



What I Should Know About Good Health and Hygiene!

Why is being healthy so important?

- » Being healthy means that you have the best chance of enjoying all that life can offer you!
- » If you look after your health, you will increase your chances of not getting bad diseases and illnesses such as cancer, and diabetes.

What should I do to be healthy?

Put the right things in your body

- » Eat plenty of fruit and vegetables, nuts, lean meat and fish, and some dairy foods like milk and cheese.
- » Avoid eating too much fatty food (like fried chicken and French fries), sugary food (like candy and chocolate), and red meat (like steak).
- » Drink lots of water, and if you like soda – drink the low calorie/diet sodas.
- » If you like alcohol (like beer and wine) drink it sometimes but not too often.
- » Don't smoke cigarettes or cigars.
- » Don't add too much salt and sugar to your food.

Move your body

- » Get plenty of exercise – get moving regularly – activities like walking, dancing, biking, and swimming, are all great ways to keep fit!

Share your worries

- » We all get anxious from time to time, and sometimes we have to do things that we don't like. Sometimes we have to deal with people that we don't like. Sometimes people try to take advantage of us – and make us do things that we are not comfortable doing.
- » Always remember to share your concerns and worries with your friends and family. If you feel you can't talk to them, you can always talk to your doctor!

Have fun

- » Enjoy learning new things and having hobbies – it is always good to learn new skills, or learn about new things, people, and places. You are never too old to learn!
- » Enjoy time with your friends, and family. Always be ready to make new friends. People can be sad if they feel lonely. The more friends you have, the less likely you will feel lonely.



Don't forget that you need good sleep for good health too!

- » There is no magic number of how many hours you should sleep.
- » Everyone is different!
- » Try sleeping for different times (start with 8 hours) and see if you feel better with more or less sleep!



Education for Lifelong Health



Listen to your doctor

- » Make sure your doctor gives you a physical health examination every year, and always ask your doctor what screening tests you might need, based on your age.
- » Follow the doctor's orders – if you have to take any medicine (like pills or tablets), always make sure you take them regularly, and take the right amount! As you get older, you will probably need to take quite a few different medicines - so it becomes even more important that you take the right ones, at the right time!
- » Ask your doctor about what vitamins you might need.

What is hygiene?

Personal hygiene

- » Personal hygiene means keeping all areas of your body clean.
- » You should wash yourself every day – a daily shower will keep you very clean!
- » You should wash your hair regularly – some people like to wash their hair every day, some every other day. It depends on your hair type and hairstyle.
- » Always wash your hands every time you use the restroom, and before and after you prepare food. You should use soap and warm water, and scrub your hands for about 20 seconds. If you sing the "Happy Birthday" song twice, that is about 20 seconds!
- » Washing your hands will help you avoid getting sick and spreading infections to others.



Dental hygiene

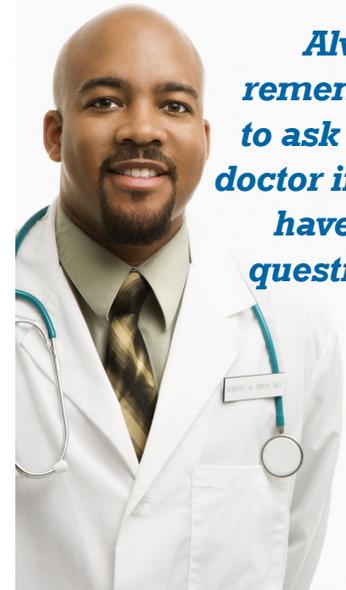
- » Dental hygiene means keeping your mouth and gums clean and fresh.
- » You should brush your teeth at least twice a day – when you get up, and before you go to bed.
- » You should floss your teeth everyday – ask your dentist to tell you the best way for you!
- » Make sure that you have your teeth cleaned by your dentist every 6 months, and they will also check your teeth at the same time.

What happens if I don't maintain my personal and dental hygiene?

- » People may start avoiding you, because you will start to have strong body smells.
- » You might have difficulty making or keeping friends.
- » You might have difficulty finding work or keeping a job.



- » Your teeth and gums will go bad, leading to tooth decay and gum disease. This can make your breath smell bad, and lead to toothaches and pains. It can even make eating very difficult.
- » You will get infections and become ill more easily.



