

# TALKING GOOD HEALTH



# Talking Good Health

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The materials were focus group tested at Navitas English College. This resource can be downloaded free of charge from the Community Health webpage. Copies of the resource can be made but no changes are permitted to the content.

**METHODOLOGY** The health topics developed into language lessons in “*Talking Good Health*” are priority health issues for the Multicultural Health Service, Sydney Local Health District. The material has been reviewed by experts in the relevant health field. Consultations and a review by a specially recruited group of experts in Health Promotion, Community Development and from the Cancer Council were also carried out. Every teaching module has been piloted and evaluated by students and teachers of English to newly arrived immigrants.

**TEACHER'S NOTES** This resource is designed to be used with new non-English speaking arrivals to Australia who are studying English in the Adult Migrant English Program. Each section begins with vocabulary and related activities dealing with key terminology and description of symptoms/problems. This is followed by a listening practice exercise featuring short exchanges between health workers and patients. These can also be used for speaking practice exercises and provide basic examples of health worker and patient interactions. Sound files for the listening exercises can be downloaded for each section. Further content includes advice on strategies for preventative health as well as treatment information with details of further online and other resources. Answers are included for some exercises.

**INTRODUCTION** Generally the health of overseas born migrants is better than Australian born people. This is because people in good health are more likely to meet the eligibility criteria for migrating to Australia and be willing and economically able to migrate. This is called the “healthy migrant effect”. Migrants from many countries have a lower prevalence of health risk factors such as overweight and obesity and at risk alcohol consumption levels. However over time migrants may lose this health advantage due to acculturation.<sup>1</sup>

The health experiences and needs of refugees are very different from those of other overseas born residents of New South Wales. Experiences of persecution, psychological trauma, disrupted access to healthcare and other adverse effects of conflict contribute to their health needs. Health issues commonly identified in resettlement countries include psychological problems, injuries due to hostilities or torture, poor oral health, infectious diseases, under-immunisation, conditions related to poor nutrition and developmental issues among children. Refugees are also known to face significant barriers in accessing appropriate health care.<sup>2</sup>

**Talking Good Health** aims to provide newly arrived people from a non-English speaking country with language skills to communicate with doctors and other health professionals. It also provides links for further information on the priority health issues covered in this resource.

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<sup>1</sup> Health Statistics NSW 2013

<sup>2</sup> NSW Refugee Health Plan 2011-2016

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# Talking Good Health Series

## Unit 1: CERVICAL CANCER PREVENTION



### 1. INFORMATION

**“Cancer of the cervix (the neck of the womb) is one of the most preventable cancers.” Cancer Council NSW**

### 2. VOCABULARY

#### 2.1 Match the words to the meanings

vagina	a. monthly bleeding in women
period	b. the muscular passage from the external genitals to the cervix, also called birth canal
discharge	c. when monthly bleeding stops (usually when women are between 45-55 years old)
menopause	d. liquid or a fluid that comes out of a part of your body
cervix	e. cells are collected from the cervix and placed onto a slide
pap test	f. part of a female where a baby grows
womb	g. a part of the body that becomes bigger in size typically as a result of excessive fluid
swelling	h. entrance to the womb at the top of the vagina

## 2.2 Now find the meaning of each word in your own language

ENGLISH	YOUR LANGUAGE
vagina	
period	
discharge	
menopause	
swelling	
cervix	
pap test	
womb	

## 3. SYMPTOMS

Changes in cervical cells rarely cause symptoms. The only way to know if there are abnormal cells is to have a **Pap test**.

Regular **Pap tests** can find and treat abnormal cell changes early so they do not develop into cancer.

If abnormal cervical cell changes develop into cancer women may notice some symptoms.

### 3.1 Circle normal if the symptom is normal or abnormal if the symptom is abnormal.

- Vaginal bleeding between periods.  
*normal /abnormal*
- Menstrual bleeding which is heavier or longer than usual.  
*normal /abnormal*
- Bleeding during sex.  
*normal /abnormal*
- Unusual vaginal discharge.  
*normal /abnormal*
- Vaginal bleeding after menopause.  
*normal /abnormal*
- Excessive tiredness.  
*normal /abnormal*
- Leg pain or swelling.  
*normal /abnormal*

These symptoms are shared by other health problems and may not mean there is cervical cancer but if a woman has any of these symptoms she should always see a doctor.



### 3.2 Talking to the Doctor

**Listening 1:** Write the dialogue number next to the topic (some dialogues have 2 or 3 topics)

**Topics:**

1. menstrual bleeding that is longer or heavier than usual
2. vaginal bleeding between periods
3. bleeding after sexual intercourse
4. pain during sexual intercourse and tiredness
5. unusual vaginal discharge

**Dialogues:**

**Listening 2:** Listen again and fill in the gaps.

**a. Doctor:** Hi how are you?

**Patient:** I am a little worried because sometimes I .....between periods

**Doctor:** Is that your only symptom?

**Patient:** Also I sometimes bleed after I have .....with my husband.

**b. Doctor:** Good morning - how are you?

**Patient:** Well my..... seem to be much heavier

**Doctor:** Right, are there any other changes to your periods?

**Patient:** Yes they go on for much longer

**c. Doctor:** Hello, how have you been?

**Patient:** Not very well as I now find it very .....when I have sex.

**Doctor:** Are you ok otherwise?

**Patient:** No - I have discharge from my vagina

Remember these symptoms may not mean you have cancer but always go to the doctor to check. Also some cervical cancer may have no symptoms

## 4. LOOKING AFTER YOUR HEALTH

*“The best way to reduce your risk of developing cervical cancer is to have regular Pap tests”*  
**Cancer Council NSW**

### 4.1 Write the dialogue number next to the topic

1. Are pap tests necessary after menopause?
2. Asking for a Pap test
3. Number of sexual partners

#### Dialogues:

Listening 3: Listen again and fill in the gaps.

**d. Doctor:** Hi how can I help you today?

**Patient:** I would like a.....**1**.....

**Doctor:** Ok have you had any problems?

**Patient:** No but I have not had a Pap test for .....**2**.....so I am due to have one.

**e. Doctor:** OK do you have any other worries?

**Patient:** Yes doctor, can I ask you a few questions about Pap test and.....**3**.....cancer?

**Doctor:** Sure.

**Patient:** I did not have lots of boyfriends when I was young. I only started having sex after I married my.....**4**..... Am I at risk of cervical cancer?

