Staying Healthy
An English Learner’s Guide to Health Care and Healthy Living

Adapted from the Florida Literacy Coalition, Inc.
by Winona State University Graduate Programs in Nursing and Rochester Healthy Community Partnership, Rochester, Minnesota
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An English Learner’s Guide to Health Care and Healthy Living

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2012

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This resource is designed for educational purposes only. The information is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a doctor or qualified health care provider. This book provides links to websites to help you find health information and services. Winona State University does not necessarily endorse or recommend the organizations that produce these websites or the information that they provide.

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Introduction

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.
Introduction

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 it is in the glossary located at the end of the book. The glossary tells you what the word means and has the pronunciation to help you pronounce it.

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.
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. Many 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
- Illness
- 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 checks every year or two, 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” to 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, and 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 certain 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 any other questions about your health.
Health Care

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 centers
- 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.
Health Care

Where do I go when I am sick?

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

What to Tell Them?

- Describe your symptoms (how you feel).
- Tell them 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.

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 for about 30 seconds and often.
Health Care

When is it an emergency?

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

Here are some examples of emergencies:

- Heart attack
- Bad traffic accident
- Gunshot or knife wound
- Person having problems breathing
- Drowning
- Poisonous snake bite

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 go to the hospital another way.
Health Care

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

**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 of your local clinic or hospital.
- Learn more about programs that can help you pay for 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
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.
Health Care

Here are some signs which may help you find your way in a hospital.

<table>
<thead>
<tr>
<th>Health Care Signs and Symbols</th>
</tr>
</thead>
<tbody>
<tr>
<td>What it looks like</td>
</tr>
<tr>
<td>-----------------------</td>
</tr>
<tr>
<td>Information or Information Desk</td>
</tr>
<tr>
<td>Emergency or Emergency Entrance</td>
</tr>
<tr>
<td>Pediatrics Children’s Clinic</td>
</tr>
<tr>
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</tr>
<tr>
<td>Social Services Patient Advocacy</td>
</tr>
<tr>
<td>Oncology</td>
</tr>
<tr>
<td>OB/GYN</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>If the word begins like this…</th>
<th>It probably means this…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pedi-</td>
<td>Children</td>
</tr>
<tr>
<td>Cardio-</td>
<td>Heart</td>
</tr>
<tr>
<td>Oral or dental</td>
<td>Teeth or mouth</td>
</tr>
<tr>
<td>Derma-</td>
<td>Skin</td>
</tr>
<tr>
<td>Gastro-</td>
<td>Stomach</td>
</tr>
<tr>
<td>Onco-</td>
<td>Cancer</td>
</tr>
<tr>
<td>Optha-</td>
<td>Eyes</td>
</tr>
<tr>
<td>Psych-</td>
<td>Mind or feelings</td>
</tr>
<tr>
<td>Neuro-</td>
<td>Brain</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If the word ends like this…</th>
<th>It probably means this…</th>
</tr>
</thead>
<tbody>
<tr>
<td>-ology</td>
<td>A department or specialty</td>
</tr>
<tr>
<td>-ologist</td>
<td>A doctor or other person who is a specialist</td>
</tr>
</tbody>
</table>
Health Care

How Do I Get Help Paying for Health Care?

The best way to pay for health care is to have health insurance. In the U.S., 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, be sure you understand what the health insurance covers and how much it will cost you.

Many people in the U.S. cannot get health insurance through their work, or simply cannot afford to. 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 insurance, contact one of the programs listed in the charts on pages 15-16.
<table>
<thead>
<tr>
<th>Programs</th>
<th>Purpose</th>
<th>Who Is Eligible</th>
<th>Things to Know</th>
<th>For More Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Minnesota Children's Health Insurance Program (CHIPS)</strong></td>
<td>Free or low cost health, dental, vision insurance programs for children</td>
<td>Child must be 19 years old or younger&lt;br&gt;Family must meet income requirements</td>
<td>Child must be a U.S. citizen or legal immigrant&lt;br&gt;Parents are NOT required to give legal status</td>
<td><a href="http://www.insurekidsnow.gov/chip/index.html">http://www.insurekidsnow.gov/chip/index.html</a>&lt;br&gt;online in English or Spanish&lt;br&gt;1-877-543-7669</td>
</tr>
<tr>
<td><strong>Minnesota WIC</strong></td>
<td>A nutrition program for women, infants, and children</td>
<td>Must meet income guidelines&lt;br&gt;Minnesota resident&lt;br&gt;Must prove child’s age</td>
<td>Provides healthy foods, counseling, breastfeeding support, referrals for health care, immunizations, and other community services</td>
<td><a href="http://www.health.state.mn.us/divs/fh/wic/">http://www.health.state.mn.us/divs/fh/wic/</a>&lt;br&gt;online in English, Spanish, and Somali&lt;br&gt;1-800-657-3942</td>
</tr>
<tr>
<td><strong>MN Rx Connect Drug Card</strong></td>
<td>A prescription drug card offered to help pay drug costs</td>
<td>People of all ages who need help paying for prescriptions&lt;br&gt;Low to moderate incomes</td>
<td>Provide name, address and social security number&lt;br&gt;Provide useful tips to help lower prescription costs</td>
<td><a href="http://www.mnaging.org/advisor/medicare/rxconnect.htm">http://www.mnaging.org/advisor/medicare/rxconnect.htm</a>&lt;br&gt;1-800-333-2433</td>
</tr>
<tr>
<td><strong>Minnesota Medical Assistance</strong></td>
<td>Medical coverage offered to low income individuals, disabled persons, and families</td>
<td>Low income families&lt;br&gt;Children up to 21 years old&lt;br&gt;Elderly&lt;br&gt;Disabled persons</td>
<td>Minnesota resident&lt;br&gt;U.S. citizen or legal immigrant&lt;br&gt;Must meet income &amp; eligibility requirements&lt;br&gt;Most benefits are free of cost</td>
<td><a href="http://mn.bridgetobenefits.org/Medical_Assistance_MA2.html">http://mn.bridgetobenefits.org/Medical_Assistance_MA2.html</a>&lt;br&gt;online in English or Spanish&lt;br&gt;1-800-657-3672</td>
</tr>
</tbody>
</table>
### Health Care

