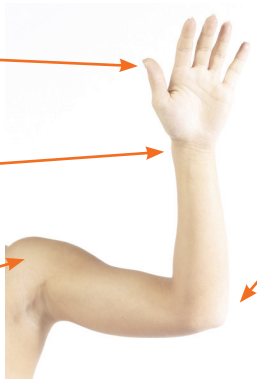
- Write down the **medicines** you take or bring your medicines with you (prescription medicines AND over-the-counter medicines).
- Write down all the health problems you have ever had, and the symptoms you are feeling now.
- Practice describing your symptoms in English. Practice with a friend or family member.
- If you have a **picture dictionary** or **bilingual phrase book**, take it with you. If the doctor does not understand you, point to what you are trying to say.
- Ask a friend to go with you to help you understand what to do and say.
- Call the doctor's office and ask for a **medical interpreter** to help you and your doctor communicate.

Learn These Words

Knowing these words about the body will help you describe your symptoms.

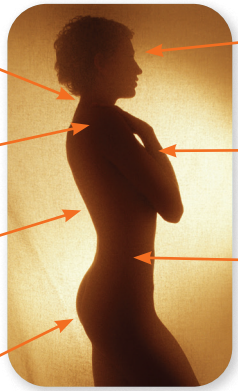
Head

Hands and Arms



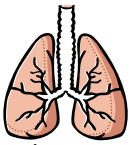
Legs and Feet

External Body Areas



Internal Body Parts

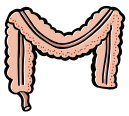

spleen

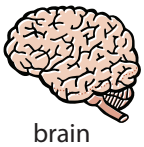

lungs


heart


kidneys


pancreas


colon


brain


liver


stomach

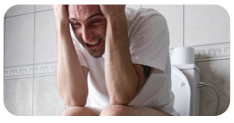
Common Feelings

- fine, great
- good
- OK
- so-so
- not so good
- sick
- in pain

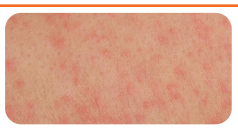
How Do I Describe My Symptoms?

Use these charts to practice describing your symptoms in English before you go to the doctor.

Common Symptoms Chart I	
Symptom	**What it means**
Gas, fart	Bad-smelling air comes from the bowels.
Numbness	You cannot feel.
Tingling	You feel prickling in your body or your skin.
Seizure	A sudden, short attack of shaking and you become unconscious.
Shortness of breath	You cannot get enough air. It is hard to breathe.
Wheezing	You make a whistling sound when you breathe.

Common Symptoms Chart II		
Picture	**Symptom**	**What it means**
	Congestion	Your nose is full, it's hard to breathe.
	Constipation	Your stool is too hard and does not come out.
	Cough	A quick, noisy push of air from your throat or lungs.
	Diarrhea	Your stool is watery.

Common Symptoms Chart II (continued)

Picture	Symptom	What it means
	Dizziness	You feel faint, lightheaded, shaky or wobbly.
	Fatigue	You feel tired all the time.
	Fever	Your body is too hot, your temperature is too high.
	Headache	Pain or ache in your head.
	Itching	You want to rub or scratch.
	Nausea	You feel like you need to throw up.
	Pain	You feel an ache, hurt, stinging, or soreness.
	Rash	You have red marks, bumps, or spots on your skin.
	Sneeze	A quick push of air out of your nose and mouth.
	Sore throat	Your throat hurts, it's hard to swallow.
	Stomach ache	Pain or ache in your stomach.
	Vomit	To be sick, to throw up from your stomach.

What Did the Doctor Say?

It is easier to understand your doctor if you know the words and phrases doctors use. This chart shows some common words and phrases doctors use, and ways you can answer.

Common Words and Phrases Doctors Use

When the doctor says:	The doctor means:	Some ways you can answer:
Do you have a family history of cancer?	Have your parents, grandparents, brothers, or sisters ever had cancer?	No. I don't know. Yes, my mother had breast cancer.
Have you experienced any bad headaches?	Have you had bad headaches? Have you felt bad headaches?	No. Yes. Yes, sometimes. Yes, a lot (often). Yes, all the time.
Have you ever had a reaction to this medicine?	Did it make you sick? Did it make you feel different?	No. Yes. Yes, it made me dizzy. Yes, it gave me a rash.
I want you to schedule a **follow-up**.	I want to see you again. Please make another **appointment.**	OK. When do you want to see me again?
I'm going to write you a script.	I'm going to give you a **prescription** for some medicine.	OK. How much do I take and how often?
I'm going to give you a **referral**.	I want you to see a special doctor. I'll give you her name and phone number.	Thank you. I will call to make an appointment right away.

What Questions Should I Ask the Doctor?

You have a **right** and **responsibility** to ask your doctor questions. This means you can and you should ask questions.

Ask these 3 questions each time you see the doctor:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

It is your doctor's job to explain clearly the answers to these questions. It is your job to be sure you understand the answers before you leave the doctor's office.

What Do I Say If I Don't Understand?

1. Excuse me. Please repeat.
2. Please say that again.
3. Please tell me one more time.
4. What does that mean?
5. Explain it more, please.
6. Please show me a picture.
7. Please show me that word in my dictionary.
8. Please write down what you are saying.

What is a Health History Form?

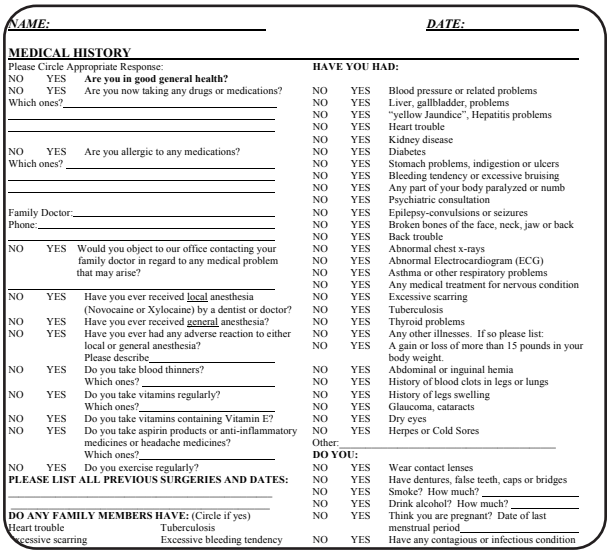
A **health history form** is also sometimes called a **medical history form**. A health history form will ask you to describe the following.

- Your health habits.
- Health problems you have now or had in the past.
- Times that you were in the hospital and why.
- Any operations (surgery) you have had.
- Illnesses or diseases family members have or had.
- What medicines you take.

Filling Out a Health History Form

It is very important to fill out the medical history form correctly. Your doctor can help you much better if he or she knows your true health history.

- DO NOT just circle "No" if you do not understand something.
- If you don't understand, ASK for help.
- Get to the **appointment** early so you have time to fill it out.



NAME: _____ ***DATE:*** _____

MEDICAL HISTORY

Please Circle Appropriate Response:

NO YES **Are you in good general health?**
NO YES Are you now taking any drugs or medications?
Which ones?_____

NO YES Are you allergic to any medications?
Which ones? _____

Family Doctor:_____
Phone:_____

NO YES Would you object to our office contacting your family doctor in regard to any medical problem that may arise?

NO YES Have you ever received local anesthesia (Novocaine or Xylocaine) by a dentist or doctor?
NO YES Have you ever received general anesthesia?
NO YES Have you ever had any adverse reaction to either local or general anesthesia?
Please describe_____
NO YES Do you take blood thinners?
Which ones? _____
NO YES Do you take vitamins regularly?
Which ones?_____
NO YES Do you take vitamins containing Vitamin E?
NO YES Do you take aspirin products or anti-inflammatory medicines or headache medicines?
Which ones?_____
NO YES Do you exercise regularly?

PLEASE LIST ALL PREVIOUS SURGERIES AND DATES:

DO ANY FAMILY MEMBERS HAVE: (Circle if yes)
Heart trouble Tuberculosis
Excessive scarring Excessive bleeding tendency

HAVE YOU HAD:

NO YES Blood pressure or related problems
NO YES Liver, gallbladder, problems
NO YES "yellow Jaundice", Hepatitis problems
NO YES Heart trouble
NO YES Kidney disease
NO YES Diabetes
NO YES Stomach problems, indigestion or ulcers
NO YES Bleeding tendency or excessive bruising
NO YES Any part of your body paralyzed or numb
NO YES Psychiatric consultation
NO YES Epilepsy-convulsions or seizures
NO YES Broken bones of the face, neck, jaw or back
NO YES Back trouble
NO YES Abnormal chest x-rays
NO YES Abnormal Electrocardiogram (ECG)
NO YES Asthma or other respiratory problems
NO YES Any medical treatment for nervous condition
NO YES Excessive scarring
NO YES Tuberculosis
NO YES Thyroid problems
NO YES Any other illnesses. If so please list:
NO YES A gain or loss of more than 15 pounds in your body weight.
NO YES Abdominal or inguinal hemia
NO YES History of blood clots in legs or lungs
NO YES History of legs swelling
NO YES Glaucoma, cataracts
NO YES Dry eyes
NO YES Herpes or Cold Sores
Other:_____

DO YOU:

NO YES Wear contact lenses
NO YES Have dentures, false teeth, caps or bridges
NO YES Smoke? How much? _____
NO YES Drink alcohol? How much? _____
NO YES Think you are pregnant? Date of last menstrual period_____
NO YES Have any contagious or infectious condition

To help you fill out a health history form, make a chart like the one below before you go to the doctor so you have the information you need.