**Doctor:** Yes, all women are at risk of cervical cancer, no matter how many sexual partners a woman had.

**f. Patient:** I'm not sexually active now, and I have passed .....**5**..... do I still need to have a Pap test every two years?

**Doctor:** Yes, once a woman is sexually active, she should have regular Pap tests, until the age of 70.

**Patient:** Where can I have a Pap test?

**Doctor:** I can do it for you. It's free. It's covered by Medicare.

### 4.2 Choose the correct answer.

- Have a Pap test every 1/ 2/ 10 / 20 (**circle correct number**) years from the age of 18.



- Pap tests can detect early changes in the cells of the bladder/ bowel/ stomach/ cervix (**circle correct word**) so that they can be treated before cancer develops.
- Up to 10/ 1/ 20/ 90 (**circle correct number**) per cent of cervical cancers can be prevented through regular Pap tests.
- Be aware of what is normal for you and if you notice any changes or symptoms that persist, go to the priest/ police/ dentist/ doctor. (**circle correct word**)

## ANSWERS

Have a Pap test every **2** years from the age of 18.

Pap tests can detect early changes in the cells of the **cervix** so that they can be treated before cancer develops.

Up to **90** per cent of cervical cancers can be prevented through regular Pap tests.

Be aware of what is normal for you and if you notice any changes or symptoms that persist, go to the **doctor**.

## 5. FIND OUT MORE

Cancer Council Helpline

**13 11 20**

Cancer Council Resources

[www.cancerdirectory.com.au](http://www.cancerdirectory.com.au)

Cancer Council Australia

[www.cancer.org.au](http://www.cancer.org.au)

Cancer Australia

[www.canceraustralia.gov.au](http://www.canceraustralia.gov.au)

# Talking Good Health Series

## Unit 2: BREAST CANCER PREVENTION



### 1. INFORMATION

*“When breast cancer is detected early, women have a much greater chance of being treated successfully and for most women the cancer will not come back after treatment.”* **Cancer Council NSW**

***Mammograms can find cancers before they can be felt or noticed.***

### 2. VOCABULARY

#### 2.1 Match the words to the meanings

a nipple	a painful place on your skin because of an injury or infection
a sore	area which is bigger than normal
discharge	a localised swelling that feels different from the surrounding tissue
a rash	the baby sucks milk from this part of the breast
swollen	liquid or fluid that comes out of a part of your body
a lump	a government health service that provides mammograms to women for free
thickening	X-ray used to detect early signs of breast cancer
a dimple	a change of the skin which affects colour, appearance or texture
mammogram	enlarged

BreastScreen	a small natural hollow area
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**2.2 Now find the meaning of each word in your own language.**

<i>ENGLISH</i>	<i>YOUR LANGUAGE</i>
a nipple	
a sore	
discharge	
a rash	
swollen	
a lump	
thickening	
a dimple	
mammogram	
BreastScreen	

### 3. SYMPTOMS

#### 3.1 Talking to the Doctor

**Listening 1:**

*Calling BreastScreen to make an appointment for a mammogram*

**Dialogues:**

**Listening 2:** Listen again and fill in the gaps.

**Patient:** (role play dialling 13 20 50)

**BreastScreen:** Good morning BreastScreen, Glenda speaking. Can I help you?

**Patient:** I would like to have a.....**1**.....

**BreastScreen:** Have you been to BreastScreen before?

**Patient:** No.

**BreastScreen:** Have you ever had a mammogram at all before?

**Patient:** No.

**BreastScreen:** Ok how old are you?

**Patient:** I am 50.

**BreastScreen:** What's your.....**2**..... and first name?

**Patient:** My name is Sue Lee.

**BreastScreen:** What's your address?

**Patient:** My address is flat 4, 607 Smith Street Marrickville.

**BreastScreen:** What's your home phone number?

**Patient:** My....**3**..... number is 6767 4809.

**BreastScreen:** What's your mobile number?

**Patient:** My mobile number is 04 2727 6419.

**BreastScreen:** What's your preferred contact number out of those?

**Patient:** Please call me on my mobile.

**BreastScreen:** Do you like to be called .....**4**.....or Mrs?

**Patient:** Please call me Mrs.

**BreastScreen:** What is your preferred screening...**5**....?

**Patient:** Bankstown Hospital.

**BreastScreen:** Do you have breast implants?

**Patient:** No.

**BreastScreen:** Do you have....**6**.....?

**Patient:** No.

**BreastScreen:** When would you like to go for your mammogram?

**Patient:** Next week would be best for me.

**BreastScreen:** How did you find out about us?

**Patient:** I found out about.....**7**.....in my English class.

**BreastScreen:** Ok we can book you in on 4 February at 11.00 a.m. at Bankstown Hospital. If you would like we can book you an interpreter?

**Patient:** Yes please - can I have a Mandarin speaking.....**8**.....?

**BreastScreen:** No problem. Thank you for calling Breast screen. See you on 4 February 2013 at Bankstown Hospital.

## 4. LOOKING AFTER YOUR HEALTH

Circle the correct word or number from words or numbers in ***bold italic***.

- If you are over ***20 /50 / 60*** you can have a free mammogram (breast x-ray) every two years.
- Mammograms look for ***early pregnancy/breast cancers/grey hairs*** in women without symptoms.
- Benefit is highest for women in the ***30–39 / 40-59 /50-69*** age group.
- ***1/2/3*** in 9 women will develop breast cancer in their lifetime.
- Any women aged over 50 is ***eligible/not eligible*** to attend.

## ANSWERS

- If you are over **50** you can have a free mammogram (breast x-ray) every two years.
- Mammograms look for **breast cancers** in women without symptoms.
- Benefit is highest for women in the **50-69** age group.
- **1** in 9 women will develop breast cancer in their lifetime.
- Any woman aged over 50 is **eligible to** attend.

## 5. FIND OUT MORE

**Cancer Council Helpline**                      **13 11 20**

Information and support for you and your family for the cost of a local call anywhere in Australia.