#### Programs to Help Minnesota Residents Pay for Health Care

<table>
<thead>
<tr>
<th>Programs</th>
<th>Purpose</th>
<th>Who Is Eligible</th>
<th>Things to Know</th>
<th>For More Information</th>
</tr>
</thead>
</table>
| **Minnesota Care**                | Health care for low income families who cannot afford health care through employer | Low income families  
Children  
Pregnant women  
Minnesota resident without insurance for 4 months | Pay reduced monthly premium for health care  
Social Security card  
Not eligible if employer offers insurance and pays 50% or more of monthly premium | [http://mn.bridgetobenefits.org/MinnesotaCare2.html](http://mn.bridgetobenefits.org/MinnesotaCare2.html)  
online in English or Spanish  
1-800-657-3672 |
| **Medicare Prescription Drug Program** | Prescription drug plan (Part D) offered through Medicare to assist with drug costs | Monthly premium  
Must join plan approved by Medicare  
Penalty if not applied for when eligible for Medicare | Requires prior authorization for drugs  
Limits on drug quantity prescribed  
Requires trying one or more lower cost drugs prior to paying for high cost drugs | [http://www.medicare.gov/navigation/medicare-basics/medicare-benefits/part-d.aspx](http://www.medicare.gov/navigation/medicare-basics/medicare-benefits/part-d.aspx)  
online in English or Spanish  
1-800-772-1213 |
Health Care

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, about getting help paying for health care?
- Where do I register?
- Where is the cafeteria?
- Where do I go for an X-ray?
- I am here to visit a patient, when are visiting hours? What room is she in?

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.
Health Care

How Can I Learn More?
Visit these websites to learn more about free and low cost health care.

Information

Managed Care and You

Center for Medicaid and Medicare Services
http://www.cms.gov/apps/contacts/

Minnesota Department of Health
http://www.health.state.mn.us/

Minnesota Department of Health: Healthfinder
http://healthfinder.gov/orgs/HR2214.htm

Alliance for Information and Referral Services
http://www.airs.org/i4a/pages/index.cfm?pageid=1

Early Childhood Intervention System
http://www.health.state.mn.us/divs/fh/mcsrn/ecip.htm

Childrens Health Insurance Program Reauthorization Act (CHIPRA)
http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Childrens-Health-Insurance-Program-CHIP/CHIPRA.html

Minnesota Elderly Waiver Program

Minnesota Family Planning Program

Activities

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

Healthy Roads Media (in many languages)
http://www.healthyroadsmedia.org/index.htm
Health Care

Free or low cost services

Minnesota County Health Departments (for free local clinics contact information)
http://www.healthguideusa.org/minnesota_county_health_departments.htm

Health Resources and Services Administration (to find low-cost health insurance)
http://www.ask.hrsa.gov/

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

Minnesota Food Assistance Program
http://www.dhs.state.mn.us/main/idcplg?
IdcService=GET_DYNAMIC_CONVERSION&dDocName=id_002557&RevisionSelectionMethod=LatestReleased or call 1-800-657-3698

211 Service (Referrals to local human services)
http://www.211.org/

MinnesotaCare
http://mn.bridgetobenefits.org/MinnesotaCare2.html#What_is_MinnesotaCare

2012 Healthcare Choices for Minnesotans on Medicare
http://www.mnaging.org/hcc.htm or call 1-800-333-2433
Your Doctor
Your Doctor

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 and 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?
Your Doctor

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**
- Eyes
- Nose
- Mouth
- Chin
- Hair
- Ears
- Neck

**Hands and Arms**
- Thumb
- Wrist
- Shoulder
- Fingers
- Elbow

**Legs and Feet**
- Thigh
- Knee
- Hip
- Ankle
- Foot
- Toes
Your Doctor

External Body Areas
- Neck
- Shoulders
- Back
- Buttocks
- Head
- Chest
- Waist

Internal Body Parts
- Spleen
- Kidneys
- Brain
- Lungs
- Pancreas
- Liver
- Heart
- Colon
- 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

<table>
<thead>
<tr>
<th>Symptom</th>
<th>What it means</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gas, fart</td>
<td>Bad-smelling air coming from the bowels</td>
</tr>
<tr>
<td>Numbness</td>
<td>You cannot feel</td>
</tr>
<tr>
<td>Tingling</td>
<td>You feel prickling in your body or skin</td>
</tr>
<tr>
<td>Seizure</td>
<td>A sudden, short attack of shaking and you become unconscious</td>
</tr>
<tr>
<td>Shortness of breath</td>
<td>You cannot get enough air and it is hard to breathe</td>
</tr>
<tr>
<td>Wheezing</td>
<td>You make a whistling sound when you breathe</td>
</tr>
</tbody>
</table>