My Health History Chart

Medicines I take	Health problems I have, or had before (include allergies to medications)	Family health history, health problems my family has had	Surgeries I have had, or times I have stayed in the hospital	Questions I want to ask

Check Your Learning

What is a health history form?

- ❍ A form you fill out to apply for health insurance
- ❍ A form you fill out so you can ask your doctor questions
- ❍ A form you fill out to tell your doctor the health problems you and your family have or had

Key Points

- Ask your doctor questions.
- If you don't understand, ask for help!
- Know your health history.

How Can a Doctor Help?

- A doctor can help you stay healthy. Talk to your doctor about your health and how to stay healthy.
- A doctor can help you take care of health problems. Ask your doctor questions about your health problems.
- Your doctor can help you understand. If you don't understand something, ask your doctor to explain it again.

Dialog

Doctor: You have some mild hypertension. I'm going to write you a script for some medication.

Patient: Excuse me, but I don't understand. What is hypertension?

Doctor: Hypertension means high blood pressure. Your blood pressure is a little too high, so I want you to take some medicine.

Patient: Oh, Ok. And what is a script?

Doctor: A script is a short way of saying prescription.

Patient: Ok, thank you for explaining that.

Doctor: No problem. I'm glad you asked!

How Can I Learn More?

Visit these websites to learn more about talking with your doctor.

Information

Healthcare Basics
https://youtu.be/0WKVyozJSbA

Ask Me 3
https://www.ihs.gov/sites/healthcommunications/themes/responsive2017/display_objects/documents/AskMe_8-pg_NatAmer.pdf

Talking to Your Doctor
https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/talking-your-doctor

Questions to Ask Your Doctor
https://www.ahrq.gov/questions/10questions.html

Activities

Reep Health Vocabulary Practice
http://www.reepworld.org/englishpractice/health/index.htm

Describing Symptoms to Your Doctor – ESOL Podcast
https://secure3.eslpod.com/podcast/esl-podcast-227-describing-symptoms-to-a-doctor/

Describing Pain and Symptoms - ESL Health Unit
http://www.udelas.ac.pa/site/assets/files/4301/health_lesson.pdf

Understanding Medical Words: A Tutorial
https://medlineplus.gov/medwords/medicalwords.html

Free or Low Cost Services

NeedyMeds
https://www.needymeds.org/free-clinics-branch

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CHAPTER 3

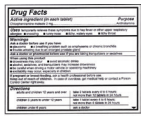
Medicines

medicines

prescription

pharmacy

RX medicine label



OTC medicine label

pharmacist

Medicines

Medicines are something you use when you are sick and want to get better. You can also use medicines to stay healthy. Medicines are sometimes called **drugs**.

Some medicines are sold **over-the-counter (OTC).** OTC medicines are for common health problems such as colds or flu. Anyone can buy over-the-counter medicines at a **pharmacy.** A pharmacy can also be called a **drugstore.**

Some medicines are sold only with a **prescription**. The symbol for prescription medicine is **Rx**.

You must have a prescription from a doctor to buy a prescription medicine. Take the prescription to a pharmacy and give the prescription to the **pharmacist**. He or she will prepare the medicine for you.

This chapter will answer these questions.

- How do I read medicine labels?
- How do I measure and take medicines?
- How can a pharmacist help?

Different Kinds of Medicines


tablets


liquid


powder


drops


injection


inhalant


ointment


capsules

Medicines come in many other forms too. You use different medicines in different ways. Some pills you swallow but you do not chew. Other pills you chew and then swallow. You can chew **tablets**. Do not chew **capsules**.

Some medicines are in the form of a liquid or **syrup**. Most cough medicines come in a liquid or syrup. You swallow most cough syrups.

To learn exactly how to take your medicines you must read the **medicine labels.**

Famous Sayings About Staying Healthy

"Laughter is the best medicine."

"An ounce of prevention is worth a pound of cure."

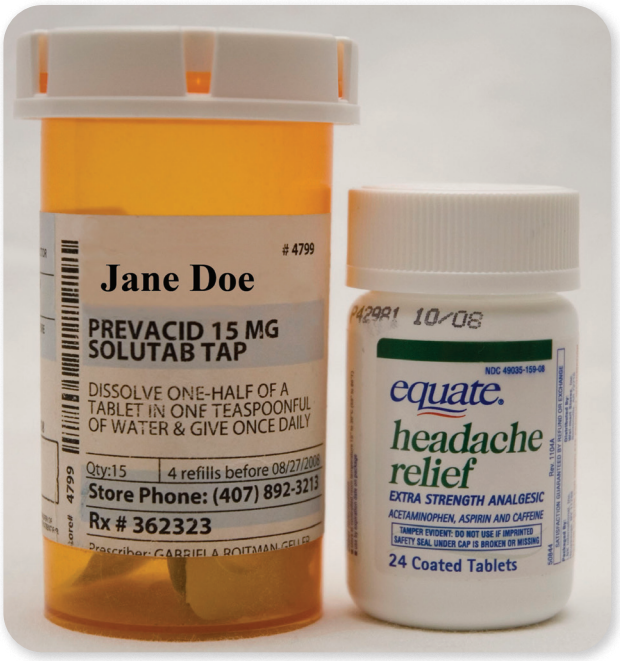
How do I Read Medicine Labels?

All medicines have labels. Labels usually tell you:

- The name of the medicine.
- What the medicine is for.
- How and when to take the medicine.
- How much of the medicine to take.
- What **side effects** the medicine has.
- Warnings.
- **Expiration date.**
- Other information.

Prescription medicine labels also tell you the name of the doctor that prescribed the medicine and the name of the **patient** who will use the medicine. Over-the-counter (OTC) medicines do not have a doctor's name or a patient's name on the label.

One label has the name of a patient. Which medicine is a prescription medicine? Which is an OTC medicine?



OTC Medicine Labels - Drug Facts

The OTC medicine Drug Facts label looks like this.

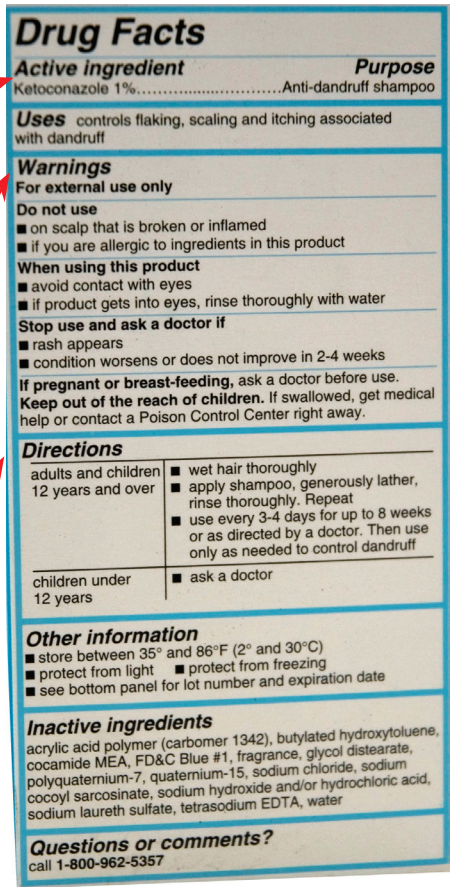
Active ingredient tells you the drug's scientific name and how much is in each tablet, capsule or liquid.

Uses describes the symptoms (sickness, feelings) that the medicine treats.

Warnings include when NOT to use the medicine, and when to talk to your doctor before using the medicine.

Directions tell you exactly how much of the medicine to take and when to take it.

Other information may include how to store and protect the medicine, an expiration date and other information.