Always remember to ask your doctor if you have any questions!

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Be Healthy • Be Clean • Be Happy!



What I Should Know About Diabetes!

What is diabetes?

- » Our bodies need sugar for energy to do everything we do, like walking, talking, and breathing. It is like gas for a car.
- » Glucose is another name for sugar. We get glucose from food and drinks. It goes to different parts of our body through the blood. A substance called insulin controls the amount of glucose in our blood. Normally we have the just the right amount of glucose, at all times.
- » Diabetes is a disease where our body can't use the glucose we get from eating, because we do not have the right amount of insulin. Glucose can build up and cause problems in almost every part of our body. It keeps important organs from getting what they need to work properly. People can have either Type 1 or Type 2 Diabetes.

Diabetes can cause problems in many areas of the body



- » Brain
- » Heart
- » Eyes
- » Kidneys
- » Teeth & Gums
- » Nerves
- » Blood Vessels
- » Feet

Type 1 Diabetes

- » More common in younger people
- » Requires insulin injections for life
- » Lifelong healthy habits like eating well and exercising are very important for managing Type 1 diabetes

Type 2 Diabetes

- » More common in older people
- » In some people it can be prevented or controlled with diet and exercise
- » Can be treated with pills, but some people might need insulin injections

How do I know I have diabetes?

- » Sometimes people do not feel any different when they have diabetes. They find out because their doctor tests their blood and finds their glucose level is higher than it should be. You might have these symptoms:
- » When your glucose is high, other people might tell you that your breath smells fruity. You also might feel tired.
- » Sometimes when you have diabetes, your glucose can also drop too low, which is called hypoglycemia, or sometimes called "hypo." This can make you feel very bad. You may feel confused, dizzy, sweaty, or shaky.





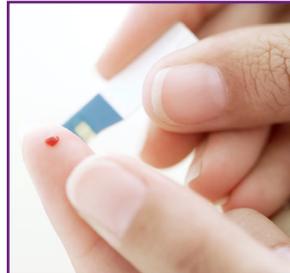
What can I do?

- » Carefully follow all the instructions that your doctor gives you to manage your diabetes.
- » People with Type 1 diabetes will need insulin. Insulin is given through a small needle. Some people also have pumps that they wear all day that give them insulin when they need it. All people with diabetes need to check their blood glucose.

Insulin Injection



Blood Sample



Testing Blood Glucose



- » People with Type 2 diabetes may also need insulin. Sometimes they only need pills.
- » Some people can control their Type 2 diabetes by eating healthy and exercising regularly. This can also stop Type 2 diabetes before it starts.

Staying Healthy with Diabetes

Eating Right!

- » Try not to eat very fatty or sugary foods. Some sugar is OK if it is part of a healthy, balanced diet. Talk to your doctor about what foods are best for you.
- » It is also important to eat around the same time every day and not skip meals. This keeps your glucose levels balanced.

Exercise!

- » There are lots of ways to get moving! You can walk, dance, bike, or swim.
- » Always start off slow and then slow down when you are almost done. It is also important to drink plenty of water even before you are thirsty.
- » Keep a snack handy every time you exercise to keep your glucose levels balanced.

Don't smoke!

- » Smoking can hurt your body and make your diabetes worse.

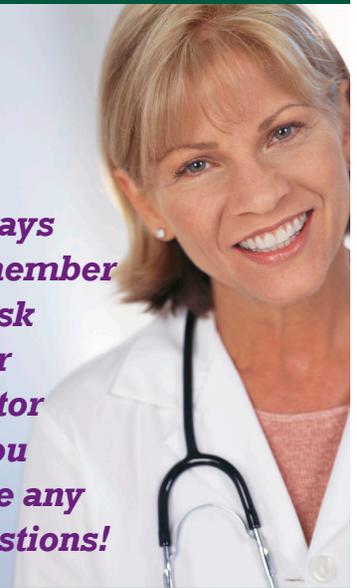
Check your feet regularly!

- » Diabetes can cause problems with your nerves. If your nerves are not working right you might not feel pain in your feet like most people do. You could get sores and problems with your feet that you don't notice. It can result in foot and leg amputations (an amputation is an operation to take off a limb). Check the bottoms of your feet every day and wear comfortable shoes.