### Common Symptoms Chart II

<table>
<thead>
<tr>
<th>Symptom</th>
<th>What it means</th>
</tr>
</thead>
<tbody>
<tr>
<td>Congestion</td>
<td>Your nose is full, it is hard to breathe</td>
</tr>
<tr>
<td>Constipation</td>
<td>Your stool is too hard and does not come out</td>
</tr>
<tr>
<td>Cough</td>
<td>A quick, noisy push of air from your throat or lungs</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Your stool is watery</td>
</tr>
<tr>
<td>Symptom</td>
<td>What it means</td>
</tr>
<tr>
<td>-------------</td>
<td>---------------------------------------------------</td>
</tr>
<tr>
<td>Dizziness</td>
<td>You feel faint, lightheaded, shaky or wobbly</td>
</tr>
<tr>
<td>Fatigue</td>
<td>You feel tired all the time</td>
</tr>
<tr>
<td>Fever</td>
<td>Your body is too hot, your temperature is too high</td>
</tr>
<tr>
<td>Headache</td>
<td>Pain or ache in your head</td>
</tr>
<tr>
<td>Itching</td>
<td>You want to rub or scratch</td>
</tr>
<tr>
<td>Nausea</td>
<td>You feel like you need to throw up</td>
</tr>
<tr>
<td>Pain</td>
<td>You feel an ache, hurt, stinging, or soreness</td>
</tr>
<tr>
<td>Rash</td>
<td>You have red marks, bumps, or spots on your skin</td>
</tr>
<tr>
<td>Sneeze</td>
<td>A quick push of air out of your nose and mouth</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Your throat hurts, it is hard to swallow</td>
</tr>
<tr>
<td>Stomach ache</td>
<td>Pain or ache in your stomach</td>
</tr>
<tr>
<td>Vomit</td>
<td>To be sick, to throw up from your stomach</td>
</tr>
</tbody>
</table>
Your Doctor

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.

<table>
<thead>
<tr>
<th>Common Words and Phrases Doctors Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>When the doctor says:</td>
</tr>
<tr>
<td>--------------------------------------</td>
</tr>
<tr>
<td>Do you have a family history of cancer?</td>
</tr>
<tr>
<td>Have you experienced any bad headaches?</td>
</tr>
<tr>
<td>Have you experienced any bad headaches?</td>
</tr>
<tr>
<td>I want to schedule a follow-up.</td>
</tr>
<tr>
<td>I’m going to write you a script.</td>
</tr>
<tr>
<td>I’m going to give you a referral.</td>
</tr>
</tbody>
</table>
What questions should I ask the doctor?

You have a right and responsibility to ask your doctor questions. This means you can and 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 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 have had in the past
- Times that you were in the hospital and why
- Any operations (surgeries) you have had
- Illnesses or diseases family members have now or have had
- What medicines you take now
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.

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

<table>
<thead>
<tr>
<th>Medicines I take</th>
<th>Health problems I have or had before (include allergies to medications)</th>
<th>Family health history. Health problems my family has had</th>
<th>Surgeries I have had or times I have stayed in the hospital</th>
<th>Questions I want to ask</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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 so you can tell your doctor the health problems you and your family have or have had
Your Doctor

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.

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!
Your Doctor

How Can I Learn More?
Visit these websites to learn more about talking with your doctor.

Information

Ask Me 3: Good Questions For Your Good Health
http://www.ihs.gov/healthcommunications/documents/AskMe_8-pg_NatAmer.pdf

Tools and Resources for Patients and Consumers

How to Talk to Your Doctor or Nurse

Quick Tips When Talking to Your Doctor

Activities

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

Describing Symptoms to a Doctor – ESOL Podcast

Visiting the Doctor: Lessons in Language and Culture
Dialogues, readings, puzzles and other activities
http://www.literacynet.org/vtd/

Free or low cost services

Minnesota County Health Departments (for free local clinics contact information)
http://www.healthguideusa.org/minnesota_county_health_departments.htm
Medicines
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?
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.

**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?
Medicines

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.

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 into your mouth. For example, some medicines are creams (also called ointments) that you rub onto 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.
Medicines

How much

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

<table>
<thead>
<tr>
<th>1 capsule</th>
<th>One capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablet</td>
<td>One tablet</td>
</tr>
<tr>
<td>1/2 tablet</td>
<td>One-half tablet</td>
</tr>
<tr>
<td>1/4 tablet</td>
<td>One-fourth tablet</td>
</tr>
</tbody>
</table>

The directions tell you how much liquid medicine to measure and take at one time. For example, TAKE ONE TEASPOON EVERY FOUR HOURS. The chart shows one teaspoon (five milliliters).
# Medicines

## How often

The directions also tell you how often to take the medicine. For example, **TAKE ONE TEASPOON EVERY FOUR HOURS**. Look on the chart below to find out what time you take a medicine when the directions say “take every four hours”.

<table>
<thead>
<tr>
<th>How Often And When To Take Your Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often to take it</td>
</tr>
<tr>
<td>----------------------</td>
</tr>
</tbody>
</table>
| **Once a day**       | ![Diagram](image1) | - Take the medicine 1 time each day.  
                        - **ASK** your doctor or pharmacist at what time to take it. |
| **1 time a day**     | ![Diagram](image2) | |
| **Twice a day**      | ![Diagram](image3) | - Take the medicine 2 times each day.  
                        - Example: 7 AM and 7 PM |
| **2 times a day**    | ![Diagram](image4) | |
| **Three times a day** | ![Diagram](image5) | - Take the medicine 3 times each day.  
                        - Example: 8 AM, 1PM, and 6 PM |
| **3 times a day**    | ![Diagram](image6) | |
| **Every four hours** | ![Diagram](image7) | - Take the medicine every 4 hours.  
                        - Example: 8 AM, 12 PM, 4PM, and 8 PM |
| **Every 4 hours**    | ![Diagram](image8) | |
| **Every six hours**  | ![Diagram](image9) | - Take the medicine every 6 hours.  
                        - Example: 6 AM, 12 PM, 6 PM, and 12 AM |
| **Every 6 hours**    | ![Diagram](image10) | |
Medicines

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 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 has 3 warnings on its label:

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

This chart shows medicine warning labels and what they mean.