**Cancer Council Australia**                      [www.cancer.org.au](http://www.cancer.org.au)

**Cancer Council Resources**                      [www.cancerdirectory.com.au](http://www.cancerdirectory.com.au)

**BreastScreen Australia**                      **13 20 50**  
[www.cancerscreening.gov.au](http://www.cancerscreening.gov.au)

**Cancer Australia**                                      [www.canceraustralia.gov.au](http://www.canceraustralia.gov.au)

**About Breast Cancer**                              [www.bcna.org.au](http://www.bcna.org.au)

# Talking Good Health Series

## TOPIC 3: CANCER PREVENTION FOR MEN (Thyroid, Lung, Prostate, Stomach & Bowel)



### 1. INFORMATION

Stomach cancer is a common cancer in Australia and affects more men than women. Bowel cancer, also called colorectal cancer, is the second most common cancer in both men and women in Australia. Prostate cancer is the most common cancer diagnosed in Australia and the third most common cause of cancer death. Lung cancer is the fifth most common cancer in Australia but the most common cause of cancer death. Thyroid cancer accounts for 2.1% of all cancers. Cancer Council NSW

### 2. VOCABULARY

#### 2.1 Match the words to the meanings

a lump	pass water from the body
vomit	faeces
bowel	intestine below the stomach
urinate	croaky
hoarse	a mass
stools	when the food in your stomach comes back out of your mouth

## 2.2 Now find the meaning of each word in your own language

ENGLISH	YOUR LANGUAGE
a lump	
vomit	
bowel	
urinate	
hoarse	
stools	

## 3. SYMPTOMS

### 3.1 What's the problem?

Match the problem with what you would say to the doctor

a. "I saw blood in my vomit"	1. Cough that won't go away
b. "I can't stop coughing"	2. Blood in vomit
c. "I have a croaky voice"	3. Coughing up blood
d. "There was blood on my tissue after I covered my mouth to cough"	4. Changes in toilet habits and difficulty urinating.
e. "My stools have blood on them"	5. Voice is always hoarse
f. "I am peeing really erratically"	6. Blood in urine
g. "My neck seems to be getting thicker"	7. Blood in stools
h. "I have blood in my urine"	8. Lump in the neck

### 3.2 Talking to the Doctor

**Listening 1:** Write the dialogue number next to the correct topic

1. changes in urinating habits
2. vomiting up blood
3. hoarse voice
4. coughing a lot
5. blood in the toilet bowl

**Dialogues:**

**Listening 2:** Listen again and fill in the gaps with the correct word.

**a. Doctor:** Have you had any problems?

**Patient:** I can't stop ....**1**.....

**Doctor:** Are there any other problems?

**Patient:** Yes my .....**2**.....is croaky and sometimes I cough up .....**3**.....

**b. Doctor:** Good morning how are you?

**Patient:** I am worried about this.....**4**.....on my neck

**Doctor:** Oh dear – does it hurt?

**Patient:** No - but it .....**5**.....bigger

**c. Doctor:** Hello, how have you been?

**Patient:** Well I have been peeing really erratically

**Doctor:** Can you be more specific please?

**Patient:** Yes... when I.....**6**.... - sometimes I have difficulty starting to pee; sometimes I have a sudden urge to pee immediately, sometimes I....**7**.....at the end of my pee. Also especially at night I want to pee very often –and it.....**8**.....!

**Doctor:** Oh dear – that is very unpleasant for you.

**d. Doctor:** So how are you today?

**Patient:** A bit worried.

**Doctor:** Oh that's not good - Why?

**Patient:** – Because when I went to the....**9**.....I was really shocked because I saw blood in the...**10**..... bowl.

**e. Doctor:** Hello, how can I help you today?

**Patient:** Well I feel really full in the.....**11**.....- even when I have not eaten much

**Doctor:** Ok can you tell me anymore?

**Patient:** Yes I often feel ....**12**.....and yesterday I vomited blood.

**Doctor:** Sounds like I should run a few tests on you.

***Remember these symptoms may not mean you have cancer but always check with your doctor.***

## **4. LOOKING AFTER YOUR HEALTH**

**Listening 3:** Write the dialogue number next to the correct topic.



## Topics

1. Strategies to prevent cancer
2. Quitting smoking
3. Screening for bowel cancer

### **Dialogues:**

**Listening 4:** Listen again and fill in the gaps with the correct word.

**f. Doctor:** Good morning, how are you today?

**Patient:** I'm feeling fine – but I am now 50 and would like to be .....**1**..... for Bowel Cancer.

**Doctor:** Good idea. It's free and it's recommended that everyone is screened at least every 2 years – every year if possible - to detect for signs of.....**2**.....

**Patient:** Ok –so what do I do?

**g. Doctor:** Hi how can I help you?

**Patient:** I really want to stop smoking. I don't want to get .....**3**.....cancer. Can you help me?

**Doctor:** Yes there are lots of things you can do. For a start - have you tried .....**4**..... patches? Here I will give you some pamphlets about how to quit smoking.

**Patient:** Also can you tell me other things I can do to avoid cancer?

**Doctor:** Of course this is important. Eat.....**5**..... food - that's lots of fresh fruit and vegetable and ..**6**..... a healthy weight and exercise for 30 minutes every day!

## 5.FIND OUT MORE

Cancer Council Australia

[www.cancer.org.au](http://www.cancer.org.au)

Cancer Council Resources

[www.cancerdirectory.com.au](http://www.cancerdirectory.com.au)

National Bowel Cancer Screening Program  
Information Line

1800 118 868

Australian Prostate Cancer Collaboration

[www.andrologyaustralia.org](http://www.andrologyaustralia.org)

# Talking Good Health Series

## TOPIC 4: HIV & AIDS



### 1. DEFINITIONS

HIV stands for **Human Immunodeficiency Virus**.

- **Human** means people: men, women and children.
- **Immunodeficiency** means our body's defence system does not fight infection properly.
- **Virus** means something that can cause infection.

The **HIV** virus destroys the body's immune system. This is the system that our body uses to fight infections, like the "flu". Damage to the immune system may lead to **AIDS** which is when the immune system is so weak that infections that don't normally make people sick can cause severe illnesses and even death.

Someone who has HIV may not have any symptoms but they carry the virus and could pass it on. You cannot know that someone has HIV or AIDS by looking at them.

## AIDS

AIDS stands for **Acquired Immune Deficiency Syndrome**

- **Acquired** means developed after birth.