Check your eyesight regularly!

- » Diabetes can cause problems with eyes. It is important to have them checked yearly.

Always remember to ask your doctor if you have any questions!



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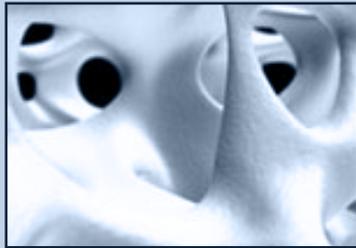
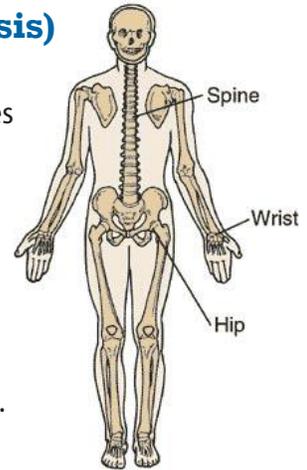




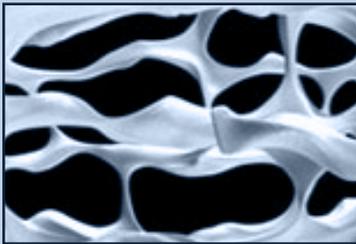
What I Should Know About Osteoporosis!

What is osteoporosis (ost-tee-oh-pore-oh-sis)

- » Bones are supposed to be thick and strong. In osteoporosis, bones have pores in them like the holes in Swiss cheese. These tiny holes make bones weaker. If bones are weak, they break more easily.
- » The bones most commonly broken because of osteoporosis are the hip, wrist, and spine.



Healthy Bone



Bone with Osteoporosis



Osteoporosis can make your spine curve too much

Who gets osteoporosis?

- » 1 in 2 women who are older than 50 have osteoporosis.
- » 1 in 4 men over 50 have osteoporosis.
- » Some medications can make bones weaker. Drugs that help stop seizures from happening (anti-epileptics) can weaken bones.
- » If you take corticosteroids for a long time, your bones weaken. Corticosteroids are a type of medication used for many diseases like asthma.
- » People with Down syndrome and Cerebral Palsy are more likely to get osteoporosis.
- » If you use a wheelchair, you also might have problems with osteoporosis.
- » Many medical problems can increase your risk – like Type 1 diabetes, and early menopause (that is when you stop getting your period before age 40).

How do I know if I have osteoporosis?

- » Usually, people do not know their bones are weak.
- » DEXA is test that takes X-rays of your bones to see how strong they are.
- » If you are a woman and 65 or older you should talk about a DEXA test with your doctor. If you are a man you should also ask if or when you may need the DEXA test.



DEXA test



- » Some people may need to have a test at a younger age (e.g. a person with Down syndrome, or a person with epilepsy), so do check with your doctor when you should have your DEXA or a similar test.
- » One sign of osteoporosis is a having a hunched back. Osteoporosis can even make you shorter.
- » Weaker bones can lead to many small breaks (called fractures), which can cause lots of pain.
- » Some people might suffer with large fractures and may need surgery.

What can I do to make my bones stronger?

Get enough calcium every day!

- » Bones are made up of a lot of calcium. Calcium is in different foods like milk, cheese, yogurt, broccoli, and spinach, but you can also get it from calcium pills.

Get enough vitamin D!

- » Vitamin D helps your body use the calcium you get from food or pills.
- » Fish, like salmon, tuna, and sardines are another way to get vitamin D.
- » Your body can make vitamin D from being in sunlight – you need about 10 to 15 minutes of sunlight 2-3 times a week. But always avoid too much sun because that can cause problems too!



Don't smoke!

- » Smoking can harm your bones and make you more likely to get osteoporosis.

Don't drink too much alcohol!

- » Alcohol can make it harder for your body to use the calcium you get from foods or pills. Also, if you drink too much, your balance will be poor and you could fall and hurt your bones.

Exercise!

- » Keeping active is important. It keeps your bones and muscles strong and makes your balance better (so you are less likely to fall).
- » Walking, dancing, weight lifting, and gardening are some examples of fun ways to keep your bones strong.
- » Using a wheelchair, or having physical disabilities doesn't stop you from exercising. Visit www.ncpad.org for tips.