<table>
<thead>
<tr>
<th>Warning Label</th>
<th>Warning Picture</th>
<th>What the Warning Means</th>
</tr>
</thead>
</table>
| Take on empty stomach                                                        | ![Image]        | • Take this medicine a few hours before or after you eat. Example: 2 hours before lunch  
• Do NOT take with meals                                                |
| Take with food                                                                | ![Image]        | • Take this medicine with a snack or a meal                                                                                                           |
| TAKE THIS MEDICINE WITH A SNACK OR SMALL MEAL IF STOMACH UPSET OCCURS        | ![Image]        | • If you are pregnant, do NOT take this medicine.  
• If you are breastfeeding a baby, do NOT use this medicine.                               |
| DO NOT USE IF PREGNANT OR SUSPECT YOU ARE PREGNANT OR ARE BREASTFEEDING      | ![Image]        | • Drowsiness is when you feel sleepy. Do NOT drive or use machines while taking this medicine.                                                     |
| MAY CAUSE DROWSINESS                                                         | ![Image]        | • Do NOT put this in your mouth. Do not chew or swallow it.                                                                                           |
| EXTERNAL USE ONLY                                                            | ![Image]        | • Protect yourself from the sun while taking this medicine. Do NOT use tanning beds.                                                                |
| AVOID DIRECT SUNLIGHT                                                        | ![Image]        | • Do NOT drink alcohol while taking this medicine. No beer, wine, or liquor.                                                                           |
| LIMIT ALCOHOL USE WHILE TAKING THIS DRUG. DAILY ALCOHOL USE IS RISKY.        | ![Image]        | • 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 or OTC medicines. Herbal medicines come from plants like garlic and ginseng. These medicines can interact with prescription 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 ok 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 filled a prescription here before?
**Patient:** Yes, I have.
**Pharmacist:** What is your date of birth?
**Patient:** January 18th, 1979.
**Pharmacist:** Which doctor prescribed this medicine 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 two 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.
Medicines

How Can I Learn More?

Visit these websites to learn more about medicines.

Information

Information for Consumers Regarding Buying and Safely Using Medications
http://www.fda.gov/Drugs/ResourcesForYou/Consumers/default.htm

How to Give Children Medication by Mouth
www.nationwidechildrens.org/Document/Get/88277

How to Give Children Medication (in English and Spanish)
http://www.reyessyndrome.org/pdfs/HowtoGiveMedicinetoChildren.pdf

Medications: Using Them Safely (in English and Spanish with audio)
http://kidshealth.org/parent/system/medicine/medication_safety.html

Safe Use of Medicines for Older Adults

Ensuring Safe Use of Medicines for Seniors

Your Medicine: Be Smart. Be Safe.
http://www.ahrq.gov/consumer/safemeds/yourmeds.htm

Tips to Prevent Poisoning
http://www.cdc.gov/HomeandRecreationalSafety/Poisoning/preventiontips.htm

Five Minutes or Less for Health Weekly Tip: Protect Your Kids
http://www.cdc.gov/family/minutes/tips/protectyourkids/

Herbal Products Plus Prescription Medications: Dangerous Combinations
http://www.poisoncentertampa.org/herbals.aspx

Medline Plus: Drugs, Supplements and Herbal Information

Consumer Education: Ensuring Safe Use of Medicine
http://www.fda.gov/Drugs/ResourcesForYou/ucm079529.htm
Medicines

Activities

LaRue Medical Literacy Exercises
http://www.mcedservices.com/medex/medex.htm

Checklist for Choosing Over the Counter Medicines for Children

Taking Medicines Responsibly

REEP’s English Practice Homepage
http://www.reepworld.org/englishpractice/index.htm

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

Free or low cost services

Minnesota RX Connect Drug Card
http://www.state.mn.us/portal/mn/jsp/content.do?hpage=true&contentid=536902893&contenttype=EDITORIAL&subchannel=null&sc3=null&sc2=null&id=-536885151&agency=Rx or call 1-800-333-2433

National Council on Aging: Benefits Checkup
http://www.benefitscheckup.org/

Medicaid Prescription Drug Programs
http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Benefits/Prescription-Drugs/Prescription-Drugs.html

MN Drug Card (in many languages)
http://www.mndrugcard.com/index.php or call 1-888-952-8376
Nutrition
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 also 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 and 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?
Nutrition

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, which everyone needs to stay alive. Other important nutrients are fiber, vitamins, and minerals.

**Carbohydrates (Carbs)**

Carbohydrates give the body energy. There are two types of carbohydrates: simple and complex. Simple carbohydrates give us quick energy while 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.

Famous sayings about staying healthy

“An apple a day keeps the doctor away.”

“He who neglects his diet wastes the skill of his doctor.”
Nutrition

**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, but 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 while 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 that 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.
**Iron**

Iron helps the blood do its job better. Blood takes oxygen and other nutrients to all parts of the body. If you do not have enough iron, your blood does not work well. You may get weak from low iron levels. Most people get enough iron in the foods they eat, but pregnant women often need more iron.

**Sodium (salt)**

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

## What Foods Will Keep You Healthy?

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>What they do</th>
<th>Foods with these nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>• Give you energy</td>
<td></td>
</tr>
<tr>
<td>Proteins</td>
<td>• Build muscles</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Repair cells</td>
<td></td>
</tr>
<tr>
<td>Fats</td>
<td>• Store energy for later use</td>
<td></td>
</tr>
<tr>
<td>Fiber</td>
<td>• Helps get rid of waste</td>
<td></td>
</tr>
<tr>
<td>Vitamins</td>
<td>• Help fight sickness</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Keep the body healthy</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>• Keeps bones strong</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>• Helps the blood do its job</td>
<td></td>
</tr>
<tr>
<td>Sodium (salt)</td>
<td>• Helps muscles and nerves</td>
<td></td>
</tr>
</tbody>
</table>
Nutrition

Rules for healthy eating

These rules for healthy eating will help you stay healthy.