Drug Facts

Active ingredient — **Purpose**
Ketoconazole 1%.....Anti-dandruff shampoo

Uses controls flaking, scaling and itching associated with dandruff

Warnings
For external use only

Do not use
- on scalp that is broken or inflamed
- if you are allergic to ingredients in this product

When using this product
- avoid contact with eyes
- if product gets into eyes, rinse thoroughly with water

Stop use and ask a doctor if
- rash appears
- condition worsens or does not improve in 2-4 weeks

If pregnant or breast-feeding, ask a doctor before use.
Keep out of the reach of children. If swallowed, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	■ wet hair thoroughly ■ apply shampoo, generously lather, rinse thoroughly. Repeat ■ use every 3-4 days for up to 8 weeks or as directed by a doctor. Then use only as needed to control dandruff
children under 12 years	■ ask a doctor

Other information
- store between 35° and 86°F (2° and 30°C)
- protect from light
- protect from freezing
- see bottom panel for lot number and expiration date

Inactive ingredients
acrylic acid polymer (carbomer 1342), butylated hydroxytoluene, cocamide MEA, FD&C Blue #1, fragrance, glycol distearate, polyquaternium-7, quaternium-15, sodium chloride, sodium cocoyl sarcosinate, sodium hydroxide and/or hydrochloric acid, sodium laureth sulfate, tetrasodium EDTA, water

Questions or comments?
call **1-800-962-5357**

If you are not sure what the label says, **ASK THE PHARMACIST.**

Prescription Medicine Labels

Prescription medicine labels look like this.

Name of medicine may be a different name than the name you use. Ask your pharmacist: "What other names does this medicine have?"

Dose tells you how much of the medicine you take at one time.

Rx # is the prescription number. You use this number when you ask the pharmacy to refill your medicine.

Pharmacy phone number is the number you call if you have any questions or if you need to refill your medicine.

Date filled is the date in which you got the medicine.

Number of refills is how many times you can refill (get more of) this medicine. If you have no refills left you must call your doctor to get another prescription.

Your name and your doctor's name is on all your prescription medicine labels.

How do I Measure and Take Medicines?

Some medicines you take "by mouth". But not all medicines go in the mouth. For example, some medicines are creams (also called ointments) that you rub on the skin. Make sure you know how to take your medicine so you do not take it the wrong way.

All medicine labels give directions.

The directions tell you:

- How to take the medicine.
- How much to take.
- How often to take it.

It is very important to use medicines correctly. Do not share prescription medicines with friends and family members. Medicines can cause sickness or even kill a person when used the wrong way.

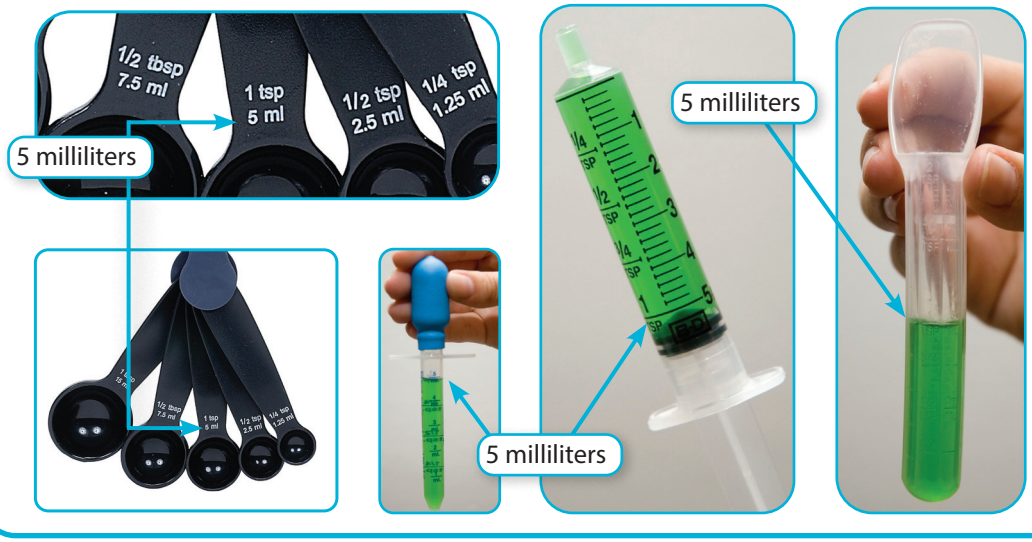
How Much

The directions tell you how many pills to take at one time.
For example, TAKE 1 TABLET THREE TIMES A DAY. The chart shows one tablet.

Pill Medicine Chart		
1 capsule	**one** capsule	 side view
1 tablet	**one** tablet	 side view
1/2 tablet	**one-half** tablet	
1/4 tablet	**one-fourth** tablet	

The directions tell you how much liquid medicine to **measure** and take at one time. For example, TAKE 1 TEASPOON EVERY 4 HOURS. The chart shows one teaspoon (5 millimeters).

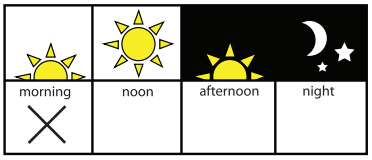
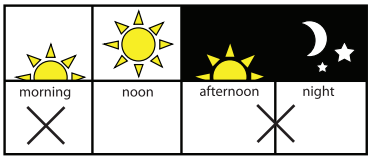
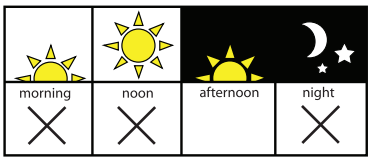
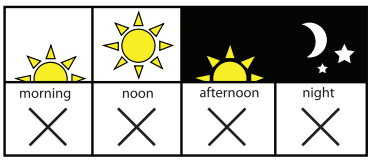
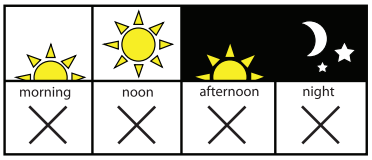
Liquid Medicine Chart



How Often

The directions also tell you how often to take the medicine. For example, TAKE 1 TEASPOON EVERY 4 HOURS. Look on the chart below to find out what time you take a medicine when the directions say, "take every 4 hours".

How Often And When To Take Your Medicine

How often to take it	When to take it	
Once a day 1 time a day		Take the medicine 1 time each day. ASK your doctor or pharmacist at what time to take it
Twice a day 2 times a day		Take the medicine 2 times each day. Example: 7 AM and 7 PM
Three times a day 3 times a day		Take the medicine 3 times each day. Example: 8 AM, 1 PM, and 6 PM
Every four hours Every 4 hours		Take the medicine every 4 hours. Example: 8 AM, 12 noon, 4 PM, and 8 PM
Every six hours Every 6 hours		Take the medicine every 6 hours. Example: 6 AM, 12 noon, 6 PM, and 12 midnight

Medicine Side Effects

Every medicine can have **side effects**. For example, a medicine that helps stop headache may also make a person dizzy.

- Main effect – stops headache
- Side effect – person feels dizzy

Some side effects can make a person very sick. Ask your doctor or pharmacist what side effects a medicine can cause. Be sure to call your doctor if you have any side effects.

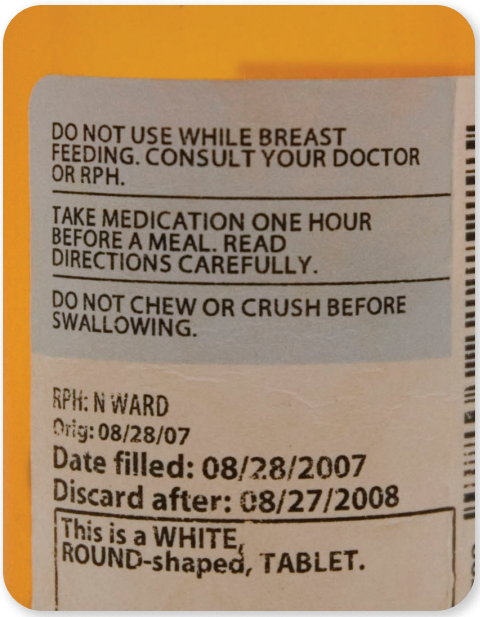
If you accidentally take too much medicine at one time (overdose) or ingest something that might be poisonous, immediately call the Florida Poison Control Hotline at 1-800-222-1222.

Warning Labels

Warning labels tell you how to avoid problems. It is important that you understand and follow these warnings. If you do not understand the warning labels, ask your doctor or pharmacist what they mean.

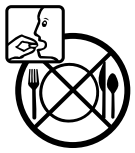
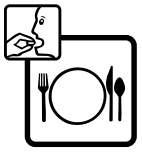
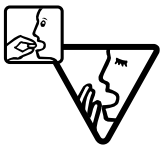
The medicine in the picture (right) has 3 warnings on its label:

- Do not use while breastfeeding. Consult your doctor or RPH.
- Take medication one hour before a meal. Read directions carefully.
- Do not chew or crush before swallowing.



This chart shows medicine warning labels and what they mean.

