

THE PINOY PEOPLE'S POWER HEALTH MANUAL

Written & Produced by Kaylor Garcia

To the readers,

Staying healthy is a challenge faced by all people in the world today, but this task is especially difficult when resources are unavailable and where there are great disparities. The Philippines has had a remarkable history with its development of culture at an indigenous level, then 200 years of colonization under Spain, subsequent occupation by the United States, and dealing with various corrupt leaders from Ferdinand Marcos to Joseph Estrada. Through all these struggles, Filipinos have shown a great resiliency and a fighting spirit.

The health challenges now facing Filipinos have stemmed from its past, though the situation is less dire than it was 50 years ago. Even with this improvement, it is still a long uphill battle. The estimated national per capita income in 2006 was \$3,430 with only 3.3% of it being spent on health. Because of past experiences of government corruption, Filipinos tend to not trust the public health system. Indeed, a number of disparities exist between the affluent and the rest of the country. Something that will help the Philippines is the work being done by groups like the World Health Organization and the United Nations who are pushing forth programs like the Millenium Development Goals.

This health manual was written to help the average Filipino learn about some of the health conditions he/she is susceptible to and basic information about different types of care.

The manual is divided into three sections, each with two health issues in each one. Within each health condition is a description of the issue with three pages focusing on the three levels of care: primary, secondary, and tertiary. Depending on what level a family or individual is facing, they can go directly to that page for information. It is my hope that with the power of knowledge and the push for community advocacy, Filipinos can lead healthier lives.

Sincerely,

Kaylor Garcia

Kaylor Garcia
Manual Writer



TABLE OF CONTENTS

Infectious Diseases

Focus I: Tuberculosis p. 3–8

Focus II: Dengue Fever p. 9–14

Women & Children

Focus I: Maternal Care & Healthy Births p. 15–20

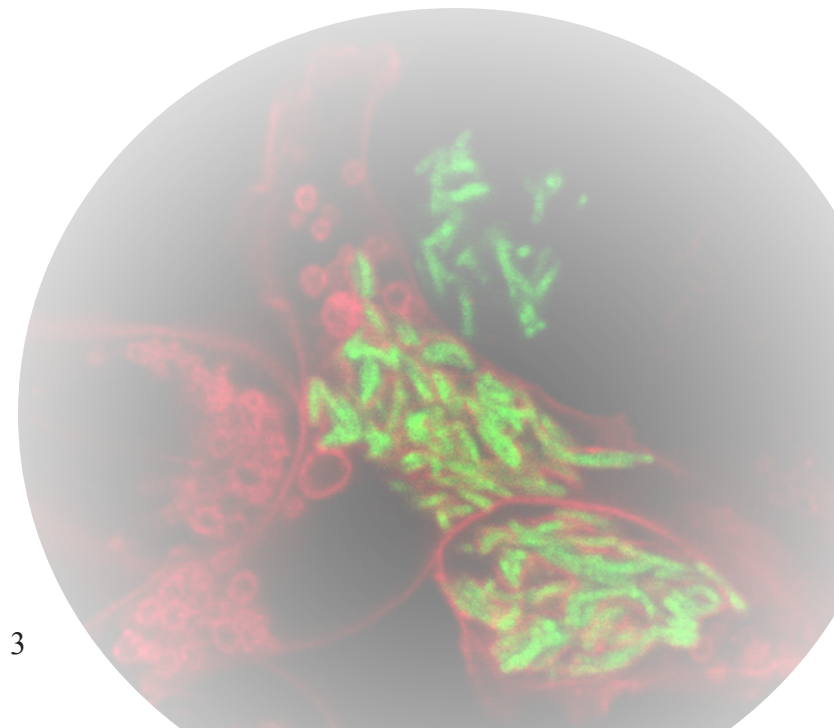
Focus II: Nutrition for Kids p. 21–26

Lifestyle Factors

Focus I: Smoking p. 27–32

Focus II: Accidents & Injuries p. 33–38

INFECTIOUS DISEASE I: **TUBERCULOSIS**



What is tuberculosis?