**Eat more variety.** Different kinds of foods will help you get all the nutrients you need.
- Try a new fruit or vegetable
- Trade recipes with friends

**Eat more fruits and vegetables.** This will give you fiber and many different kinds of vitamins.
- Have fruits and vegetables with each meal
- Eat fruits and vegetables for snacks

**Eat less 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

**Eat less 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
**Nutrition**

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?

<table>
<thead>
<tr>
<th>Fruits and Vegetables Chart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
</tr>
<tr>
<td>Carrot</td>
</tr>
<tr>
<td>Peas</td>
</tr>
<tr>
<td>Onion</td>
</tr>
</tbody>
</table>
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 the food labels.

**Nutrition Facts**

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

**Amount Per Serving**

- **Calories**: 250
- **Calories from Fat**: 110

**Total Fat**

- 12g (18%)
- Saturated Fat: 3g (15%)
- Trans Fat: 3g

**Cholesterol**: 30mg (10%)

**Sodium**: 470mg (20%)

**Total Carbohydrate**: 31g (10%)
- Dietary Fiber: 0g (0%)
- Sugars: 5g

**Protein**: 5g

#### 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.

#### 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.

---

**Footnote**

This section explains more about Nutrients and fiber listed above.

Most people need less than:

- 65g of fat a day
- 300mg of cholesterol a day
- 2,400mg of sodium a day
- 350g of carbohydrates a day
Serving size

Serving sizes are measured in milligrams, grams, ounces, cups, or pieces. A 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 the box of cereal says the serving size is one cup, use a measuring cup and pour that into a bowl and remember how much that is.

The chart at the 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 doubling the serving size, calories, and nutrients listed on the label.

Source of above chart:
Nutrition

Calories

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 into 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 check with your doctor for their opinion.

To find your BMI:
1. Measure your height and weight. You can use inches and pounds or centimeters and kilograms.
2. Go to www.nhlbisupport.com/bmi/bmicalc.htm
3. Enter your height and weight
4. Read your BMI in the heart
5. Find your BMI on the chart. Are you: underweight, normal weight, overweight, or obese?
Nutrition

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 eight 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 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 fewer 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.
Nutrition

How Can I Learn More?
Visit these websites to learn more about nutrition.

Information

Fruit and Vegetable Encyclopedia

Your Guide to a Healthy Heart

Cut Down on Fat Not on Taste (in English and Spanish)

Food and Diet Information (in English and Spanish)
info_center=4&tax_levels=1

Lessons for Living Well: Nutrition Information for Adult ESOL
http://www.lessonsforlivingwell.org

Health for Girls
http://www.girlshealth.gov

Activities

Fruits and Vegetables Matter
http://www.fruitsandveggiesmatter.gov

Aim for a Healthy Weight (click on BMI calculator)

Free or low cost services

Minnesota WIC Nutrition Services for Women, Infants and Children
http://www.health.state.mn.us/divs/fh/wic or call 1-800-657-3942

Mothers and Children Program (MAC) and Senior Nutritional Program (NAP)
http://www.health.state.mn.us/divs/fh/csfp/index.html

Minnesota Bridges to Benefits (in English and Spanish)
http://mn.bridgetobenefits.org/Home2.html

Meals on Wheels
http://www.meals-on-wheels.com or call 612-623-3363
Chronic Diseases
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 even 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 a 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 diet. 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?
Chronic Diseases

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.
Chronic Diseases

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 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 the 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.
Chronic Diseases

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 Minnesota, heart disease is the second leading cause of death. 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.
What are risk factors?

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

You cannot change some risk factors, like:
- Family health history
- Your sex or age

You can change risk factors based on your health habits:
- What you eat
- How much you exercise
- If you smoke

Family health history

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

Famous Sayings About Saying Healthy

“Cancer is a word, not a sentence.”

“What can’t be cured must be endured.”

“Heart disease is the silent killer.”
Chronic Diseases

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. 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

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 Diseases

<table>
<thead>
<tr>
<th>Chronic Disease</th>
<th>Risk Factors</th>
<th>Warning Signs</th>
<th>Examples of Treatments</th>
</tr>
</thead>
</table>
| **Asthma**      | - Family history  
- Air pollution  
- Smoking  
- Cigarette smoke  
- Low birth weight  
- Overweight/obesity  
- Exposure to chemicals  
- Dust or animal hair 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 as 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 |
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, and take your medicine.

**Patient:** Ok, when do I need to see you again?

**Doctor:** Next month. Make an appointment and then we can see how the treatment plan is working.

**Patient:** Ok, thanks. I’ll make an appointment on my way out.
Chronic Diseases

How Can I Learn More?
Visit these websites to learn more about chronic diseases.

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

National Heart, Lung, and Blood Institute (in several languages)

Easy-to-Read English/Spanish Booklets on Heart Health

Diabetes Easy-to-Read Publications (in English and Spanish)

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

National Cancer Institute (in English and Spanish)
http://cancer.gov/aboutnci/cis

Minnesota Diabetes Program
http://www.health.state.mn.us/diabetes

About Your Health
http://www.nlm.nih.gov/medlineplus/

Activities
The Asthma Wizard (in English and Spanish)
http://asthma.nationaljewish.org/disease-info/diseases/asthma/kids/wizard-index.aspx

Canadian Lung Association: Especially for Kids
http://www.lung.ca/children

Interactive Health Tutorials

Free or low cost services
Minnesota Department of Health: Health Promotion and Chronic Diseases
http://www.health.state.mn.us/divs/hpcd//index.html

Minnesota Bridges to Benefits (in English and Spanish)
https://mn.bridgetobenefits.org
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 fewer calories and be more active.
- Make a goal and ask a friend or family member to help
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 and use the stairs instead of the elevator.
- Talk with your family and friends about ways to exercise together.
- Ask our doctor what kinds 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 quite (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 a regular check-up help?