## VOCABULARY

### 2.1 Match the words to the meanings

prevention	An illness caused by a virus or bacteria
condom	The system our body uses to fight infections like the flu
infection	To put something into the body using a needle and syringe
immune system	A rubber hood placed over the whole penis during sex to protect against HIV, pregnancy and sexually transmitted infections
inject	The act of stopping something
blood transfusion	A living thing (micro-organism) that can cause a disease
virus	Area on the skin which may be red/itchy and/or bumpy
treatment	Something a person does or medicine they take to stay well or cure an infection/illness
rash	When a health worker takes blood from one person and puts it in another
semen	A person you have sex with
sexual partner	The physical change which shows that something is wrong with the body
symptom	A way of finding an illness by a doctor or health worker taking a sample of blood or body fluids
test	The liquid that comes out of a man's penis when a man is sexually excited

### 2.2 Now find the meaning of each word in your own language

<b>ENGLISH</b>	<b>YOUR LANGUAGE</b>
prevention	
condom	
infection	

immune system	
inject	
blood transfusion	
virus	
treatment	
rash	
semen	
sexual partner	
symptom	
test	

## 2. SYMPTOMS

### 3.1 Match the symptoms with what you can say to the doctor

1. fever	a. "It hurts when I swallow"
2. aching muscles and joints	b. "I have a red area on my skin which is bumpy"
3. sore throat	c. "I feel lumps between my jaw bone and neck"
4. swollen glands	d. "I feel hot and I am shivering"
5. rash	e. "My muscles and joints feel sore"

**NB:** Some people can get some or all of these symptoms when they first get infected with HIV. These symptoms will usually disappear after the first few weeks. Some people have none of these symptoms even if they are HIV positive.



### 3.2 Talking to the Doctor

**Listening 1:** Write the dialogue number next to the topic (some dialogues have 2 or 3 topics)

**Topics:**

1. aching muscles
2. fever
3. sore throat
4. swollen lymph glands
5. rash

**Dialogues:**

**Listening 2:** Listen again and fill in the gaps.

a. **DOCTOR:** Hi how are feeling today?

**PATIENT:** I can feel.....**5**..... between my neck and my jaw bones.

**DOCTOR:** Oh dear – that’s no good. Can you tell me more?

**PATIENT:** Yes I think my glands are.....**6**.....

b. **DOCTOR:** Hi, how can I help you today?

**PATIENT:** I feel terrible because my muscles are...**7**....

**DOCTOR:** Ok sorry to hear that. Any other problems?

**PATIENT:** Yes my ....**8**.....are aching too.

c. **DOCTOR:** How are you this morning?

**PATIENT:** Not too good. My.....**9**..... is so sore that I can’t swallow.

**DOCTOR:** Oh dear that’s not good. Any other symptoms?

**PATIENT:** Yes my joints and .....**10**..... are aching.

d. **DOCTOR:** So how can I help you today?

**PATIENT:** I feel really ....**11**..... – like I am burning up

**DOCTOR:** Right – ok – is that the only problem?

**PATIENT:** I am also.....**12**.....

e. **DOCTOR:** Hi, how are you today?

**PATIENT:** I have red ....**13**..... all over my chest.

**DOCTOR:** Can you tell me anymore about it.

**PATIENT:** Yes it feels a little ...**14**..... and is a bit itchy.

**NB:** *These symptoms do not always mean you have HIV but go to a doctor for a blood test.*

## **4. LOOKING AFTER YOUR HEALTH**

**Listening 3:** Write the dialogue number next to the topic

1. Blood test
2. HIV prevention

**Dialogues:**

**Listening 4:** Listen again and fill in the gaps.

**1. HEALTH WORKER:** Hi - so how can I help you today?

**PATIENT:** I just want to ask a question – what is the best way to avoid getting.....**1**.....?

**HEALTH WORKER:** Always wear a condom when having sex and never share needles or any other injecting equipment.

**PATIENT:** Ok thanks – I will make sure I follow that....**2**.....

**2. DOCTOR:** Good morning – how can I help?

**PATIENT:** I would like a .....**3**..... test.

**DOCTOR:** Why would you like a blood test?

**PATIENT:** I think I may have....**4**.....

#### 4.2 Indicate whether these statements are true or false

1. People can get HIV by having sex without a condom. true /false
2. People can get HIV from holding hands with a person who has HIV. true /false
3. HIV can be spread by sharing needles with someone who is already infected with HIV.  
true /false
4. HIV can be spread by sharing eating utensils. true /false
5. HIV can be spread by mosquito bites. true /false

#### 4.3 Rewrite the false statements correctly.

Remember there is no cure for HIV - only prevention.

## ANSWERS

### Section 4.2

Indicate whether these statements are true or false

1. true
2. false
3. true
4. false
5. false

## **5.FIND OUT MORE**

For more information in community languages go to: <http://www.mhahs.org.au>

HIV/AIDS Information Line **1800 451 600**

NSW Sexual Health Information Line **1800 451624**

# Talking Good Health Series

## TOPIC 5: HEPATITIS B



### 1. DEFINITION

**DEFINITION of Hepatitis:** inflammation of the liver caused by infection. It can lead to liver damage and liver cancer.

**Hepatitis A** is transmitted (passed on) through contaminated food or water. The body gets rid of the virus by itself after a short period of time. There is a vaccine to prevent hepatitis A.

**Hepatitis B** There is a vaccine to prevent hepatitis B and there are medications for people who already have the disease.

**Hepatitis C** is transmitted through blood-to-blood contact and can cause liver damage and liver cancer. Treatment is available for hepatitis C, but there is no vaccine to prevent it.