Warning Label Chart

Warning Label	Warning Picture	What the Warning Means
Take on empty stomach.		Take this medicine a few hours before or after you eat. Example: 2 hours before lunch. Do NOT take with meals.
Take with food. **TAKE THIS MEDICINE WITH A SNACK OR SMALL MEAL IF STOMACH UPSET OCCURS.**		Take this medicine with a snack or a meal.
DO NOT USE IF PREGNANT OR SUSPECT YOU ARE PREGNANT OR ARE BREASTFEEDING.		If you are pregnant, do NOT take this medicine. If you are breastfeeding a baby, do NOT use this medicine.
MAY CAUSE DROWSINESS.		Drowsiness is when you feel sleepy. Do NOT drive or use machines while taking this medicine.
EXTERNAL USE ONLY.		Do NOT put this in your mouth. Do not chew or swallow it.
AVOID DIRECT SUNLIGHT.		Protect yourself from the sun while taking this medicine. No tanning.
LIMIT ALCOHOL USE WHILE TAKING THIS DRUG. DAILY ALCOHOL USE IS RISKY.		Do NOT drink alcohol while taking this medicine. No beer, wine, or liquor.
Keep out of the reach of children.		This medicine can hurt or kill children. Keep this and all medicines away from children.

Herbal Medicines

Many people use herbal medicines in addition to Rx and OTC medicines. Herbal medicines come from plants like garlic and ginseng. Some medicines can **interact** with other medicines. Interactions can make the medicines not work or cause health problems. To avoid medicine interactions, tell your doctor about all the medicines you use, even the herbal medicines. Keep a list of all the medicines you use and share the list with your doctor.

Check Your Learning

How many milliliters (ml) are in one teaspoon?

- ❍ 1 ml
- ❍ 1.5 ml
- ❍ 5 ml

Key Points

- Read and understand medicine labels.
- Take medicines correctly.
- Understand and follow warning labels.
- Ask your doctor and pharmacist questions.

How Can a Pharmacist Help?

Your pharmacist can help you understand how to take your medicines correctly. Here is a list of questions you can ask your pharmacist.

- What is the medicine for?
- Why is it important to take it?
- How do I take it correctly?
- Is it okay to take it with the other medicines I take?
- How long should I take it?
- What side effects should I look for?

If you have trouble paying for your medicines, your doctor or pharmacist can help. Your pharmacist may be able to give you **generic medicines** that are less expensive and just as good as the name brand medicines.

Dialog

Pharmacist: How may I help you?
Patient: I need to fill this prescription, please.
Pharmacist: Have you been here before?
Patient: Yes, I have.
Pharmacist: What is your date of birth?
Patient: January 18th, 1979
Pharmacist: Which doctor prescribed this to you?
Patient: Dr. Smith
Pharmacist: Ok, it will take about fifteen minutes.
Patient: Ok, I'll wait.
Pharmacist: OK. [Fills prescription.] Here you are. Do you have any questions?
Patient: Yes. How do I take this medicine?
Pharmacist: Take 2 capsules twice a day.
Patient: When should I take them?
Pharmacist: Take two capsules in the morning and two in the evening.
Patient: Thank you.

How Can I Learn More?

Visit these websites to learn more about medicines.

Information

Use Medicine Safely
https://health.gov/myhealthfinder/healthy-living/safety/use-medicines-safely
and https://www.safemedication.com/how-to-use-medication

How to Give Medicine to Children
http://goo.gl/vSHMW

Safe Use of Medicines for Older Adults
https://www.nia.nih.gov/health/safe-use-medicines-older-adults

Medicines and Older Adults
https://www.fda.gov/consumers/consumer-updates/5-medication-safety-tips-older-adults

Create a Personalized Pill Card
http://goo.gl/eR5bP4

Herbal Products Plus Prescription Medications: Dangerous Combinations
http://www.poisoncentertampa.org/poison-topics/herbals/

Learn About Your Medicines
https://www.fda.gov/ForPatients/ucm412663.htm

Medline Plus: Drugs, Supplements and Herbal Information
http://www.nlm.nih.gov/medlineplus/druginformation.html

Activities

LaRue Medical Literacy Exercises
https://mcedservices.com/medical-literacy-exercises/

Medicine Vocabulary Practice
http://www.reepworld.org/englishpractice/health/medicine/index.htm

Free or Low Cost Services

RX Assist Patient Assistance Program Center
(comprehensive directory of Patient Assistance Medication programs)
http://www.rxassist.org/

Florida Discount Drug Card (helps pay for prescription drugs)
http://www.floridadiscountdrugcard.com

NOTES

NOTES

CHAPTER 4

Nutrition

Learning About Nutrition

Good nutrition gives you strength and energy.

Good nutrition prevents disease.

Poor nutrition can cause health problems like obesity and always getting sick.

Nutrition

Nutrition is how the body uses food to stay healthy. Good nutrition means that the body gets enough of the foods it needs to stay healthy. Poor nutrition means that the body is not getting the foods it needs.

Nutrition affects health in many ways. Good nutrition helps the body to grow, to stay strong, and to have energy. Good nutrition helps the body fight sickness and disease. Poor nutrition makes it easier to get colds and infections. Poor nutrition can cause **obesity** and make it easier to get other diseases like cancer, diabetes, and heart disease.

Food contains **nutrients**. Different foods have different kinds of nutrients. Each nutrient does an important job for the body.

?

This chapter will answer these questions:

- Why are nutrients important?
- What foods will keep me healthy?
- How do I read food labels?

What are Nutrients and Why Are They Important?

To stay healthy you must eat the foods with the right kinds of nutrients. All foods contain three important nutrients: carbohydrates, proteins, and fats. Everyone needs carbohydrates, proteins, and fats to stay alive. Other important nutrients are fiber, vitamins, and minerals.

Famous Sayings About Staying Healthy

"An apple a day keeps the doctor away."

"He who neglects his diet wastes the skill of his doctor."

Carbohydrates (Carbs)

Carbohydrates give the body energy. Very active people need more carbohydrates. There are two types of carbohydrates: simple and complex. Simple carbohydrates give us quick energy. Complex carbohydrates give us energy that lasts longer.

Simple carbs have lots of sugar and give us quick energy

Complex carbs give us energy that lasts longer

Proteins

Proteins help the body and muscles grow. Everyone needs proteins for strong muscles and to heal the body. Children need more proteins because their bodies and minds are still growing. Most people eat enough protein.

Sources of protein include meats, beans, dairy, and eggs.

Fats

The fats in food give the body energy, but only after the body uses the energy it gets from carbohydrates. Fat is also the way the body stores energy for later. Everyone needs some fats from food. Most people eat too much fat.

Sources of fat include cream, cheese, fried foods, and lard.

Fiber (Dietary Fiber)

Fiber helps food move through the body. Fiber also helps the body get rid of waste. You need to drink a lot of water with fiber to make it work well. Fiber can prevent some kinds of cancer. Fiber also makes you feel full, so you will not eat too much. Most people do not eat enough fiber.

Sources of fiber include whole wheat bran, fruits, and vegetables.

Other types of nutrients are vitamins and minerals.

Vitamins

You need many kinds of vitamins to stay healthy. Some vitamins help the body fight common problems like colds, flu, and infections. Other vitamins help make bones, teeth, skin and eyes healthy. Ask your doctor what vitamins you need.

Sources of vitamins include fruits, vegetables, and other foods.

Calcium

Calcium is a mineral. It helps build strong bones. Many people, especially women do not get enough calcium.

Sources of calcium include dairy products, green leafy vegetables, salmon, and sardines.

Sources of iron include red meat, dried beans, dried fruit, eggs, salmon, tuna, spinach, and dandelion greens.

Iron

Iron helps the blood do its job better. Blood takes oxygen and other nutrients around to all parts of the body. If you do not have enough iron, your body gets weak and cannot work well. Most people get enough iron. Pregnant women often need more iron.

Sources of sodium include soy sauce, pizza, frozen foods, and canned soups.

Sodium (salt)

Sodium is another word for salt. Foods that taste salty have a lot of sodium. Foods that make you thirsty probably have a lot of sodium. Most people eat too much sodium (salt).

This chart shows nutrients in foods and what they do to keep you healthy.

What Foods Will Keep Me Healthy?		
Nutrients	**What they do**	**Foods with these nutrients**
Carbohydrates	• Give you energy	
Proteins	• Build muscles • Repair cells	
Fats	• Store energy for later use	
Fiber	• Helps get rid of waste	
Vitamins	• Help fight sickness • Keep the body healthy	
Calcium	• Keeps bones strong	
Iron	• Helps the blood do its job	
Sodium (salt)	• Helps muscles and nerves	

Rules for Healthy Eating

These rules for healthy eating will help you stay healthy.

1. More variety – Eat different kinds of foods. This variety helps you get all the nutrients you need.
   - Try a new fruit or vegetable
   - Trade recipes with friends

2. More fruits and vegetables – Eat more fruits and vegetables. Fruits and vegetables give you fiber and many different kinds of vitamins.
   - Have fruits and vegetables with each meal
   - Eat fruits and vegetables for snack

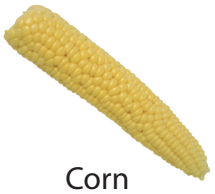
3. Less fat – Do not eat too much fat. Too much fat can lead to health problems like high blood pressure, heart disease, and cancer.
   - Bake or broil foods instead of frying
   - Use low fat milk instead of whole milk

4. Less sugar – Do not eat too much sugar. Too much sugar can lead to health problems like obesity, diabetes, and poor teeth.
   - Limit the amount of candy and sweet foods you eat
   - Drink water instead of sodas and fruit drinks

Eat 5-9 Servings of Fruits and Vegetables Every Day!