TB Symptoms

Pulmonary (respiratory):

- Cough lasting longer than 3 weeks
- Chest pain
- Coughing blood

Systemic signs:

- Fever
- Night sweats
- Loss of appetite
- Easy fatigability

Spinal:

- Back pain

Kidneys:

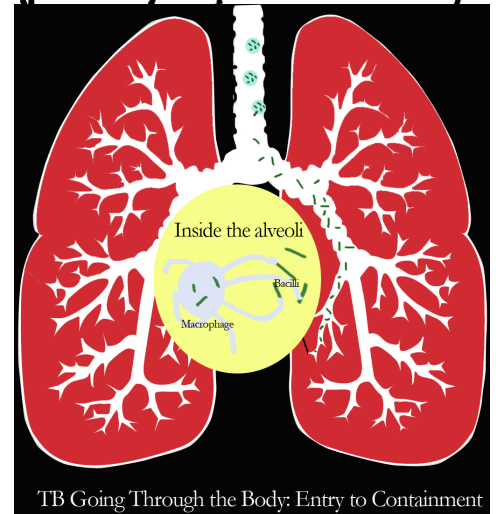
- blood in urine

Basic Information

Infectious

diseases are those sicknesses that are spread through germs and typically not caused by lifestyle habits (i.e. eating, smoking, etc.). Tuberculosis, more commonly known as TB, is caused by **bacteria**. Bacteria are small living creatures. They can be helpful if they are in the right place, but, like in the case of tuberculosis bacteria, they can be harmful inside the body. Typically tuberculosis is a **respiratory** illness, meaning it affects the organs related to breathing such as the lungs.

TB can be either **latent** or **active**. Latent TB is the quieter and more suppressed version of the disease. Typically, the body's **immune system** (the body's defense system against illness) has put the bacteria under control so that they are not affecting the body. Active TB is the dangerous version of the disease. It is called active because it is attacking the body's systems. Active TB also causes more of the symptoms, which usually leads to higher transmission rates between people.



TB Going Through the Body: Entry to Containment

Spread of TB

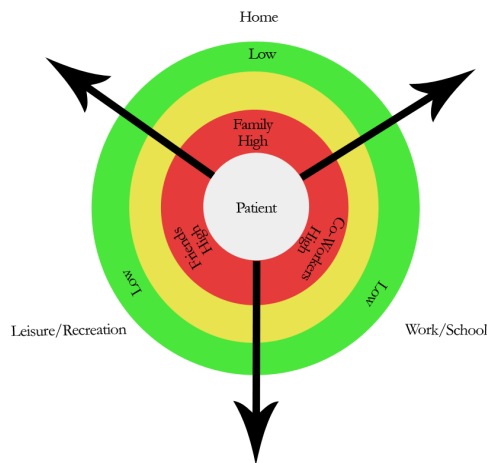
As mentioned earlier, TB primarily attacks the respiratory system. A person who is infected with respiratory TB that has not been controlled by

Did You Know?

Men tend to be the most affected by TB and have higher infection rates

drugs will be coughing a lot. In every cough, a person ejects hundreds, if not thousands of tiny droplets that many times cannot even be seen by the naked eye. Each droplet is carrying the even tinier bacteria that cause tuberculosis. Those near a coughing infected person inhale the droplets that are now in the air. This introduces the bacteria into the body and the new person is now most likely infected with TB. The droplets carrying the TB bacteria travel through the respiratory channels and reaches the **alveoli** (little sacs in the lung used to hold air during breathing). Typically the body will recognize the invaders and will send **macrophages** (white blood cells, part of the immune system). The macrophages attack the bacteria and contain them. In this phase, if the immune system is strong, the body is able to kill off most of the bacteria and the rest are contained within the macrophages (latent TB). If the macrophages die, then the bacteria spread and is continuously attacking the body (active TB).