### 2. VOCABULARY

#### 2.1 Match the words to the meanings

<b>inflammation</b>	unpleasant feeling
<b>liver</b>	germs enter the body, multiply and cause disease
<b>Infection</b>	organ in body which is to the right of the stomach
<b>pain</b>	redness, heat, swelling and pain
<b>abdomen</b>	food in your stomach comes back out of your mouth
<b>urine</b>	continual passing of watery faeces
<b>jaundice</b>	feeling that you need to vomit
<b>fever</b>	desire for food



<b>appetite</b>	the place at which 2 bones make contact
<b>joint</b>	fluid expelled from the kidney via the bladder
<b>diarrhoea</b>	yellow skin and whites of eyes
<b>nausea</b>	high body temperature
<b>vomit</b>	part of the body between the chest and the pelvis

## 2.2 Now find the meaning of each word in your own language

<i>ENGLISH</i>	<i>YOUR LANGUAGE</i>
<b>inflammation</b>	
<b>liver</b>	
<b>infection</b>	
<b>pain</b>	
<b>abdomen</b>	
<b>urine</b>	
<b>jaundice</b>	
<b>fever</b>	
<b>appetite</b>	
<b>joint</b>	
<b>diarrhoea</b>	
<b>nausea</b>	
<b>vomit</b>	

## 3. SYMPTOMS

### 3.1 Match what you can say to the doctor to describe the symptoms of Hepatitis B

<b>jaundice</b>	"When I go to the toilet my poo is very runny – and I want to go very often."
<b>fever</b>	"I can't stop throwing up!!"
<b>loss of appetite</b>	"My knees, elbows and ankle joints are all aching!"
<b>dark urine</b>	"I am worried because the whites of my eyes are yellow"
<b>joint pains</b>	"I have a pain all the time - here under my ribs on my right"
<b>abdominal pain</b>	"My pee is almost brown!"
<b>diarrhoea</b>	"I feel so hot!"
<b>nausea</b>	"I never feel hungry"
<b>vomiting</b>	"I feel as if I want to vomit all the time"

### 3.2. Talking to the Doctor

**Listening 1:** Write the dialogue number next to the topic.

**Topics:**

1. worried about having a fever and vomiting
2. worried about having jaundice
3. worried about having diarrhoea

**Dialogues:**

**Listening 2:** Listen again and fill in the gaps.

**a. Health worker:** How are you today?

**Patient:** Not very well. I think my .....**1**..... looks a bit yellow.

**Health Worker:** You may have jaundice. Is there anything else you have noticed?

**Patient:** I am worried because my urine is very.....

**b. Health worker:** Hi how can I help you?

**Patient:** Well I have a bit of.....**2**.....

**Health Worker:** Oh dear - that's no good. Any other problems?

**Patient:** Yes I have a...**3**.....below my stomach.

**Health Worker:** I am sorry to hear that.

**c. Health Worker:** Hi how are you today.

**Patient:** I feel hot and I....**4**.....a lot

**Health Worker:** That sounds like a fever. Any other problems?

**Patient:** Yes I feel...**5**.... all the time and I have been vomiting.

## 4. LOOKING AFTER YOUR HEALTH

**Listening 1:** Write the dialogue number next to the topic.

**Topics:**

1. Asking for strategies to avoid Hepatitis B
2. Wanting a Hepatitis B vaccination for son

**Dialogues:**

**Listening 2:** Listen again and fill in the gaps.

**d. Doctor:** Hi what can I do for you today?

**Patient:** I would like a Hepatitis B ....**6**.....for my son.

**Doctor:** OK. How old is he?

**Patient:** He is.....**7**.....

**Health Worker:** Good that is the recommended age for a Hepatitis B vaccination.

**e. Doctor:** Hi what can I do for you today?

**Patient:** How can I best.....**8**.....Hepatitis B?

**Doctor:** OK - wash your hands with soap after using the toilet, get a .....**9**.....for Hepatitis B, always use condoms, make sure tattoo or body piercing equipment is ....**10**.....don't use other people's toothbrushes or razors and never use new..... **11**.....for injecting drugs.

**4.2 Circle T if this statement is a way to prevent Hepatitis B and circle F if this statement is not.**

- Wash your hands with soap after using the toilet. T/F?
- You can get a Vaccination for Hepatitis B. T/F?
- Never use condoms. T/F?
- Make sure tattoo or is body piercing equipment isn't sterile. T/F?
- Don't use other people's toothbrushes or razors. T/F?
- Never use new equipment for injecting drugs. T/F?

## ANSWERS

### Section 4.2: Looking after your Health

- |   |   |
|---|---|
| Wash your hands with soap after using the toilet.       | T |
| You can get vaccination for Hepatitis B.                | T |
| Never use condoms.                                      | F |
| Make sure tattoo or body piercing equipment is sterile. | F |
| Don't use other people's toothbrushes or razors.        | T |
| Never use new equipment for injecting drugs.            | F |

## 5. FIND OUT MORE

Hepatitis Australia

1300 437 222

[www.hepatitisaustralia.com](http://www.hepatitisaustralia.com)

Cancer Council Help Line

13 11 20

[www.cancer.org.au](http://www.cancer.org.au)

Multicultural HIV and Hepatitis Service

[www.mhahs.org.au](http://www.mhahs.org.au)

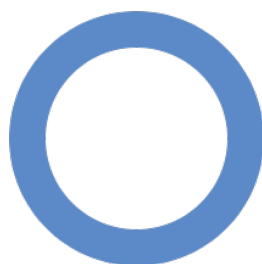
HIV/AIDS Information Line

1800 451 600

*To speak to them in your language call a telephone interpreter on 131 450 (the cost of a local call)*

# Talking Good Health Series

## TOPIC 6: TYPE 2 DIABETES



### 1. DEFINITION

Diabetes is a chronic condition. This means that it lasts for a long time, often for someone's whole life. Diabetes is a condition where there is too much **glucose** (sugar) in the blood. For our bodies to work properly we need to convert glucose (sugar) from food into energy. Insulin is a **hormone** (substance) produced by the pancreas. Insulin moves the glucose out of the blood stream and into body cells to be used as energy.

In Type 2 Diabetes, the pancreas makes some insulin but not enough for the body to use and this insulin does not work effectively. Type 2 Diabetes affects 85-90% of all people with diabetes. While it usually affects older adults, many younger people, even children are developing it.

Type 2 diabetes can often initially be managed with healthy eating and regular physical activity. However, over time most people with Type 2 diabetes will also need tablets and many will also need insulin injections.

Regular visits to your doctor are required to monitor your diabetes and to check for and prevent any long term complications, such as damage to the retina (eyes), kidneys, nerves and blood vessels (arteries).

While there is currently no cure for Type 2 diabetes, the disease can be managed through lifestyle changes and medication.

