



Literacy Volunteers-Marquette County together with Wisconsin Literacy, Inc provides information and a “Staying Healthy” curriculum for residents of Marquette County. LV-MC works with the Marquette County Health Department to get the information out to the public.

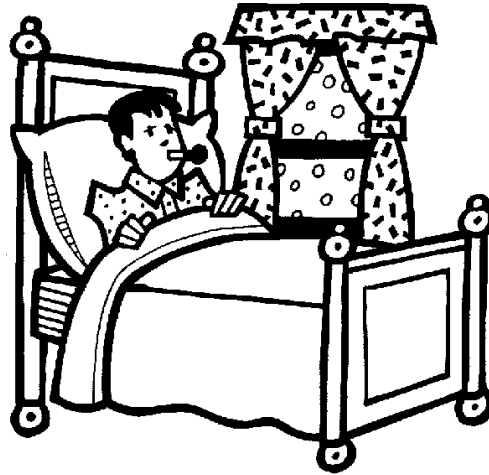
The curriculum is geared toward helping adults understand how the health care system works, when to use it, and how to understand and communicate with doctors and other health care professionals.

Being able to fill out **health history forms** and learning **vocabulary used to describe symptoms**, as well as common words and phrases used by doctors, are important parts of health literacy.

Everyone needs **to know how to read medicine labels**, how to take and measure medicine, and how to read and understand side effects and warning labels.

Understanding insurance forms and locating health services is also important to all individuals.

Patients should be involved in their own healthcare. They have better outcomes—better health—less expense.



3 simple questions to help get healthcare answers and avoid embarrassment:

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

Question 1 is what doctors call the **diagnosis**. Question 2 is the **treatment**. Question 3 is further explanation of why the treatment is needed.

Plain Language Medical Terms

abrasion—a scrape or scratch
ailment—sickness or illness
asphyxiate—choke
bacteria—germs
benign—not harmful
biopsy—to remove tissue from the body
carcinogen—causes cancer
cardiologist—heart doctor
cerebral hemorrhage—stroke
coagulate—blood clots or stops flowing
congenital—born with
coronary thrombosis—heart attack
deficiency—not enough of something
detrimental—harmful
diagnose—find out
dilute—add liquid
discontinue—stop
eliminate—get rid of
embolism—blood clot
equilibrium—balance
exacerbate—make worse
exhale—breathe out inhale—breathe in
expectorate—cough up, spit out
fatigue—tiredness
fracture—break
frequently—often, a lot
glucose—sugar
gynecologist—women’s health doctor
hypertension—high blood pressure
hypotension—low blood pressure
incapacitate—make unable to do
incision—a cut, a slit
intake—what you eat or drink
internist—doctor





When to call the doctor or clinic for your child:

- Your child has trouble breathing
- Bleeding that will not stop
- Any injury that you think may lead to your child's death
- Blood in your child's pee or bowel movement
- Coughing up or throwing up blood
- Diarrhea and no pee for 6 hours
- The soft spot on your baby's head is bulging or sunken
- Pain in the ear or liquid, pus or blood coming out of your child's ear
- Your child has a hard time swallowing or won't eat
- Your child has both a fever and a stiff neck

- Child 2 months old or younger has a fever of 100.2 degrees F
- Child 2 to 6 months old has a fever of 101 degrees F
- Child between 6 months and 2 years old has a fever of 103 degrees F

What you need to know about medicine:

- How much to take
- What days to take it
- What time(s) of day to take it
- Special instructions, such as—do not drink alcoholic drinks when taking the medicine--or shake it well and keep in refrigerator—or it may make you drowsy so do not drive or operate machinery when taking the medicine.



Health Literacy Facts

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