Circle of TB Transmission

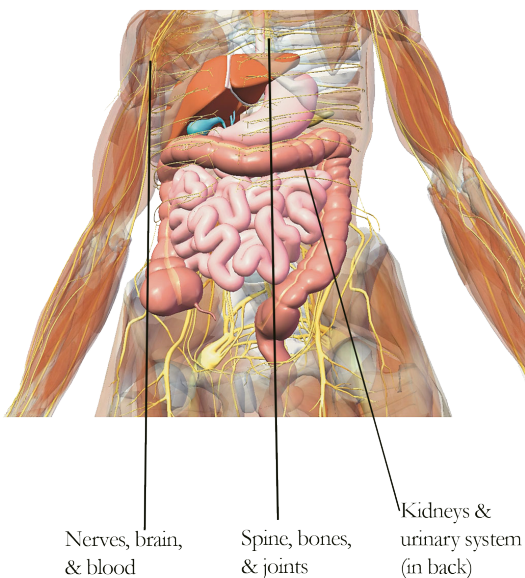


At Risk

There are several risk factors that affect whether TB will develop into the latent or active version. The biggest indicator of if the disease will become active or not, is the strength of a person's immune system. HIV/AIDS is especially devastating because the white blood cells are lowered and therefore do not have the numbers to fight off the infection. Other diseases include previous TB exposure (TB can infect other parts of the body). Blood diseases, head and neck cancers, and diseases like diabetes also impact the immune system.

Where else can TB go?

So we know TB can affect the lungs, but that is not the only place it can go. Below are other places in the body that TB can infect.



LEADING CAUSES OF MORBIDITY	TOTAL
1. ALRI and Pneumonia	670 231
2. Acute Watery Diarrhea	572 259
3. Bronchitis/Bronciolitis	537 100
4. Hypertension	404 141
5. Influenza	337 275
6. TB Respiratory	130 608
7. Diseases of the Heart	38 482
8. Acute Febrile Illness	25 400
9. Malaria	22 284
10. Dengue Fever	15 279
LEADING CAUSES OF MORTALITY	TOTAL
1. Heart Disease	70 861
2. Vascular System Diseases	51 680
3. Malignant Neoplasm	40 524
4. Accidents	34 483
5. Pneumonia	32 098
6. Tuberculosis, all forms	25 870
7. Ill-defined & unknown mortality causes	21 278
8. Chronic lower respiratory diseases	18 975
9. Diabetes Mellitus	16 552
10. Certain perinatal period originating conditions	13 180

TB: Primary Care [Prevention]

Preventing the spread of TB

Because TB is an airborne disease, meaning it spreads through the air, it is difficult to contain. This problem has stopped health officials from making primary prevention programs against TB. The current prevention methods are really only for those people who are near those who have recently been infected or those who have regular contact with infected people.

The main method of preventing TB is to get a **vaccination** against the disease. The TB vaccine, known as Bacille Calmette-Guérin (BCG), contains inactive TB bacteria, also known as **bacilli**. The inactive bacteria do not harm the body, but they send signals to the body to start building up the immune system against the disease. This method is usually given in countries where TB is widespread, but when someone is tested for TB, the present bacteria can cause a **false positive**, meaning it looks as though the person is infected. If a vaccinated person tests positive for TB, their results could be double-checked for accuracy by doing more complex tests. The difficulties of testing with the vaccine make it an unpopular prevention method in countries where there is minimal risk of getting TB.

Suggestions from clinical settings

Hospitals and other medical places where there is likely to be high exposure to TB bacilli because they see a lot of people infected with TB, have made some non-medicinal strategies for dealing with the disease. These places use air filters to clean out the air and draw out droplets containing TB bacilli. Also all health professionals wear face masks to keep from breathing in germs from their patients. While it is impractical to buy facial masks for all people and air filters are expensive, the concepts of a barrier and cleaning the air can be applied in everyday living. Studies show that even homemade face masks, such as bandanas over the nose and mouth are better than no protection at all. If you think someone in your house has TB, try to protect yourself by setting up a barrier by wearing a bandana around your nose and mouth.



TB: Secondary Care [Early Action]

Learning Early & Acting Quickly

If you or someone you know looks like they have symptoms similar to TB, *do not wait*. Remember, TB spreads through the air and cannot easily be contained, so the faster you know if you have TB, the more actions you can take to prevent it from spreading to those you love. If you have had contact with an infected person and you think you have TB, then you should avoid close contact with family and friends, particularly if you are coughing a lot. Coughing and sneezing are the most likely to expel droplets containing TB bacteria into the air, so cover your mouth and nose during these actions and isolate yourself until you get tested. TB testing is typically done through the skin. Chemicals sensitive to TB are swabbed onto the skin and if bacilli are present, the skin reacts. Blood tests can be done if there is concern about a false positive. Anybody who diagnosed with TB *must* follow their doctor's orders to prevent the condition from worsening and to control their symptoms to be less contagious to other people. The DOTS strategy being used worldwide emphasizes early testing and controlled medication treatments. Because of these initiatives, most, if not all, hospitals (public and private) should be well equipped to test for TB.