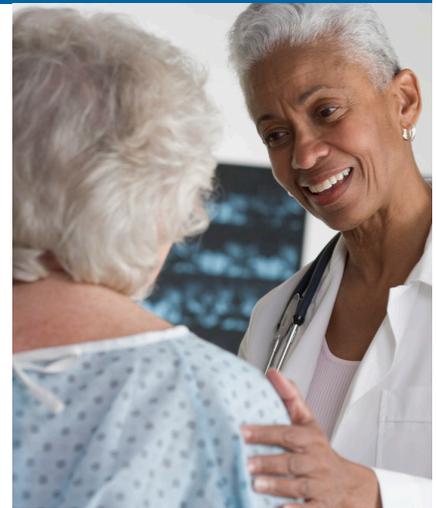


Always stay safe!

- » We all trip from time to time – but this puts us at risk for falls and hurting our bones. Here are some ways to be safer:
- » Put rubber mats and grab bars in the shower or tub.
- » Keep floors clear of clutter and watch out for throw rugs.

Talk to your doctor about medications to help make your bones stronger.

- » There are many different medications to make bones stronger. Talk to your doctor about whether or not you need these medications and which are best for you.



Always remember to ask your doctor if you have any questions!

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What I Should Know About Cancer!

What is Cancer?

- » Cells are the building blocks of our bodies. We make more cells only if our body needs them.
- » Cancer is a disease that causes cells to keep growing and making new cells even when our body doesn't need them. These cells are bad and can grow fast.
- » Sometimes we can feel a bump on our body, but sometimes we can't.

Who gets cancer?

- » 1 in 2 men will get cancer in his lifetime.
- » 1 in 3 women will get cancer in her lifetime.
- » We are more likely to get cancer as we get older.

What are the most common cancers?

- » Skin cancer is the most common type of cancer.
- » In women, Breast, Lung, and Colon (Bowels) cancers are the most common.
- » In men, Prostate, Lung, and Colon cancers are the most common.
- » You can have cancer anywhere in your body, even in your blood (this is called Leukemia).
- » Sometimes a tumor can spread from one part of the body to other parts. People can have cancer in different parts of their body at the same time.

Cancer cells don't work properly and can cause other cells to go bad ...



like a bad apple.



A group of bad apples is called a **tumor**.

Areas in the Body that Can Get Cancer

- | | | |
|----------|--|------------|
| » Blood | | » Kidney |
| » Bone | | » Lung |
| » Brain | | » Prostate |
| » Breast | | » Skin |
| » Colon | | » Throat |



How do you know if you have cancer?

- » It is important to have regular check-ups even if you feel fine. Many times people do not know they could have cancer.
- » This helps catch cancer early when it is easier to treat and before it spreads elsewhere.
- » Your doctor can do tests to make sure you don't have cancer, like regular blood tests. Some tests are done as you get older (colonoscopy and mammograms) – your doctor can tell you what tests are right for you depending on your age.
- » Some of these tests may sound scary and embarrassing but they are important for your health.
- » Your doctor can also tell you how to check yourself for any new lumps, or bumps that might be cancer.
- » Always tell your doctor about new bumps, lumps, or areas of redness that you notice.

How can I avoid cancer?

Anyone can get cancer, but we can lower our risk of getting cancer by taking care of our health.

Eat well & exercise.