- Doctors can help you 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 feel healthier.

What does taking care of stress help prevent?
- Heart disease
- Feeling bad
- Problems at 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.
## Staying Healthy

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

<table>
<thead>
<tr>
<th>to protect against</th>
</tr>
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<tbody>
<tr>
<td>Obesity</td>
</tr>
<tr>
<td>Diabetes</td>
</tr>
<tr>
<td>Heart disease</td>
</tr>
<tr>
<td>Cancer</td>
</tr>
<tr>
<td>Heart attack</td>
</tr>
<tr>
<td>High blood pressure</td>
</tr>
</tbody>
</table>
Staying Healthy

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 to stay 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 can 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.
Staying Healthy

How Can I Learn More?
Visit these websites to learn more about healthy living.

Information
Health Assessment Tools
http://www.nhlbi.nih.gov/health/index.htm#tools

Getting Started and Staying Active
http://www.nhlbi.nih.org/health/health-topics/topics/phys/getstarted.html

Nine Easy-to-Read Booklets on Heart Health (in English and Spanish)

AMA Healthier Life Steps – Action Plan to Quit Smoking

How Can I Manage Stress?
http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/image/ucm_300690.pdf

Healthy Start. Grow Smart. Newborn Information and Milestones

Healthy Start. Grow Smart. 1 Month Old Information and Milestones
http://www.cms.gov/LowCostHealthInsFamChild/downloads/Your1MonthOld.pdf

Healthy Start. Grow Smart. 2 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/Your2MonthOld.pdf

Healthy Start. Grow Smart. 3 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/Your3MonthOld.pdf

Healthy Start. Grow Smart. 4 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/Your4MonthOld.pdf

Healthy Start. Grow Smart. 5 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/Your5MonthOld.pdf
Information Continued

Healthy Start. Grow Smart. 6 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/
Your6MonthOld.pdf

Healthy Start. Grow Smart. 7 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/
Your7MonthOld.pdf

Healthy Start. Grow Smart. 8 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/
Your8MonthOld.pdf

Healthy Start. Grow Smart. 9 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/
Your9MonthOld.pdf

Healthy Start. Grow Smart. 10 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/
Your10MonthOld.pdf

Healthy Start. Grow Smart. 11 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/
Your11MonthOld.pdf

Healthy Start. Grow Smart. 12 Month Old Information and Milestones
https://www.cms.gov/LowCostHealthInsFamChild/downloads/
Your12MonthOld.pdf

Activities

Kick the Smoking Habit (in many languages)
http://www.healthyroadsmedia.org/topics/smoking.htm

Exercising for a Healthy Life – Online Self-Paced Slideshow

Healthy Roads Media
Videos and information on different health topics in different languages
http://www.healthyroadsmedia.org
Staying Healthy

Free or low cost services

Help to Quit Smoking
http://www.smokefree.gov or call 1-800-784-8669

Minnesota Department of Health: Quit Smoking
http://www.health.state.mn.us/divs/hpcd/tpc/quit.html or call 1-888-345-0823

Follow Along Program
www.health.state.mn.us/divs/fh/mcshn/fap.htm
Glossary
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<th><strong>Word and Pronunciation</strong></th>
<th><strong>Meaning</strong></th>
<th><strong>Find it here</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Acute disease</strong> uh CUTE diss EZE</td>
<td>A sickness that comes on quickly but does not last long, such as colds and flue</td>
<td>72</td>
</tr>
<tr>
<td><strong>Ambulance</strong> AM byou lance</td>
<td>A vehicle that takes you to the hospital quickly in an emergency</td>
<td>9, 12</td>
</tr>
<tr>
<td><strong>Appointment</strong> uh POINNT ment</td>
<td>A time you agree to meet or see someone</td>
<td>8, 17, 29, 32, 79</td>
</tr>
<tr>
<td><strong>Arteries</strong> ART er eez</td>
<td>The tubes that carry blood from your heart</td>
<td>74</td>
</tr>
<tr>
<td><strong>Asthma</strong> Az muh</td>
<td>When the tubes that carry air to the lungs narrow and make it hard to breathe</td>
<td>72, 73, 77, 78, 80</td>
</tr>
<tr>
<td><strong>Bilingual phrase book</strong> by LING gwal FRAYZ book</td>
<td>A book with common words and sentences in one language translated into another language</td>
<td>24</td>
</tr>
<tr>
<td><strong>Cancer</strong> KAN ser</td>
<td>A disease that causes your body to make cells that are not normal</td>
<td>12, 13, 54, 56, 60, 72, 76, 80, 85, 86, 88, 89, 91</td>
</tr>
<tr>
<td><strong>Capsule</strong> CAP sul</td>
<td>A pill that contains medicine, you swallow a capsule whole. You do not crush or chew it</td>
<td>39, 41, 44, 49</td>
</tr>
</tbody>
</table>
# Glossary and Index