Accredited Clinics

There is a heavy concentration of accredited clinics in the Manila & Quezon City. Cebu and Iloilo have a handful of accredited clinics where other cities only have one accredited clinic.

TB Classification

0 No exposure, no infection

1 Exposure, no evident infection

2 TB infection, no disease symptoms

3 TB, clinically active

4 TB, not clinically active (latent)

5 TB suspected

TB Control in the Philippines

The Philippines has established a TB network that communicates its National TB Program. The Philippines is 4th in the world in the number of TB cases. The government is currently using the international standard DOTS strategy to help control the disease. Below are the five components of the DOTS strategy:

1. Microscope

This part of the DOTS strategy focuses on early detection of disease by making testing available and means of looking at the bacteria.

2. Medicines

Because TB is not easily prevented, strong treatment options are needed. Fortunately, there are capable drugs, but they need to be more available.

3. Monitoring

To help keep track of where the disease is and where it is going, the government needs better medical records to help reduce exposure and ensure good treatment.

4. Directly Observed Treatment

This portion of the program is tied to Medicines and Monitoring. Doctors ensure that patients are receiving the appropriate care and following the prescribed treatments properly.

5. Public Commitment

The government says it will try to maintain a level of service appropriate to care for this disease and the people affected.

TB: Tertiary Care [Treatment]

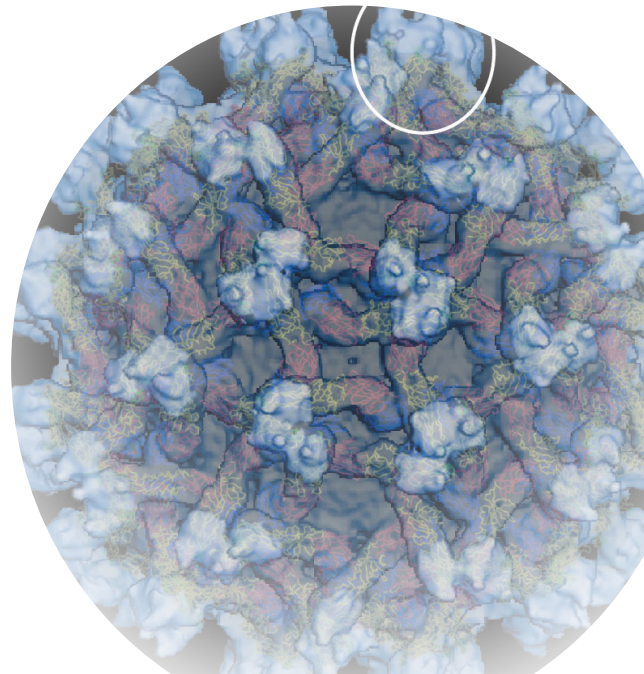
Medicines

Once a person has TB, it is important he/she goes see his/her doctor right away. This is because the main way to treat them is to give them medicines and the level of TB in a person plays a role in what kind of treatment he/she gets. **Isoniazid** is one type of medicine and is used by itself when treating latent TB. In many cases, where the strain is active, people need to use more than just one medicine. Sometimes isoniazid is also used to treat damage to the brain caused by TB. In more serious cases of TB, the doctor may give a combination of medicines to treat the illness. The drugs do more than just treat the symptoms of TB. When the drugs lower the amount of coughing of a sick person, they also lower the number of droplets with TB that get into the air. Because of this, the drugs keep other people from getting sick as a form of secondary prevention.

It is important to follow the doctor's instructions or else the infected person can go from having normal TB to **drug-resistant TB**, which means that the medicines will not be able to fight the illness. If a person's TB starts to turn into the drug-resistant form, chances of cure will be difficult. Drugs are the only way that TB can be stopped once a person gets it. Keeping the person away from others becomes even more important because aside from not being able to fight the bacteria, the drugs cannot limit coughing to stop the spread of droplets.



INFECTIOUS DISEASE II: **DENGUE FEVER**



What is Dengue Fever?