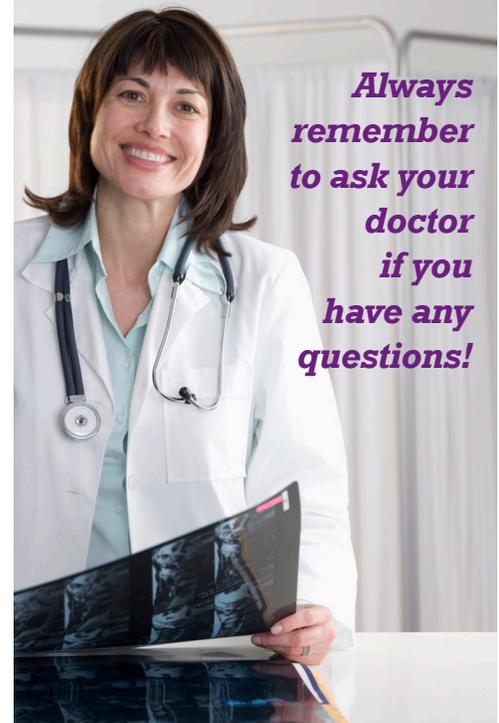
- » Eat a lot of fruits, nuts, vegetables, and drinking lots of water.
- » Eat less fatty and junk foods (e.g. fried chicken), and less red meat.
- » Do not drink a lot of alcohol (like beer).
- » Exercise for 30 minutes a day, 5 days a week. Take breaks and have fun!
- » Manage stress in a healthy way, allow time to relax, and share your worries.

Stay away from too much sun!

- » Use sunscreen, cover up with a hat and lightweight clothing, and wear sunglasses. Try to stay in the shade during the hottest times of the day.

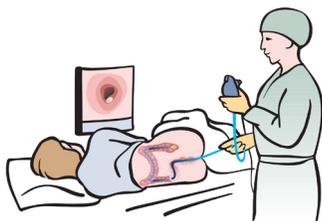
Keep away from cigarette smoking!

- » Cigarette smoke has lots of toxins and chemicals that can hurt your body. Smoke can affect you even if you are not the one smoking.



Always remember to ask your doctor if you have any questions!

Tests to Check for Cancer



This is a test for colon cancer

Colonoscopy: After giving you medicine to relax and make you sleepy, the doctor puts a thin tube in your bottom. You will not feel anything when this is done. This tube is attached to a video camera so the doctor can look at your bowels.



This is a test for breast cancer

Mammogram: This is an x-ray that takes pictures of a woman's breasts to look for any changes that may point to cancer.

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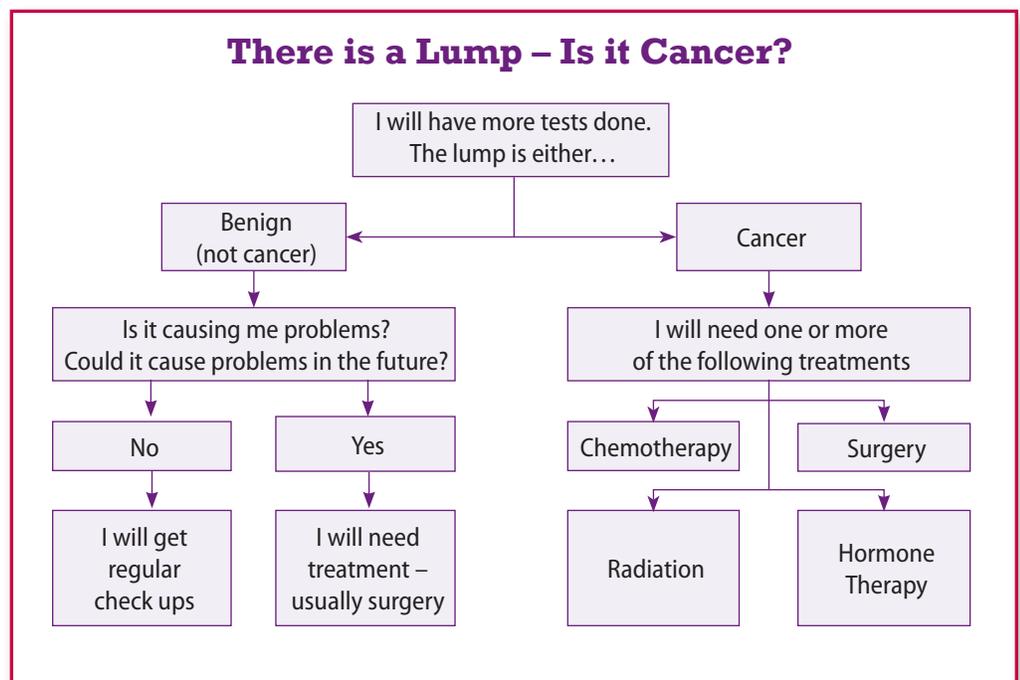




What I Should Know About Cancer Treatment!