<table>
<thead>
<tr>
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<th>Meaning</th>
<th>Find it here</th>
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</thead>
<tbody>
<tr>
<td><strong>Checkup</strong> CHECK up</td>
<td>A visit to the doctor when you are not sick, also called a well visit</td>
<td>5, 6, 7, 10, 22, 75, 79</td>
</tr>
<tr>
<td><strong>Cervical cancer</strong> SER vik all KAN ser</td>
<td>Cancer of the cervix, the opening to a woman’s uterus</td>
<td>6</td>
</tr>
<tr>
<td><strong>Chronic disease</strong> KRON ik diss EZE</td>
<td>A sickness that you have for a long time, such as diabetes and heart disease</td>
<td>67, 72, 73, 75, 77, 78, 79, 80</td>
</tr>
<tr>
<td><strong>Clinic</strong> KLIN ik</td>
<td>A type of health center where you get health care</td>
<td>4, 7, 12, 13, 14, 19, 34</td>
</tr>
<tr>
<td><strong>Community health center</strong> kom YOU nitty HELTH SEN ter</td>
<td>A type of health center that serves the community and often provides free and low cost health care</td>
<td>4, 14</td>
</tr>
<tr>
<td><strong>Diabetes</strong> di uh BEE teez</td>
<td>When your body cannot turn the sugar you get from food into energy</td>
<td>54, 60, 67, 72, 73, 80, 81, 85, 86, 89, 91</td>
</tr>
<tr>
<td><strong>Dietician</strong> di uh TISH un</td>
<td>An expert that can help you learn how to eat a healthy diet</td>
<td>67, 92</td>
</tr>
<tr>
<td><strong>Dose</strong> DOSE</td>
<td>How much medicine to take at one time</td>
<td>42</td>
</tr>
<tr>
<td><strong>Drug</strong> DRUG</td>
<td>Another word for medicine</td>
<td>15, 38, 41, 47, 50</td>
</tr>
</tbody>
</table>
## Glossary and Index