***Diabetes Australia***

## 2. VOCABULARY

### 2.1 Match the words to the meanings

immune	a waxy, fat-like substance that is made by the liver
groin	an organ in the body near the stomach which produces the hormone insulin
pancreas	protected from disease
cholesterol	area where the thighs join the abdomen
skin	need for a drink
irritation	liquid that is expelled from your body
urine	something annoying and itchy
thirst	the outer covering of the body
vision	hormone produced by the pancreas
abrasion	eyesight
insulin	damage to the skin from scraping

### 2.2 Now find the meaning of each word in your own language

<i>ENGLISH</i>	<i>YOUR LANGUAGE</i>
immune	
groin	
pancreas	
cholesterol	
skin	
irritation	
urine	
thirst	
vision	
abrasion	
insulin	

### 3. RISK FACTORS FOR DEVELOPING TYPE 2 DIABETES

People have a higher risk of developing Type 2 Diabetes if they have many risk factors. Risk factors are put into two groups: those that can't be changed and those that can be changed.

Choose the risk factor from the list below and put in the correct column. i.e. if it is a risk factor that can be changed or a risk factor that can't be changed.

<ul style="list-style-type: none"> <li>• age</li> <li>• smoking</li> <li>• ethnic background</li> <li>• obesity/excess weight</li> <li>• high blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• not enough exercise / sitting too much</li> <li>• family history</li> <li>• high cholesterol</li> <li>• gestational diabetes (diabetes in pregnancy)</li> </ul>
---	--

#### 3.1

##### Risk Factors That Can't Be Changed

1. ....
2. ....
3. ....
4. ....
5. ....

##### b. Risk Factors That Can Be Changed

1. ....
2. ....
3. ....
4. ....
5. ....

The people who are saying the following statements about themselves are at risk of developing Type 2 Diabetes.

#### 3.2 Match the sayings with the appropriate risk factors

<b>a.</b> Have a family history of diabetes	"It's my 45th birthday this year and I have to lose weight as I am too fat!"
<b>b.</b> Are older (over 55 years of age) - the risk increases as we age.	"I'm 46 and the Doctor said I have high blood pressure."

<b>c.</b> Are over 40 years of age and are overweight.	"I'm 40 and I am Aboriginal"
<b>d.</b> Are over 40 years of age and have high blood pressure	"It's my 60 <sup>th</sup> birthday this year."
<b>e.</b> Are over 35 years of age and are from an Aboriginal or Torres Strait Islander background.	"I had gestational diabetes when I was pregnant."
<b>f.</b> Are over 35 years of age and are from a Pacific Island, Indian subcontinent or Chinese cultural background.	"My baby was a big one – nearly 5 kilos!"
<b>g.</b> Are a woman who has given birth to a child over 4.5 kilos.	"I'm 39 and am from Fiji"
<b>h.</b> Had diabetes when pregnant	"My father had diabetes"

## 4. SYMPTOMS OF DIABETES

**NOTE:** Sometimes you can have Type 2 Diabetes and do not know it because there may be no obvious symptoms. This is why having regular checks with your family doctor or GP and knowing your level of risk for getting diabetes is extremely important.



### 5.1 Talking to the Doctor

**Listening 1:** Write the dialogue number next to the topic (some dialogues have 2 or 3 topics)

**Topics:**

1. Passing more urine
2. Feeling tired and lethargic
3. Always feeling hungry
4. Having cuts that heal slowly
5. Itching, skin infections
6. Blurred vision
7. Gradually putting on weight
8. Depression
9. Headaches
10. Feeling dizzy
11. Leg cramps
12. Being very thirsty



## Dialogues:

**Listening 2:** Listen again and fill in the gaps.

**a. Doctor:** Hi how are you today?

**Patient:** Well I feel so ....**1**..... all the time

**Doctor:** Oh dear – do you have any other symptoms?

**Patient:** Yes I want to go to the ....**2**..... much more often

**b. Doctor:** So how can I help you today?

**Patient:** I am putting on so much ....**3**..... and I don't know why

**Doctor:** Have you noticed anything else?

**Patient:** Yes, I always feel ..... **4** ..... too

**c. Doctor:** So how can I help you today?

**Patient:** I am feeling so tired and .....**5**..... at the moment

**Doctor:** Ok have you noticed any other changes?

**Patient:** Yes, I sometimes feel .....**6**..... for no reason

**d. Doctor:** Good morning - how are you today?

**Patient:** Well I am getting terrible ..... **7**..... in my legs

**Doctor:** So, any other problems?

**Patient:** Yes, I also have this cut on my leg which will not heal and my skin is really ..... **8** .....

**e. Doctor:** So how are you today?

**Patient:** Not well really. I am getting ..... **9** ..... and sometimes I feel very sad

**Doctor:** Right that's not good - any other problems at the moment?

**Patient:** Yes, something completely different - I can't .....**10**.... things very clearly

## **5. LOOKING AFTER YOUR HEALTH**

People at risk of Type 2 Diabetes can delay and even prevent this condition developing by following a healthy lifestyle which includes healthy eating and regular physical activity.

For people who develop diabetes, following a healthy lifestyle combined with regular health checks can also prevent the long term complications associated with poorly controlled diabetes.

**5.1 Match the spoken plan with the appropriate preventative health activity**

1. "I am going to swim for half an hour every day"	managing blood pressure
2. "I will give up cigarettes"	losing weight
3. "From now on I will eat only fresh vegetables"	reducing cholesterol levels
4. "I am going to cut out butter from my diet"	healthy eating
5. "I will not eat salt with my food"	regular exercise
6. "This year I am going to keep my weight down"	quit smoking

## ANSWERS

**Section 3.1: Risk Factors That Can't Be Changed**

1. age
2. family history
3. ethnic background
4. gestational diabetes (diabetes in pregnancy)

**Section 3.2: Risk Factors That Can Be Changed**

1. obesity/excess weight
2. physical inactivity/sedentary lifestyle
3. high blood pressure
4. high cholesterol
5. smoking

**Section 3.3: Match the sayings with the appropriate risk factors**

a) Have a family history of diabetes.	"My Dad had diabetes"
b) Are older (over 55 years of age) - the risk increases as we age.	"It's my 60th birthday this year."
c) Are over 40 years of age and are overweight.	"It's my 45th birthday this year and I have to lose weight as I am too fat!"

d) Are over 40 years of age and have high blood pressure	"I'm 46 and the Dr said I have high blood pressure."
e) Are over 35 years of age and are from an Aboriginal or Torres Strait Islander background.	"I'm 40 and I am Aboriginal."
f) Are over 35 years of age and are from Pacific Island, Indian subcontinent or Chinese cultural background.	"I'm 39 and am from Fiji."
g) Are a woman who has given birth to a child over 4.5 kilos.	"My baby was a big one – nearly 5 kilos!"
h) Had diabetes when pregnant.	"I had diabetes when I was pregnant."

