

The Arc of the Triangle wants everyone to be happy and healthy. This is a guide to share healthy habits that lead to more active happier lives.

1. Drink plenty of water

Water keeps the inside of your body clean and working properly.

Everyone needs different amounts of water but the average is 6-8 glasses of water a day.

You will know if you are getting enough water if when you go to the bathroom your urine is clear – if it's yellow or brown you need more water!

- Water helps with weight loss
- Helps get toxins out of your body
- Makes your skin look nice
- Helps with digestion and you go to the bathroom more regularly
- You can fight off colds and other illnesses easier
- Water may help relieve headaches (when caused by dehydration)
- You feel good !

During the summer when it's hot or when exercising you may need to drink more water than you usually do.

How can you build more water consumption into your day? Try these tips:

- Carry a sports bottle with you and fill it up periodically.
- Keep a glass next to your bed. Many of us wake up dehydrated first thing in the morning.
- Switch one glass of soda or cup of coffee for a glass of water.
- Drink small amounts of water throughout the day. Six glasses all at once isn't good for you!



2. Exercise

We all hear exercise is good for you but what does that mean?

- Increases energy and good muscle strength
- It will help you control weight
- Raises good cholesterol and lowers bad cholesterol
- Keeps blood pressure down
- You sleep better
- It can be fun and you can do it with friends



Exercise can include; a long walk, chair aerobics, yoga, Zumba, swimming or yardwork. As long as you are moving and stretching your body regularly you will be healthier !

You can exercise at home, in your neighborhood, your local community centers or gym.

So when you are feeling board and not sure what to do – grab a friend and get active! It's a great way to meet people and make new friends!

3. Get enough sleep

Good sleep is a key part of a healthy lifestyle, and is good for your heart, weight and mind.

When you get enough good sleep :

- your memory works better
- sleep is good for your heart and may lower cholesterol and improve blood pressure
- your body rests and has time to heal itself and stay healthy
- you have more energy
- you can pay attention to a task longer
- reduces stress



What is a good night sleep?

- Go to bed 8 hours before you need to get up the next day
- If you wake up in the middle of the night but go right back to sleep that is ok.
- Turn off the TV, phone or the computer 30 minutes before you go to bed

When you are not getting enough sleep and you always feel tired you may want to talk with your doctor.

- If you wake up several times a night
- If you always feel tired
- If you cannot concentrate at school or work
- If you are going to the bathroom a lot at night
- If you snore so loud your family or roommates complain

4. Mental Health

Mental health is just as important as your physical health but sometimes we are afraid to talk about how we feel. It is time to take responsibility and get check-ups for our emotional well-being. If you:

Experience withdrawal *Notice a personality change*
Feel agitated *Have poor self-care* *Feel hopeless*

Talk to your family, doctor or someone at The Arc.

You can also contact National Alliance on Mental Illness [NAMI].

Text 24 hours a day 741741 or call the helpline 800-950-6264

<http://www.naminc.org>

5. Health Screenings, Exams and Vaccinations

Although most screening recommendations are based on age and gender, ask your doctor and follow their recommendations.

The below information below is a reminder for you and your family so you can stay as healthy as possible.

Everyone should see their primary care doctor every year even if they are feeling good.

When you are getting ready to go to the doctor, think about how you feel and how you can describe how you feel. Talk to your family or your support professional so you can feel confident talking to the doctor yourself.

Things you might describe:

- *I'm tired*
- *My teeth hurt when I drink cold liquids*
- *I get headaches every morning*
- *I cannot sleep at night*
- *I have a pain in my knee*
- *I get out of breath when I walk*

Don't leave anything out, even if you think it won't matter. Your doctor will use all the information you provide to give you the best possible care.



Follow your doctor's recommendations and don't be afraid to ask questions – this is your body and you should understand the tests, medicines and treatments.

6. Recommended Health Vaccines

Children 3-6 years

- DTaP – diphtheria, tetanus & whooping cough
- MMR – measles, mumps and rubella
- IPV – polio vaccine
- Varicella – chickenpox

Children 7-18 years

- HPV – Human papillomavirus
- Tdap - Tetanus
- Meningococcal conjugate vaccine

Adults

If vaccines were missed as a child check the CDC website for the appropriate make-up age or booster recommendations based on profession or health conditions

www.cdc.gov
1-800-CDC-INFO

7. Be prepared for flu season and other Health Emergencies

We must protect ourselves from the transmission of the flu and other viruses.