<table>
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<tr>
<th>Word and Pronunciation</th>
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</thead>
<tbody>
<tr>
<td><strong>Drugstore</strong>&lt;br&gt;DRUG store</td>
<td>Where you go to buy medicine, also called pharmacy</td>
<td>38</td>
</tr>
<tr>
<td><strong>Emergency</strong>&lt;br&gt;ee MER gen see</td>
<td>When there is a serious problem and you need help right away</td>
<td>4, 5, 8, 9, 12, 18, 79</td>
</tr>
<tr>
<td><strong>Examining room</strong>&lt;br&gt;ex AM in ing room</td>
<td>The small room in a doctor's office where the doctor sees and examines you</td>
<td>23</td>
</tr>
<tr>
<td><strong>Exercise</strong>&lt;br&gt;EX er size</td>
<td>Physical activity that keeps the body healthy</td>
<td>6, 72, 74, 76, 77, 78, 79, 86, 87, 90, 91, 92</td>
</tr>
<tr>
<td><strong>Expiration date</strong>&lt;br&gt;ex pir A shun date</td>
<td>Do NOT use the medicine after this date; throw it away</td>
<td>40, 41</td>
</tr>
<tr>
<td><strong>Follow-up</strong>&lt;br&gt;FALL oh up</td>
<td>To check on someone again later to see how they are doing</td>
<td>29</td>
</tr>
<tr>
<td><strong>Generic medicine</strong>&lt;br&gt;gen AIR ik MED uh sin</td>
<td>Not a name brand medicine, usually less expensive than name brand</td>
<td>49</td>
</tr>
<tr>
<td><strong>Gown</strong>&lt;br&gt;gOWn</td>
<td>A type of dress or long shirt you put on at the doctor's office, sometimes called a “Johnny”</td>
<td>23</td>
</tr>
<tr>
<td><strong>Health care</strong>&lt;br&gt;HELTH care</td>
<td>The care you get at a hospital or health center to keep you healthy or make you well when you are sick</td>
<td>4, 5, 6, 7, 8, 9, 10, 11, 12, 14, 15, 16, 17, 18, 19, 67</td>
</tr>
<tr>
<td>Word and Pronunciation</td>
<td>Meaning</td>
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<tr>
<td>------------------------</td>
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<td>--------------</td>
</tr>
</tbody>
</table>
| **Health history form**  
HEALTH 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, 23, 31, 32 |
| **Health insurance**  
HEALTH in SHER uns | A program where you pay each month and then the program pays for your health care. | 14, 18, 19, 32 |
| **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 a heart attack or stroke. | 54, 60, 72, 74, 75, 76, 78, 79, 85, 86, 88, 89, 91 |
| **High blood pressure**  
Hi BLUD Presh sher | When your heart is working too hard to move the blood through your body. | 60, 72, 75, 78, 80, 85, 86, 89, 91 |
| **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, 17 |
| **Interact**  
in ter ACT | To act with, to cause an unwanted result. | 48 |
| **Label**  
LA bel | The part of a medicine bottle or box that describes the medicine and how to take it. | 38, 39, 40, 41, 42, 43, 46, 47, 48, 54, 62, 63, 64, 66 |
| **Lobby**  
LOB bee | A big room you first walk into when you enter a hospital or health center. | 11 |
<table>
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<th>Find it here</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Measure</strong>&lt;br&gt;MAY zher</td>
<td>To use a dosage cup or spoon to get the correct amount of medicine to take</td>
<td>23, 38, 44, 62, 64, 73</td>
</tr>
<tr>
<td><strong>Medical history form</strong>&lt;br&gt;MED uh cal  HISS tor ee form</td>
<td>A form you fill out to tell the doctor which problems you and your family have now or have had in the past, also called a health history form</td>
<td>6, 31</td>
</tr>
<tr>
<td><strong>Medical interpreter</strong>&lt;br&gt;MED uh cal  In TERP ret er</td>
<td>A person that is trained to translate information from doctor to patient and from patient to doctor</td>
<td>10, 24</td>
</tr>
<tr>
<td><strong>Medicine</strong>&lt;br&gt;MED uh sin</td>
<td>Used when you are sick or you have aches and pains to help make you feel well again</td>
<td>24, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 72, 77, 78, 79, 88, 92</td>
</tr>
<tr>
<td><strong>Nutrient</strong>&lt;br&gt;NEW tree ent</td>
<td>In food and need y people to stay strong and healthy, portents, and vitamins are nutrients</td>
<td>54, 55, 57, 58, 59, 60, 62, 64</td>
</tr>
<tr>
<td><strong>Nutrition</strong>&lt;br&gt;new TRISH uh</td>
<td>How the body uses food to stay healthy</td>
<td>15, 54, 62, 63, 66, 67, 68, 85</td>
</tr>
<tr>
<td><strong>Nutrition facts</strong>&lt;br&gt;new TRISH un  FAX</td>
<td>The label on foods that tells about the nutrients and calories in one serving of that food</td>
<td>62</td>
</tr>
<tr>
<td><strong>Obesity</strong>&lt;br&gt;oh BEE sit ee</td>
<td>Being very overweight, a weight that is dangerous for your health</td>
<td>54, 60, 78, 85, 87, 91</td>
</tr>
<tr>
<td>Word and Pronunciation</td>
<td>Meaning</td>
<td>Find it here</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>-------------------------------------------------------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Over the counter drug (OTC) Over the COUNTEr</td>
<td>Medicine anyone can buy</td>
<td>24, 38, 40, 48</td>
</tr>
<tr>
<td>Patient PAY shunt</td>
<td>A person who is getting health care</td>
<td>12, 40, 79</td>
</tr>
<tr>
<td>Pap test PAP test</td>
<td>A medical test or screening that looks for cancer of the cervix</td>
<td>6</td>
</tr>
<tr>
<td>Pharmacy FARM uh see</td>
<td>Where you go to buy over the counter medicine and prescription medicine, also called a drugstore</td>
<td>38, 42</td>
</tr>
<tr>
<td>Pharmacist FARM uh sist</td>
<td>A person who works in a pharmacy who fills prescriptions</td>
<td>38, 41, 42, 46, 48, 49</td>
</tr>
<tr>
<td>Picture dictionary PIK cher DIK shun air y</td>
<td>A book with definitions of words and pictures to help you understand and remember</td>
<td>24</td>
</tr>
<tr>
<td>Prescription (Rx) pre SCRIP shun</td>
<td>You need one of these from a doctor to buy some kinds of medicine</td>
<td>29, 38, 42, 48</td>
</tr>
<tr>
<td>Prescription drug pre SCRIP shun DRUG</td>
<td>A type of medicine that a doctor must order for you</td>
<td>15, 16, 24, 50</td>
</tr>
<tr>
<td>Word and Pronunciation</td>
<td>Meaning</td>
<td>Find it here</td>
</tr>
<tr>
<td>------------------------</td>
<td>---------</td>
<td>-------------</td>
</tr>
<tr>
<td>Prevent pre VENT</td>
<td>To avoid, to make NOT happen</td>
<td>6, 8, 39, 54, 56, 84, 85, 86, 87, 88, 89, 90, 91</td>
</tr>
<tr>
<td>Referral re FER al</td>
<td>When a doctor suggests that you see an expert on a certain health topic or disease</td>
<td>15, 19, 29</td>
</tr>
<tr>
<td>Refill RE fill</td>
<td>Get more of the same medicine</td>
<td>42</td>
</tr>
<tr>
<td>Responsibility re spon sib ILL it ee</td>
<td>An important duty or job; you have a right and responsibility to ask your doctor questions</td>
<td>10, 30</td>
</tr>
<tr>
<td>Risk factor RISK fack tor</td>
<td>Family history or health habits that make you more likely to get a certain disease</td>
<td>76, 78</td>
</tr>
<tr>
<td>Rights RITES</td>
<td>Something that you can have or do; you have a right and responsibility to ask your doctor questions</td>
<td>10</td>
</tr>
<tr>
<td>Screening SCREEN ing</td>
<td>A medical test that checks for a certain health problem</td>
<td>6</td>
</tr>
<tr>
<td>Side effect SIDE e fekt</td>
<td>An unwanted result, that you do NOT want</td>
<td>40, 46, 49</td>
</tr>
<tr>
<td>Sodium SO dee um</td>
<td>Another word for salt</td>
<td>58, 59, 66</td>
</tr>
<tr>
<td>Word and Pronunciation</td>
<td>Meaning</td>
<td>Find it here</td>
</tr>
<tr>
<td>------------------------</td>
<td>---------</td>
<td>--------------</td>
</tr>
<tr>
<td><strong>Symptoms</strong>&lt;br&gt;SIMP tums</td>
<td>Something that shows you have an illness</td>
<td>8, 22, 23, 24, 25, 27, 28, 34, 41, 74, 75, 77, 79</td>
</tr>
<tr>
<td><strong>Syrup</strong>&lt;br&gt;SIR up</td>
<td>A sticky liquid, like cough medicine</td>
<td>39</td>
</tr>
<tr>
<td><strong>Tablet</strong>&lt;br&gt;TAB let</td>
<td>A solid form of medicine you chew or swallow</td>
<td>39, 41, 44</td>
</tr>
<tr>
<td><strong>Treatment plan</strong>&lt;br&gt;TREAT ment plan</td>
<td>A way to make you better when you are sick or hurt; it is how the doctor and you “treat” your sickness</td>
<td>77, 79</td>
</tr>
<tr>
<td><strong>Warning label</strong>&lt;br&gt;WAR ning La bel</td>
<td>A label that describes dangers and what NOT to do when taking medicines</td>
<td>41, 46, 47, 48</td>
</tr>
<tr>
<td><strong>Well visit</strong>&lt;br&gt;WEL VIZ it</td>
<td>A visit to the doctor when you are not sick, to help you stay healthy</td>
<td>5, 10</td>
</tr>
</tbody>
</table>
Glossary and Index

NOTES