**Section 5.1: Match the spoken plan with the appropriate preventative health activity**

"I am going to swim for half an hour every day."	regular exercise
"I will give up cigarettes."	quit smoking
"From now on I will eat only fresh vegetables."	healthy eating
"I am going to cut out butter from my diet."	reducing cholesterol levels
"I will not eat salt with my food."	managing blood pressure
"This year I am going to keep my weight down."	losing weight

## 6. FIND OUT MORE

Australian Diabetes Council Information Line: **1300 136 588**  
[www.australiandiabetescouncil.com](http://www.australiandiabetescouncil.com)

The National Diabetes Service Scheme  
[www.diabetesaustralia.com.au/ndss](http://www.diabetesaustralia.com.au/ndss)

Diabetes Australia  
[www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

The Australia Institute of Health and Welfare  
[www.aihw.gov.au/diabetes](http://www.aihw.gov.au/diabetes)

# Talking Good Health Series

## TOPIC 7: DRUG INFORMATION FOR PARENTS



### 1. INFORMATION

Main drug groups are: DEPRESSANTS, STIMULANTS, and HALLUCINOGENS. They are often grouped according to the effect they have on the central nervous system.

#### DEPRESSANTS

Slow down the central nervous system and the messages sent to and from the brain.

##### Legal Depressants

- Alcohol
- Analgesics (painkillers)
  - Codeine (Panadeine, Mersyndol)
  - Morphine (MS Contin, Roxanol)
  - Opiates (Oxycontin, Endone, Methadone)
- Benzodiazepines (minor tranquillisers)
  - Valium, Xanax, Rohypnol, Serapax
- Inhalants
  - glue, petrol, spray paint

##### Illegal Depressants

- cannabis
- marijuana
- hashish oil
- heroin

#### STIMULANTS

Speed up the central nervous system and messages going to and from the brain. Stimulants increase the heart rate, body temperature and blood pressure

Legal stimulants:

- tobacco
- caffeine
- Ritalin (used to treat ADD, ADHD and depression)
- weight loss pills
- some energy drinks
- Pseudoephedrine (found in some cough and cold medicine eg. Sudafed)

Illegal stimulants:

- Methamphetamine (MDMA) – Speed, Meth, Crank, Ecstasy
- Crystal Meth – Ice, Glass
- Cocaine

HALLUCINOGENS

People who have taken hallucinogens may see or hear things in a distorted way. Senses become confused especially around sounds and colour.

Illegal Hallucinogens:

- LSD
- magic mushrooms

## 2. VOCABULARY

### 2.1 Match the words to the meaning

stimulant	sudden uncontrollable fear
panic	drug which is breathed in
relieve	something that excites
depressant	transmits signals between different parts of the body
hallucinogen	drug which calms
nervous system	change of the original
distorted	drug that makes you see, hear or feel things which are not real

**2.2** Now find the meaning of each word in your own language.

<i>ENGLISH</i>	<i>YOUR LANGUAGE</i>
inhalant	
stimulant	
panic	
relieve	
depressant	
hallucinogen	
nervous system	
distorted	

### **3. SYMPTOMS**

#### **HOW CAN I TELL IF MY CHILD IS USING DRUGS?**

**Match definition with warning sign**

<b>WARNING SIGNS</b>	<b>DEFINITIONS</b>
not going home to bed at night	extreme mood swings
stealing from home	staying out all night
new groups of friends all the time	drop in school marks
breaking the law	trouble at school
behaving badly at school	sudden and frequent changes in friends
asking for money unexpectedly	trouble with police
sometimes eating a lot less or a lot more than usual	lethargic
feeling very happy then very sad	having lots of money
school work getting worse	valuable items missing from home
feeling tired and slow	unexplained need for money
having a lot of cash to spend	changes to eating patterns

( Note: All these changes might just be part of growing up. Adolescence is a time of change)

### **5. WHAT SHOULD I DO IF I FIND MY CHILD IS USING DRUGS?**

**4.1 Tick yes if the advice is good. Tick no if the advice is bad.**

- |    |                                     |         |
|----|-------------------------------------|---------|
| 1. | Panic                               | yes /no |
| 2. | Get the facts                       | yes /no |
| 3. | Act as if you don't care.           | yes /no |
| 4. | Talk to your child when he is drunk | yes /no |
| 5. | Ignore the problem                  | yes /no |
| 6. | Blame yourself or your partner      | yes /no |

*\*Write correct version of the false ones*

.....  
.....  
.....  
.....  
.....  
.....

**4.2 Talking to the Health Worker**

**Listening 1:** Write the dialogue number next to the reason for abusing drugs.

1. To relieve pain
2. To relieve boredom
3. To relax and relieve stress
4. To escape from problems
5. To remove personal responsibility
6. To give energy

**Dialogues**

**Listening 2:** Listen again and fill in the gaps.

**a. Health worker:** Why did you take the ecstasy that night?

**Teenager:** So I could enjoy the party.

**Health Worker** Did you enjoy it more?

**Teenager:** Yes I didn't feel.... **1**.....

**b. Health worker:** Why did you.....**2**.....marijuana that night?

**Teenager:** I was so.....**3**.....

**Health worker:** Why were you upset?

**Teenager:** I was .....**4**..... about breaking up with my girlfriend.

**c. Health worker:** Why do you get....**5**....so often?

**Teenager:** Then no one.....**6**..... me to do boring sensible things.

**Health worker:** Like what?

**Teenager:** Like looking after my little sister

**d. Health worker:** Why are you smoking so much...7...?

**Teenager:** Nothing else to do.

**Health worker:** What do you mean?

**Teenager:** I 'm.....8... ..

**e. Health worker:** Why are you smoking marijuana all the time?

**Teenager:** If I don't I feel so stressed.

**Health worker:** Stressed? What are you stressed about?

**Teenager:** My.....9.....

**f. Health worker:** Why do you smoke dope?

**Teenager:** It takes away the...10... ..?

**Health worker:** What pain?

**Teenager:** My...11... ..aches.

## 5. LOOKING AFTER YOUR CHILD'S HEALTH

**Match the sayings to the appropriate strategy.**

Show the teenager a good way to behave.	"I'm going to look up on the internet about cannabis."
Be informed about drugs.	"You could join the soccer team this season."
Set clear rules.	"You have to be in by 8.00 pm every week night."
Get to know your child's friends and their parents.	"If I feel upset I go for a swim or talk to a friend."
Look for alternatives to drug use.	"Let's go out and have something to eat out so you can tell me what's been happening."
Set up opportunities for talking.	"Do you want to invite your girlfriend and her parents over for a meal at the weekend?"