- If you are sick, stay home.
- Starting at 6 months of age everyone should get a flu shot each year.
- Sneeze or cough into your elbow.
- Consistently wash your hands (for 30 seconds) or use hand sanitizer.
- If government officials recommend more extreme practices and you must be out in public, use Personal Protective Equipment (PPE) like face coverings. Social distance yourself from others when you can.

8. Don't forget the Dentist

Your teeth are important and if we don't take care of them it can cause pain or they may need to come out.

Brush your teeth at least twice a day. Make sure you reach all the way in the back and brush all surfaces.

GENERAL REMINDERS

Everyone should be seen by their primary care physician at least annually and their dentist every 6 months to a year.

Women's recommended health screenings for 18 -39 years

- Breast self-exam - monthly
- Pelvic and PAP smear; starting at age 21 and every three years after
- Vision every 2 years
- Blood pressure every at each visit
- Cholesterol - ask your doctor

Women's recommended health screenings 40- 64 years

- Breast self-exam - monthly
- First mammogram at 40 then follow your doctors recommendations
- Vision every 2-4 years (every year if you have diabetes)
- Blood pressure yearly
- Cholesterol every 5 years – more frequently if needed
- Diabetes screening every 3 years after age 44
- Colon cancer screening starting at age 50
- First bone density screening at age 50

Women's recommended health screening at 65 and older

- Continue following your doctors recommendations for other screenings
- Your first osteoporosis screening is due

Men's recommended health screening 18-39 years

- Vision every 2 years
- Blood pressure
- Cholesterol every 5 years – more frequently if needed

Men's recommended health screenings 40-64 years

- First mammogram at 40 then follow your doctors recommendations
- Vision every 2-4 years; every year if you have diabetes
- Blood pressure yearly
- Cholesterol every 5 years – more frequently if needed
- Diabetes screening every 3 years after age 45
- Colon cancer screening starting at age 50
- Your first osteoporosis screening is due 50-70

Men's screening at 65 and older

- If you have smoked you should have an ultrasound for aortic aneurysms
- Until age 75 have a fecal occult blood test each year or A sigmoidoscopy or colonoscopy every 10 years



How to talk to your doctor

If you do not understand what they are talking about, make sure you ask for a better explanation.

- Did the problem start with a fall or injury?
- Where it hurts or where the problem is.
- When did it start or when did you notice it.
- Are there any “triggers”
 - I feel pain when:
 - I go to the bathroom*
 - I drink milk*
 - I eat a certain food*
- Don't be embarrassed to talk about your bowel movements or urination:
 - I have diarrhea*
 - It burns when I pee*

Words to use

PAIN:

Throbbing Shooting Achy Sharp Dull Pressure

SKIN:

Red Itchy Burns Lump Mole

VISION:

Blurry Hard to see at night I see black spots Lights are too bright

STOMACH:

Gurgles Burning in my chest Nauseous Queasy

ALLERGIES:

Pressure behind my eyes Pressure around my nose

FEELINGS:

I feel stressed. I feel worried. I feel sad/mad. I feel lonely. I see things. I hear things.

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Tracking my own health care

Keep the paperwork that your doctor or dentist gives you. Keep it all in one place like a draw or a folder. This will help you remember what your doctor said, recommended and when you need to go again.

Write down your next appointments on a wall calendar or in your cell phone, whichever is easiest for you to remember to check.

MY DOCTOR LIST:

Primary Care Doctor: _____

Phone number: _____

Dentist: _____

Phone number: _____

Gynecologist: _____

Phone number: _____

Eye doctor/Optomtrist: _____

Phone number: _____

Specialist: _____

Phone number: _____

Specialist: _____

Phone number: _____

EMERGENCY NUMBERS:

Police: 911

Poison Control:

800- 222-1222

CRISIS NUMBERS:

Suicide Helpline:

800-273-8255

Alliance BHC 24/7:

800-510-9132

Cardinal Innovations 24/7:

800-939-5911

Medications, Vitamins & Supplements

Keep track of your medications and vitamins so if a doctor asks what you are taking you can tell them.

MEDICATIONS PRESCRIBED BY A DOCTOR:

OVER THE COUNTER MEDICATIONS (Tylenol, Claritin):

VITAMINS & SUPPLEMENTS (Vitamin C, Fish Oil)