One of the best things you can do for your health is to eat more fruits and vegetables. Which of these do you eat? Which are new to you?

Fruits and Vegetables Chart

 Apple	 Banana	 Grapefruit	 Orange	 Pear
 Carrot	 Bell Pepper	 Celery	 Spinach	 Corn
 Peas	 Green Beans	 Broccoli	 Tomato	 Tomatillo
 Onion	 Cactus	 Fig	 Mango	 Papaya

How Do I Read Food Labels and Nutrition Facts?

Food labels tell you how much of the different nutrients are in that food. You can find the label on the package. It is called "**Nutrition Facts**". Reading the label can help you choose foods that are best for you.

Measuring serving size, calories and nutrients in foods:

- Serving size is measured in grams, milligrams, ounces, and cups.
- Energy is measured in calories (cal).
- Nutrients are measured in grams (g) or milligrams (mg).

How Do I Read Food Labels?

This label is from a package of macaroni and cheese.
The colors and numbers will help you read food labels.

1 Start Here →

This package has enough for 2 people to have 1 serving.
The serving size is 1 cup.

2 Check Calories

Each serving has 250 calories. 110 of those 250 calories are from fat.

3 Limit these Nutrients

It's easy to get too much **fat**, too much **salt**, and too many **carbs**.

4 Get Enough of these Nutrients

It's hard to get too many vitamins and minerals!

This food is rich in calcium.

5 Footnote

This section explains more about Nutrients and fiber listed above.

Most people need less than
- 65 g of fat a day
- 300 mg of cholesterol a day
- 2,400 mg of salt a day
- 350 g of carbohydrates a day

Nutrition Facts

Serving Size 1 Cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12 g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470 mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	**4%**
Vitamin C	**2%**
Calcium	**20%**
Iron	**4%**

Percentage Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

How many calories?
250

How many calories are from fat? 110

What percent of calories comes from fat? 44%

Less than 1/3 (33%) of your calories should come from fat.

6

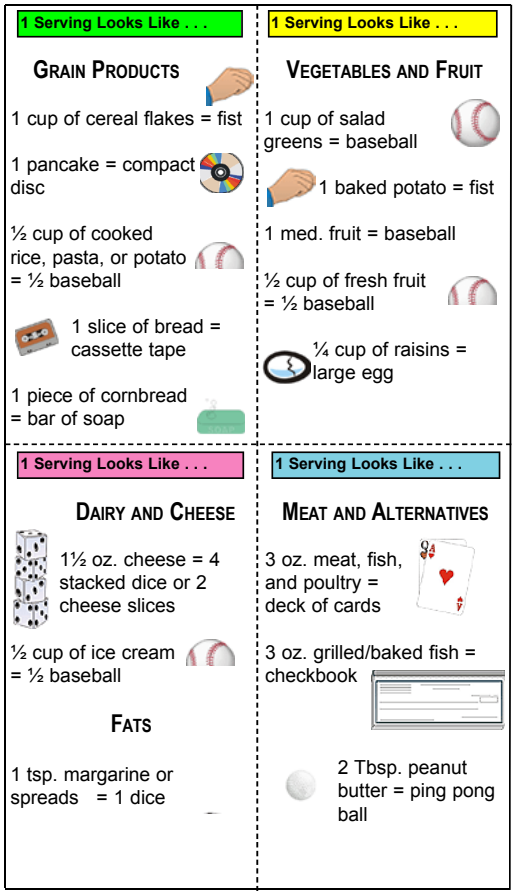
Quick Guide to % DV

5% or less is Low

20% or more is High

The percentage (%) daily value (DV) tells how much of the nutrient one serving of food contains compared to what is recommended for the whole day.
For example: 20% calcium is 1/5 of how much calcium you need each day.

Serving size is measured in milligrams, grams, ounces, cups, or pieces. Serving size is the amount of food that equals the amount of nutrients listed on the food label. Be careful! The serving size is often less than what you might usually eat.



Use a measuring cup to know how much a serving size is. For example, if the label on a box of cereal says the serving size is 1 cup, use a measuring cup and pour that into a bowl and remember how much that is.

The chart at left gives you another way to remember serving sizes. For example, a cup of cereal is about the same size as your fist.

How much do you usually eat? If you eat two cups of cereal, then you are eating double the serving size, calories, and nutrients listed on the label.

Source of above chart:
https://www.nhlbi.nih.gov/health/educational/wecan/downloads/servingcard7.pdf

Calories measure how much energy you get from food. If you do not eat enough calories, you will not have enough energy. When you eat more calories than you need for energy, the body turns the extra calories to fat, and you gain weight. The number of calories you need depends on how tall you are, how old you are, how active you are, and if you are a child, man or woman. Women who are pregnant or breastfeeding need more calories.

Calories come from the carbohydrates, proteins, and fats in food. Fats have more calories than carbs and proteins:

- 1 gram of fat = 9 calories.
- 1 gram of carbs = 4 calories
- 1 gram of protein = 4 calories

A Healthy Weight

BMI or Body Mass Index is an easy way to see if you are too heavy, too thin, or just right. BMI is a number that you calculate using your height (how tall you are) and your weight (how heavy you are). BMI tells if you are too heavy, too thin, or just right, but you should also check with a doctor.

To Find Your BMI

1. Measure your height and weight. You can use inches and pounds or centimeters and kilograms.
2. Go to https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.
3. Enter your height and weight. Use *standard* for feet and pounds or *metric* for centimeters and kilograms.
4. Click on *Compute BMI* button
5. Find your BMI on the chart. Are you: underweight, normal weight, overweight, or obese?

What if There is No Label?

Some foods do not come in a package. Many fruits and vegetables do not come in a package, so they do not have labels. You can find nutrition information about them in the Internet resources at the end of this chapter.

Don't Forget Water!

Water helps the body to work well and to use the food that you eat. Try to drink 8 glasses of water each day. When the weather is hot, or if you are exercising, you need to drink more. Water is much healthier than juice or soda. It's a lot cheaper, too!

Check Your Learning

What is another word for salt?

- ❍ Sodium
- ❍ Saturated
- ❍ Soda

Key Points

- Good nutrition keeps you healthy.
- Eat more fruits and vegetables.
- Eat less fat and sugar.
- Read food labels to help you choose healthy foods.

How Can a Doctor or Dietician Help?

- Ask your doctor if your weight is healthy or if you should lose weight or gain weight.

- A licensed dietician is a health care provider that specializes in nutrition. Your doctor may **refer** you to a dietician if you have a **chronic disease** like diabetes or high cholesterol.

Dialog

Doctor: You are overweight and need to lose weight. It will help if you change your diet.

Patient: How do I change my diet?

Doctor: Eat less calories from fat. Eat less meat, dairy products and eggs. Can you eat less of these foods?

Patient: I have tried to eat less fat, but I am not sure what to eat instead. How can I get help to change my diet?

Doctor: I can refer you to a dietician. The dietician can meet with you a few times and help you change your diet.

How Can I Learn More?

Visit these websites to learn more about nutrition.

Information

FLC Nutrition Basics Video
https://youtu.be/l0cZfaadP3k

Fruit and Vegetable Nutrition Information
https://fruitsandveggies.org/fruits-and-veggies/

Lowering Your Cholesterol with TLC
https://www.nhlbi.nih.gov/files/docs/public/heart/chol_tlc.pdf

Deliciously Healthy Dinners
https://healthyeating.nhlbi.nih.gov/

Food and Diet Information (in English and Spanish)
English: http://www.choosemyplate.gov/
Spanish: https://www.myplate.gov/es/myplate-plan

Vitamins and Other Nutrients
http://kidshealth.org/en/teens/vitamins-minerals.html

Activities

Fruits and Veggies Matter
https://healthysd.gov/fruits-veggies-more-matters

Aim for a Healthy Weight (click on BMI Calculator)
http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Free or Low Cost Services

Florida WIC Nutrition Services for Women, Infants and Children (in English, Spanish, or Haitian Creole)
http://www.doh.state.fl.us/family/wic or call 1-800-343-3556

NOTES

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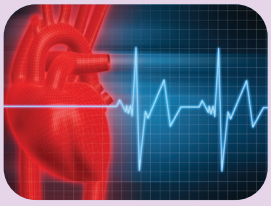
CHAPTER 5

Chronic Diseases



Heart Disease

Cancer

Diabetes

High Blood Pressure

Asthma

Chronic Diseases

Chronic diseases are diseases that last a long time. Examples of chronic diseases are **heart disease**, **cancer**, **diabetes**, **high blood pressure**, and **asthma**. Once you have a chronic disease, you will have it for months or even years. You may have it for the rest of your life.

Not all diseases are chronic diseases. Some non-chronic diseases respond well to treatment and the person recovers from the disease. Other non-chronic diseases will simply pass on their own without the need for treatment. If you have the flu you will be sick for a while and then get better. This is NOT a chronic disease. This is called an **acute disease**.