What happens if my doctor thinks I might have cancer?

You or your doctor might find an area of your body with a lump or tumor that could be cancer. Here is what might happen:



Machines Used to Find Cancer

MRI Scanner

This is a machine that uses strong magnets to take detailed pictures of your body. It can be noisy and you also have to stay still for a long time.



CT Scanner

This is a machine that uses X-rays to take pictures of your body.



PET Scanner

This is similar to an x-ray. It looks at how your body uses energy. Cancer cells use more energy than healthy cells.



- » You will need to have blood tests. You might need to have a test called a "biopsy." This is when a piece from the area of your body where your doctor thinks there is a tumor is taken. It is checked in a lab to see if there really is cancer there.
- » You also might need to have imaging done. This is when you have pictures taken of different parts of your body. Your doctor will often want to take pictures to see if you have cancer anywhere else in your body because cancer can spread. There are different types of machines.
- » Cancer is a very serious disease, but you can fight it. It is important to keep a positive attitude.



I have cancer — what happens next?

- » Having cancer is scary for many people. It is very serious, but many people do survive cancer, and can still live a long time. It is important to have proper treatment to get rid of cancer before it grows and spreads. Cancer does not go away without treatment.
- » The sooner cancer is treated, the better the chance to get rid of it completely!
- » Your doctor can discuss which treatment can best fight your cancer. What works best depends on a lot of different things – like where the cancer is and how big it is. Sometimes you may have need different types of treatment.

Cancer Treatments

Chemotherapy

- » Chemotherapy uses strong drugs to stop cancer from growing. It might kill cancer cells or stop them from making even more cancer cells.
- » It is usually given through a vein but sometimes it might given as a pill. If chemotherapy is given through the vein, it can take a long time and lots of hospital visits.
- » You will have your blood tested often to check if the treatment is working.
- » Chemotherapy kills cancer cells, but it often kills healthy cells too. This is why you can sometimes feel ill when you have chemotherapy. It might cause your hair to fall out, make you sick in your stomach, and you may feel very tired. Your doctor can give you some medications to help you when you feel sick.
- » You also need to avoid other people who are sick with infections (like the flu) or places and things that are not

clean. This is because you will catch infections easier because your body is fighting the cancer. Your body does not have the ability to fight off other infections easily when you are having chemotherapy.

Radiation

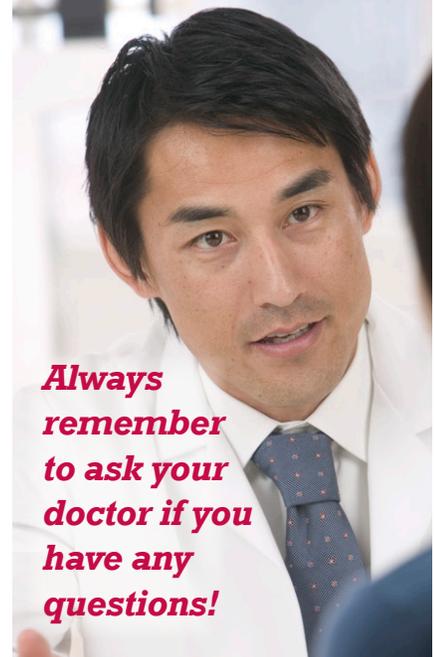
- » This is a special type of X-ray that can slow and kill cancer.
- » You will lie still on a table and a machine will move around you. This machine will send radiation to the part of your body with cancer. It will not be painful.
- » You will have lots of visits to get radiation. You will have time in between visits for your body to rest.
- » Like chemotherapy, radiation can also kill healthy cells as well as the cancer cells. How it makes you feel depends on what part of the body gets the radiation and how much radiation is used.
- » Many people become very tired. Sometimes your skin can get red and sore.

Surgery

- » This is when a surgeon (a specially-trained doctor) will perform an operation on you in a hospital. The surgeon takes out as much of the cancer as possible. Depending on the surgery, you may spend a few days in the hospital to recover.
- » You will be given medication to help stop any pain where the surgeon removed the cancer.

Hormone therapy

- » Hormones are special chemicals that make your body do certain things. Some cancers can be treated with hormones.



**Always
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