## ANSWERS

### Section 5: Looking after your Child's Health

1.d

2.a

3.c

4.f

5.b

6.e



## 6. FIND OUT MORE

Alcohol and Drug Information Service (ADIS)

**(02) 9361 8000**

**Toll free: 1800 422 599**

Drug Information

**[www.health.nsw.gov.au](http://www.health.nsw.gov.au)**

***To speak in your language call a telephone interpreter on 131 450 (the cost of a local call)***

# Talking Good Health Series

## TOPIC 8: SAFE USE OF MEDICINES



### 1. DEFINITION

Safe use of medicines means choosing the best treatment for your condition, selecting the best medicine (if medicine is necessary) and using it safely and effectively. The term **'medicine'** includes prescription, non-prescription and complementary medicines.

### 2. VOCABULARY

#### 2.1 Match the words to the meanings

herbal remedies	instructions on how to take the medicine
side effects	these are necessary for normal growth and development
ingredient	medicine using plants
prescription	taking too much medicine
vitamins	a substance that forms part of a mixture
overdose	unwanted symptoms
dose	quantity

## 2.2 Now find the meaning of each word in your own language.

<i>ENGLISH</i>	<i>YOUR LANGUAGE</i>
herbal remedies	
side effects	
ingredient	
prescription	
vitamins	
overdose	
dose	

## 3. SAFE USE OF MEDICINES

### 3.1 Match the things the doctor says to help you take medicine safely

“Do not drink alcohol while you are taking the tablets.”	Failing to take the dose correctly – for example, at the right time of day or with food or drinks.
“Never take medication after the ‘use – by - date’ on the packet.”	Overdosing.
“Are you taking any other medications at the moment?”	Allergies to chemical components of the medicine.
“Do you know if you are allergic to any medicines?”	Mixing the medicine with alcohol or certain foods.
“Make sure you take the tablets at the right time of day.”	Taking other medicines.
“Do not take your husband’s medication even if he seems to have the same symptoms.”	Taking medicines stored at home but no longer prescribed.
“Do not take any more of the tablets than it says on the label even if you feel very unwell.”	Taking a medicine that was prescribed for someone else.

***Always be guided by your doctor. It may not be a good idea to take certain medicines if you are:***

- a heavy drinker
- pregnant
- breastfeeding or trying to get pregnant
- very young or very old
- have a stomach problem
- have kidney, liver or cardiac (heart and blood vessel) disease

### 3.2 Match what the doctor asks you to find out if the medicine is suitable for you

"Do you have any stomach problems?"	...to find out if you are a heavy drinker
"Are you over 65?"	... ..to find out if you are pregnant
"Are you breast feeding at the moment?"	.. ..to find out if you are breastfeeding or trying to conceive
"Have you ever had problems with your heart kidney or liver?"	.. ..to find out if you are very young or elderly
"How much do you drink?"	.. ..to find out if you have a stomach condition
"Are you expecting a baby?"	... ..to find out if you have kidney, liver or cardiac (heart and blood vessel) disease

### 3.3 Talking to the Doctor



#### Listening 1:

These are questions you can ask your Doctor about the medicine he/she may have prescribed followed by possible answers your Doctor may give.

**Write the dialogue number next to what the patient wants to know.**

1. Patient wants to know how often to take the tablets.
2. Patient wants to know when to stop taking the tablets.
3. Patient wants to know if he /she should stop eating certain foods.
4. Patient wants to know if there are side effects.
5. Patient wants to know what to do if he/she forgets to take a tablet.
6. Patient wants to know if he/she can continue to take other medication while on the new treatment.
7. Patient wants to know when he/she will feel better.
8. Patient wants to know if the medicine will make her/him feel sleepy.
9. Patient wants to know how the medicine works.

## Dialogues

**Listening 2:** Listen again and fill in the gaps.

**a. Patient:** How does this medicine work?

**Doctor:** It's a..... **1** .....killer.

**b. Patient:** How often should I take these tablets?

**Doctor:** Take one every. **2.** .....hours.

**c. Patient:** How long do I keep taking them for?

**Doctor:** Until there are..... **3** ....left.

**d. Patient:** Will I ... **4** ....sleepy?

**Doctor:** You may do.

**f. Patient:** Is there anything I should not eat or drink?

**Doctor:** Yes don't drink....**5** .....while taking the tablets.

**g. Patient:** Are there any side effects?

**Doctor:** You may feel a little... **6**.....

**h. Patient:** What happens if I miss a dose?

**Doctor:** Just take the next one as soon as you....**7**.....

**i. Patient:** Can I continue to take my iron tablets while I am on this course of pills?

**Doctor:** Do not take any ..... **8** .....while you are taking these tablets.

**j. Patient:** How long will it take until I feel better?

**Doctor:** You will... **9**..... a difference straight away.

## **4. LOOKING AFTER YOUR HEALTH**

**Circle the correct word in italics**

1. *Remember/forget* it's a medicine with risks and benefits.
2. *Never/Always* follow instructions.
3. *Know/ignore* the active ingredient.
4. Keep medicine out *of/within* reach of children.
5. Store in a *cool dry/hot humid* place unless advised differently.
6. *Get rid of/keep* unwanted medicines regularly and safely.

## ALWAYS REMEMBER

**Medicine may not be the best option in the first place for every condition. Changing diet and exercising more may be better options.**

## **ANSWERS**

### **Section 4. Looking after your health**

1. Remember it's a medicine with risks and benefits.
2. Always follow instructions.
3. Know the active ingredient.
4. Keep medicine out of reach of children.
5. Store in a cool dry place unless advised differently.
6. Get rid of unwanted medicines regularly and safely.

## **5. FIND OUT MORE**

National Prescribing Service

<http://www.nps.org.au>

Better Health

<http://www.betterhealth.vic.gov.au>

Health Insight

<http://www.healthinsite.gov.au>

Multicultural Health Communication Service

<http://www.mhcs.health.nsw.gov.au>

Health Direct Australia

[1800 022 222](tel:1800022222)