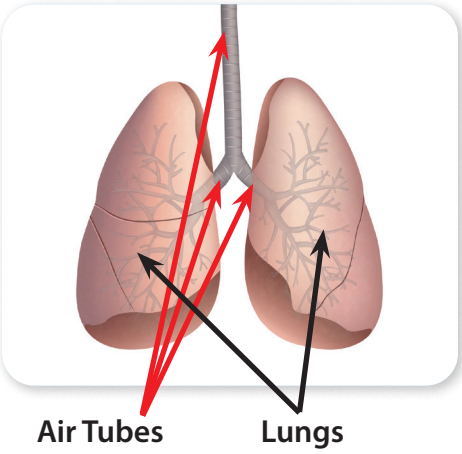
If you have a chronic disease you will have to see the doctor more often. You may have to make some changes in your lifestyle (eat healthier, exercise more, stop smoking) or take medicines to keep the disease from getting worse. In some cases the quality of your life will suffer and you can die. In most cases you can live a long and healthy life if you manage your chronic disease well.

?

This chapter will answer these questions.

- What are some common chronic diseases?
- How can I tell if I have a chronic disease?
- What do I need to do if I have a chronic disease?

What Are Some Common Chronic Diseases?



Asthma

Asthma is a problem with the tubes that carry air to your lungs. If the air tubes become narrower or close up it is hard to breathe. In an asthma attack, you feel like you cannot get enough air. While asthma is common in children, the majority of people with asthma are adults.

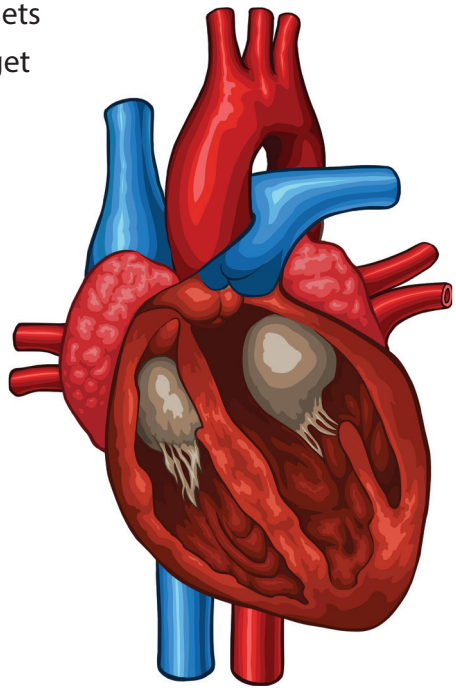
Diabetes

Diabetes is when your body has trouble using the sugar in your blood to produce energy. If you have diabetes, your blood sugar level can get too high or too low. This can be harmful to your body. There are different tests to measure your blood sugar level to see if you may have diabetes. Being overweight makes it easier to get diabetes

▲ In the picture, the blood sugar level is 83.

Heart Disease

The tubes that carry blood to and from your heart are called veins and **arteries**. As a result of poor eating habits, lack of exercise, smoking and family history, arteries can become partly blocked. This is called heart disease. If an artery gets too blocked and the blood cannot get to the different parts of your body, damage can result and serious symptoms may appear. If the heart does not receive enough blood as a result of a blockage, part of the heart muscle dies and the heart cannot do its pumping job anymore. This is called a heart attack. If the brain does not receive enough blood because of a blockage, then a stroke can occur. A stroke can damage your brain, or it can kill you. *More people in the U.S. die from heart disease than any other sickness.*



Do I Have a Chronic Disease?

Sometimes you can have a chronic disease and not know it for years. Some chronic diseases have no symptoms. That is why regular checkups and talking to your doctor are so important.

These are some tests that help doctors find chronic diseases:

- EKG (electro-cardio-gram)
- Blood pressure test
- Blood analysis
- Stress test

A doctor can do tests for some chronic diseases. For example, EKG tests can help check for heart disease. Blood pressure tests help check for high blood pressure.

In Florida, almost 1 of every 3 deaths is caused by heart disease. Some of the people that died did not talk to a doctor or get a checkup soon enough. They did not know about their disease until it was too late.

▲ This man is getting his blood pressure checked.

◀ This man is getting a test to check his heart.

What are Risk Factors?

Risk factors make it more likely that you will get a disease.

You <u>cannot</u> change some risk factors, like:

- Family health history
- Your sex or age

You <u>can</u> change risk factors based on your health habits:

- What you eat
- How much you exercise
- If you smoke

Famous Sayings About Staying Healthy

"Cancer is a word, not a sentence."

"What can't be cured must be endured."

"Heart disease is the silent killer."

Family Health History

Sometimes you are more likely to get a disease if your mother, father, or grandparent had the disease. If one of these people in your family had heart disease, then you have a family history of heart disease. If people in your family had it, you are more likely to get it too. ***Know your family health history and tell your doctor about it!***

What If I Have a Chronic Disease?

If you have a chronic disease your doctor will discuss with you a treatment plan. The **treatment plan** explains what you must do to manage your chronic disease. Ask questions, about the treatment plan. Ask for an interpreter. Do NOT say that you understand your treatment plan until you really do!

If I have a chronic disease, what do I need to do?

- Keep in touch with your doctor.
- Follow your treatment plan.
- Change your health habits.
- Take your medicines carefully.
- Know the danger signs of an emergency.

Eat Healthy

Get Exercise

Don't Smoke

Check Your Learning

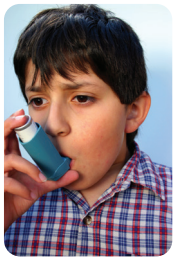
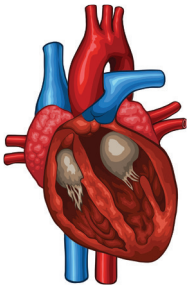
Which of the following diseases is not a chronic disease?

- ❍ Diabetes
- ❍ Flu
- ❍ Asthma

Key Points

- A chronic disease can last for a long time.
- You must manage a chronic disease to keep yourself healthy.
- Some chronic diseases have no symptoms.
- Talk to your doctor about chronic diseases.

Chronic Disease Risk Factors & Warning Signs

Chronic Disease	Risk Factors	Warning Signs	Examples of Treatments
Asthma 	• Family history • Air pollution • Smoking • Cigarette smoke • Low birth weight • Overweight/Obesity • Exposure to chemicals • Dust, animal hairs at home • Allergies	• Wheezing sound when you breathe • Trouble breathing • Tight feeling in your chest	• **Use an inhaler** 
Diabetes 	• Family history • 45+ years old • Smoking • Overweight/Obesity • High blood pressure • Not enough exercise	• Thirsty and hungry all the time • Have to urinate a lot • Feeling tired • Upset stomach • Weight loss • Blurred vision (trouble seeing clearly) • Sores heal slowly	• **Take insulin when needed** 
Heart Disease 	• Family history • Diabetes • Smoking • Overweight/Obesity • High blood pressure • High cholesterol • Not enough exercise	• Squeezing pain in your chest or arm • Trouble breathing when active • Sometimes no warning signs at all • Extreme fatigue when active	• **Lower cholesterol** • **Take medicines to control your blood pressure** 

NOTE: These are only examples. There are many other chronic diseases to know about. A doctor can tell you about the risk factors, warning signs, and treatments for these and other chronic diseases.

How Can a Doctor Help?

- Do not wait for symptoms to appear! Get regular checkups. Have your doctor check you for chronic diseases. If you know you have a chronic disease you can take care of it and stay healthy.

- Tell your doctor about people in your family who have chronic diseases. If someone in your family has a heart attack, tell your doctor and add it to your family health history.

- Doctors need to see you more often if you have a chronic disease. Ask your doctor how often you need to get regular checkups. Ask what to do if you have new symptoms. Ask how to recognize emergency symptoms.

- Doctors need to know if something they ordered is or is not helping your symptoms. Keeping you healthy takes team work and the doctor often has many different medicines and treatment plans he or she can try until you find the one that works best for you. Be sure to tell your doctor how you are feeling when you start a new medicine or treatment.

Dialog

Doctor: I'm glad you made this appointment. We found out about your heart disease before it got too bad.
Patient: How can I keep it from getting worse?
Doctor: Don't smoke, eat healthy foods, exercise, take your medicine.
Patient: OK. And when do I need to see you again?
Doctor: Next month. Make an appointment. Then we can see how the treatment plan is working.
Patient: OK, thanks. I'll make an appointment on my way out.

How Can I Learn More?

Visit these websites to learn more about chronic diseases.

Information

American Heart Association
http://www.americanheart.org

Information on Heart Health in Multiple Languages
https://www.heartfoundation.org.au/your-heart/info-lote

Heart Health Easy-to-Read English/Spanish Booklets
https://www.nhlbi.nih.gov/health/resources#lathhhh

KidsHealth (Health information for kids, parents, and teenagers)
http://www.kidshealth.org

National Cancer Institute (in English and Spanish)
https://www.cancer.gov/resources-for/patients

Cancer Information Service (in English and Spanish)
https://www.cancer.org/about-us/what-we-do/providing-support.html
or call 1-800-227-2345

Activities

The Asthma Wizard- Animated Book About Asthma
https://www.nationaljewish.org/conditions/pediatric-asthma/overview/resources

Asthma Basics
http://goo.gl/bzr1UR

Managing Diabetes
https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-management/art-20047963#

Time to Talk Cardio
www.timetotalkcardio.com

Hypertension (High Blood Pressure) - (available in multiple languages)
https://medlineplus.gov/highbloodpressure.html#cat_51

NOTES

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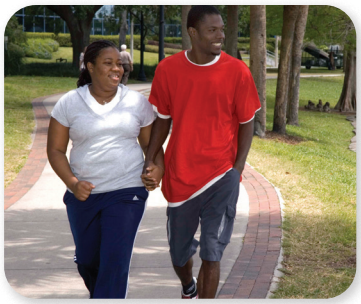
Eat Healthy Foods	Keep at a Good Weight	Exercise
		
Don't Smoke	**Get Regular Checkups**	**Take Care of Stress**
		

CHAPTER 6

Staying Healthy

How Can I Stay Healthy?

You can do many things to **prevent** poor health and disease. This is called **prevention**. The rules in this chapter are the most important things you can do to prevent disease and stay healthy.

About the Rules for Healthy Living

- They do not cost a lot of money.
- They help prevent disease.
- They will make you healthier and feel better.
- They may mean you have to change your habits.
- They are things that anyone can do.

Rule 1: Eat Healthy Foods

How does eating healthy help?

- It gives your body the nutrients to have energy, stay healthy, and fight disease.
- It helps keep you at a good weight.
- It makes you feel good.

What does eating healthy help prevent?

- Heart disease.
- High blood pressure.
- Some kinds of cancer.
- Diabetes.
- Obesity.
- Osteoporosis (weak bones).

What can I do to eat healthy?

- Eat more fruits and vegetables.
- Eat less fat, sugar, and salt.
- Read the Nutrition chapter in this book.

Rule 2: Keep a Healthy Weight

How does a healthy weight help?

- Less fat on your body makes your heart and joints work easier.
- To keep a healthy weight you must eat well and exercise, which also helps keep you healthy.
- A good weight makes you feel better about yourself.

What does a healthy weight help prevent?

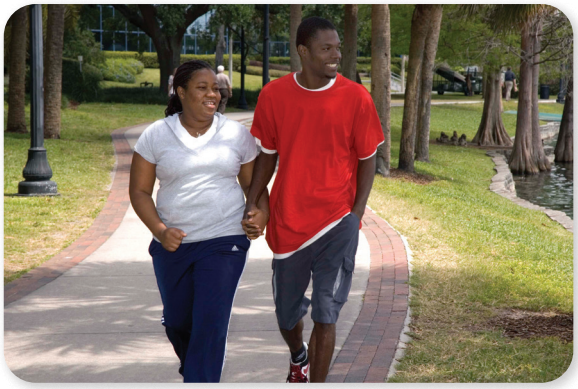
- Heart disease.
- High blood pressure.
- Some kinds of cancer.
- Diabetes.
- Joint problems (knee pain, ankle injuries, etc.).

What can I do to keep at a healthy weight?

- Ask your doctor what a healthy weight is for you.
- To lose weight, eat less calories and be more active.
- Make a goal and ask a friend or family member to help you.

Rule 3: Exercise

How does exercise help?



- Exercise makes your body and your heart stronger.
- Exercise helps to reduce stress.
- When you exercise, your body makes chemicals that make you feel happy.
- Exercise helps keep you at a healthy weight.

What does exercise help prevent?

- Heart disease.
- Obesity.
- Stress.
- Trouble sleeping.

What can I do to get more exercise?

- Find ways to be more active. Walk when you can. Use the stairs.
- Talk with your family and friends about ways to exercise together.
- Ask your doctor what kind of exercise is right for you.

Rule 4: Don't Smoke

How does NOT smoking help?

- Not smoking gives you more energy.
- Not smoking saves you money.
- Not smoking helps you live longer and healthier.
- Not smoking protects your family, especially children, from health problems.

What does NOT smoking help prevent?

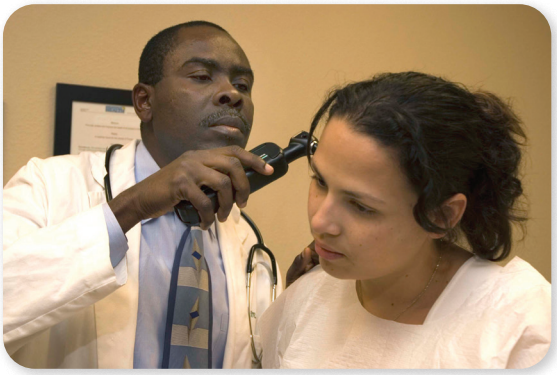
- Cancer.
- Heart disease.
- Lung diseases.
- Infertility (not being able to have a baby).
- Health problems for people who breathe other people's smoke.

If I smoke, what can I do to quit (stop) smoking?

- Call 1-800-784-8669 for free information on how to stop.
- Talk to your doctor about medicines that can help you quit smoking.
- Do not smoke in the home or car, especially if there are children.
- Teach your children and friends why smoking is dangerous. Help them to stop or never to start!

Rule 5: Get Regular Checkups

How does getting regular checkups help?



- Doctors can help you to stay healthy and prevent diseases.
- Doctors can check for diseases that you may not know you have, like heart disease, cancer, high blood pressure, and diabetes.

What does getting regular checkups help prevent?

- Often diseases get worse over time. The sooner your doctor finds a disease the easier it is to treat.
- Children get shots at their checkups that help prevent diseases.

What can I do to get regular checkups?

- Find a doctor you like and trust.
- Find health insurance you can afford or find a clinic where you can get free or low cost care.
- Do not be afraid to ask questions.

Rule 6: Take Care of Stress

How does taking care of stress help?

- It makes you feel better.
- It makes you feel happier.
- It makes you healthier.

What does taking care of stress help prevent?

- Heart disease.
- Feeling bad.
- Problems with work.
- Problems with relationships.

What can I do to take care of stress?

- Find ways to relax.
- Do something you enjoy.
- Find time to exercise.
- Talk to your friends and family.
- Get help from your doctor.

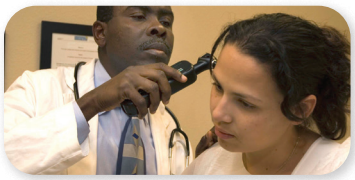
Follow the Rules for Healthy Living to Prevent Disease

1. Eat healthy foods

2. Keep at a healthy weight

3. Exercise

4. Don't smoke



5. Get regular checkups

6. Take care of stress

to protect yourself from

- **Obesity**
- **Diabetes**
- **Heart disease**
- **Cancer**
- **Heart attack**
- **High blood pressure**

How Can Your Doctor Help?

- Your doctor can help you follow the rules for healthy living.
- Your doctor can refer you to **specialists** that can help you follow the rules you have trouble with. For example, a **dietician** can help you eat healthy food and keep at a healthy weight. A psychologist or counselor can help you manage stress.
- Your doctor can refer you to community exercise programs or programs that help you quit smoking.
- Your doctor may prescribe medicines that can help you quit smoking, manage stress, or lose weight.

Dialog

Mike: Why are you going for a walk instead of watching TV?
John: Well, I saw my doctor last week, and he said that I have to make some changes.
Mike: Why?
John: Because I'm overweight. He says that if I don't change my health habits, I could get heart disease, just like my father did.
Mike: What kind of changes do you need to make?
John: More exercise, less fast food, less beer, too. That will help me lose weight and make my heart stronger.
Mike: Don't tell me he's making you quit smoking, too!
John: Yes, and you're going to quit with me.

How Can I Learn More?

Visit these websites to learn more about prevention.

Information

Stay Active and Feel Better! (in English and Spanish)
https://www.niddk.nih.gov/health-information/weight-management/keep-active-eat-healthy-feel-great

US Dept. of Health & Human Services
https://usa4you.com/wp-content/uploads/2015/10/Tips-for-a-Safe-and-Healthy-Life.pdf

Coping With Stress?
https://floridaliteracy.org/books/StressSE.pdf
https://youtu.be/j5kqf40mTz4

Women's Reproductive Health Basics
https://www.youtube.com/watch?v=4e1hVHrf4sw&t=18s

Women: Steps for Better Health by Age
https://www.womenshealth.gov/healthy-living-age

Health Screenings for Men by Age
https://medlineplus.gov/ency/article/007465.htm

Activities

Quit Your Way (Tobacco Free Florida)
http://tobaccofreeflorida.com/quityourway/

Exercising for a Healthy Heart
https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults

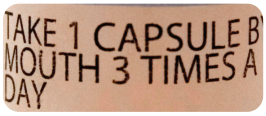
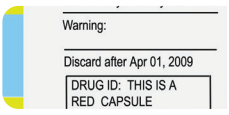
Type 2 Diabetes Risk Test
http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/

Balancing Food and Activity
https://www.nhlbi.nih.gov/health/educational/wecan/healthy-weight-basics/

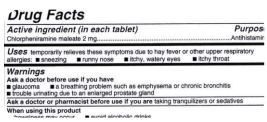
NOTES

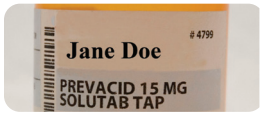
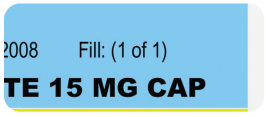
Glossary and Index

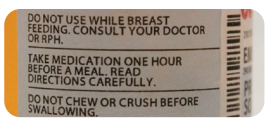
Picture	Word and Pronunciation	Meaning	Find it here
	acute disease uh CUTE diss EZE	a sickness that comes on quickly but does not last long, colds and flu are acute	70
	**ambulance** AM byou lance	a vehicle that takes you to the hospital quickly in an emergency	9, 12
	appointment uh POINT ment	a time you agree to meet or see someone	8, 14, 16, 27, 30, 77
	arteries ART er eez	the tubes that carry blood to your heart	72
	**asthma** Az muh	when the tubes that carry air to the lungs narrow and make it hard to breathe	30, 70, 71, 75, 76, 78
	bilingual phrase book by LING gwal FRAYZ book	a book with common words and sentences in one language translated into another language	22
	**cancer** KAN ser	a disease that causes your body to make cells that are not normal	12, 13, 27, 52, 54, 58, 70, 74, 78, 83, 84, 86, 87, 89
	**capsule** CAP sul	a pill that contains medicine, you swallow a capsule whole, you do NOT open or chew it	37, 39, 42, 47
	**checkup** CHECK up	a visit to the doctor when you are not sick, also called a well visit	4, 5, 6, 7, 10, 20, 73, 77
	cervical cancer SER vik all KAN ser	cancer of the cervix, the opening to a woman's uterus	6
	**chronic disease** KRON ik diss EZE	a sickness that you have for a long time, diabetes and heart disease are chronic	65, 70, 71, 73, 75, 76, 77, 78

Picture	Word and Pronunciation	Meaning	Find it here
	**clinic** KLIN ik	a type of health center, a place where you get health care	4, 7, 12, 13, 14, 17, 32
	community health center kom YOU nitty HELTH SEN ter	a type of health center that serves the community and often provides free and low cost health care	4, 14
	**diabetes** di uh BEE teez	when your body cannot turn the sugar you get from food into energy	30, 52, 58, 65, 83, 84, 87, 89
	dietician di uh TISH un	an expert that can help you learn how to eat a healthy diet	65, 90
	**dose** DOSE	how much medicine to take at one time	40
	**drug** DRUG	another word for medicine	15, 30, 36, 39, 45, 48
	**drugstore** DRUG store	where you go to buy medicine, also called pharmacy	36
	**emergency** ee MER gen see	when there is a serious problem and you need help right away	4, 5, 8, 9, 12, 17, 75, 77
	examining room ex AM in ing room	the small room in a doctor's office where the doctor sees and examines you	21
	**exercise** EX er size	physical activity that keeps the body healthy	6, 30, 70, 72, 74, 75, 76, 77, 84, 85, 88, 89, 90
	**expiration date** ex pir A shun date	do NOT use the medicine after this date; throw it away	38, 39

Picture	Word and Pronunciation	Meaning	Find it here
	follow-up FALL oh up	to check on someone again later to see how they are doing	27
	**generic medicine** gen AIR ik MED uh sin	not a name brand medicine, usually less expensive than name brands	47
	**gown** gOWn	a type of dress or long shirt you put on at the doctor's office, sometimes called a "Johnny"	21
	health care HELTH care	the care you get at a hospital or health center to keep you healthy or make you well when you are sick	4, 5, 6, 7, 8, 9, 10, 11, 12, 14, 15, 16, 17, 65
	**health history form** HELTH HISS tor ee form	a form you fill out to tell the doctor which health problems you and your family have now or have had in the past, also called a medical history form	6, 21, 29, 30
	health insurance HELTH in SHER uns	a program where you pay each month and then the program pays for your health care	14, 17, 30
	**heart disease** HART diz EZE	when the tubes that carry blood to the heart become narrow or blocked, this kind of heart disease can cause heart attack or stroke	52, 58, 72, 73, 74, 76, 77, 89
	high blood pressure hi BLUD Presh sher	When your heart is working too hard to move the blood around your body	58, 70, 73, 76, 78, 89
	**immunization** im you ni ZA shun	a shot or injection that prevents a disease	6, 15
	**information desk** in for MAY shun desk	located in the lobby of a hospital or health center where you can go to ask questions	11, 12, 16
	**interact** in ter ACT	to act with, to cause an unwanted result	46

Picture	Word and Pronunciation	Meaning	Find it here
	**label** LA bel	the part of a medicine bottle or box that describes the medicine and how to take it	36, 37, 38, 39, 40, 41, 44, 45, 46, 52, 60, 61, 62, 64
	**lobby** LOB bee	A big room where you first walk into when you enter a hospital or health center	11
	**measure** MAY zher	to use a dosage cup or spoon to get the correct amount of medicine to take	21, 36, 41, 42, 71
	**medical history form** MED uh cal HISS tor ee form	a form you fill out to tell the doctor which health problems you and your family have now or have had in the past, also called a health history form	6, 29
	medical interpreter MED uh cal in TERP ret er	a person that is trained to translate information from doctor to patient and from patient to doctor	10, 22
	**medicine** MED uh sin	used when you are sick or you have aches and pains to help make you well again	6, 22, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 70, 75, 76, 77, 86, 90
	nutrient NEW tree ent	found in food, needed to keep the body strong and healthy, vitamins and minerals are nutrients	52, 53, 55, 56, 57, 58, 60, 62, 66
	nutrition new TRISH un	how the body uses food to stay healthy	15, 52, 64, 65, 66, 83
	**nutrition facts** new TRISH un FAX	the label on foods that tells about the nutrients and calories in one serving of that food	60
	**obesity** oh BEE sit ee	being very overweight, a weight that is dangerous for your health	52, 58, 76, 85, 89
	**over the counter drug (OTC)** O ver the COUNT er	medicine anyone can buy	22, 36, 38

Picture	Word and Pronunciation	Meaning	Find it here
	**patient** PAY shunt	a person who is getting health care	12, 30, 77
	pap test PAP test	a medical test or screening that looks for cancer of the cervix	6
	**pharmacy** FARM uh see	where you go to buy over the counter medicine and prescription medicine, also called drugstore	36
	**pharmacist** FARM uh sist	a person who works in a pharmacy, the person who fills prescriptions	36, 39, 40, 43, 44, 46, 47
	picture dictionary PIK cher DIK shun air y	a book with definitions of words and pictures to help you understand and remember	22
	**prescription (Rx)** pre SCRIP shun	you need one of these from a doctor to buy some kinds of medicine	36, 40, 46
	**prescription drug** pre SCRIP shun DRUG	a type of medicine that a doctor must order for you	15, 22, 48
	**prevent** pre VENT	to avoid, to make NOT happen	6, 8, 37, 52, 54, 82, 83, 84, 85, 86, 87, 88, 89
	referral re FER al	when a doctor suggests that you see an expert on a certain health topic or disease	15, 17, 27
	**refill** RE fill	to get more of the same medicine	40
	responsibility re spon sib ILL it ee	an important duty or job, you have a right and responsibility to ask your doctor questions	10, 28
	**risk factor** RISK fack tor	family history or health habits that make you more likely to get a certain disease	74, 76

Picture	Word and Pronunciation	Meaning	Find it here
	rights RITES	something that you can have or do, you have a right and responsibility to ask your doctor questions	4, 10
	**screening** SCREEN ing	a medical test that checks for a certain health problem	6
	side effect SIDE e fekt	an unwanted result, that you do NOT want	38, 44, 47
	**sodium** SO dee um	another word for salt	56, 57, 64
	**symptoms** SIMP tums	something that shows you have an illness	8, 20, 21, 22, 23, 25, 26, 32, 39, 72, 73, 75, 77
	**syrup** SIR up	a sticky liquid, like cough medicine	37
	**tablet** TAB let	a solid form of medicine you chew or swallow	37, 39, 42
	**treatment plan** TREAT ment plan	a way to make you better when you are sick or hurt, it is how the doctor and you "treat" your sickness.	75, 77
	**warning label** WAR ning LA bel	a label that describes dangers and what NOT to do when taking medicines	44, 45, 46
	well visit WEL VIZ it	a visit to the doctor when you are not sick, to make sure you are healthy	5, 10