Basic Information

Dengue fever is a disease that is caused by a **virus**. Unlike germs or bacteria, a virus is not a living being. It has only **genes** (codes that gives the traits of a creature) and a protein shell, so it needs a **cell** (the smallest unit of life) to carry it and help it multiply and survive. If the body can defeat and/or contain a virus, it gets **immunity**, meaning that the person will not get sick from the same virus. A person becomes immune because the body recognizes the virus and then stops it from spreading. Getting immunity would be good news for dengue fever, but there are four types of dengue fever. Each type of dengue fever has a slightly different set of genes than the others, so a person can get infected with dengue fever up to four times in his/her lifetime.



How is Dengue Fever Spread?

Dengue fever is spread through a mosquito breed known as **aedes aegypti**, which is black and has white markings on its legs and markings in the form of a harp on its stomach. The person gets sick because when the mosquito bites him/her and draws blood, it leaves the virus behind. The virus then flows through the blood streams and is surrounded by the cells of the body that it can enter and multiply.

What are the Symptoms of Dengue Fever?

Many times, a person with dengue fever will start with a very bad headache and pains at the muscles and joints. As the name suggests, a person who has the illness will also have a fever that lasts about a week. Aside from these symptoms, a person will also get rashes and may have stomach problems like vomiting and diarrhea. A person's blood cell count can also decrease, leading to other sickness. Most likely, the worst effect of dengue fever is dengue shock syndrome, which leads to death.

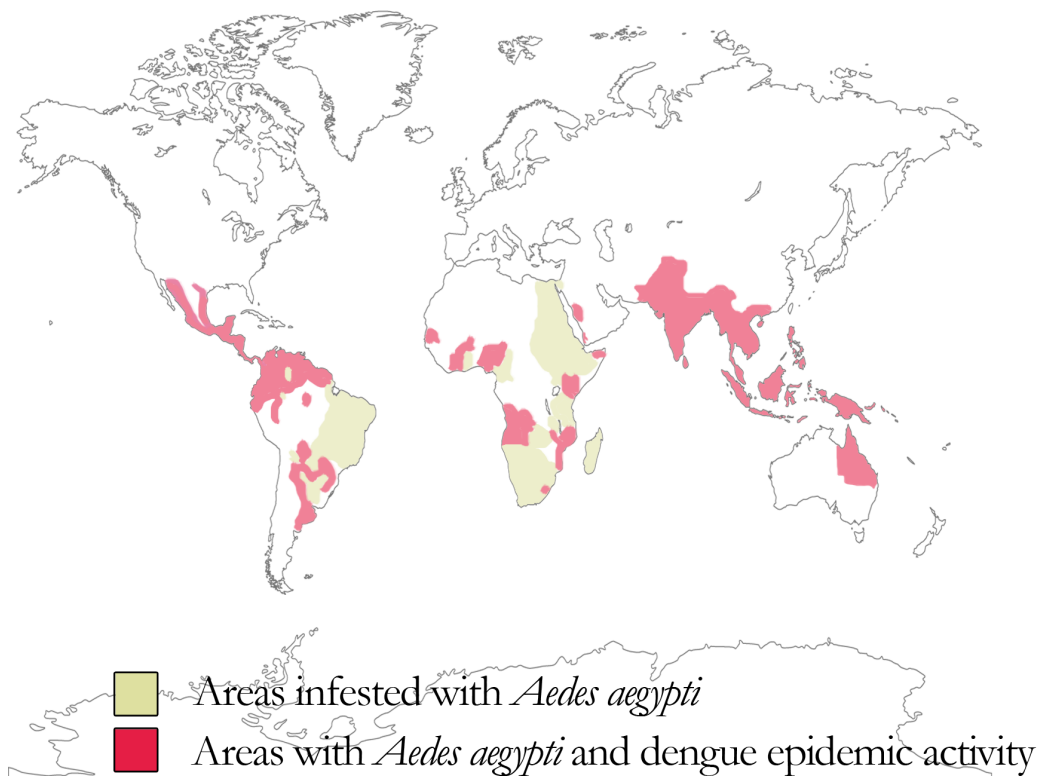
The Bigger Picture of Dengue Fever

Malaria, a disease that has caused death and brain damage all over the world, has been the top mosquito carried disease for many years. Lately, the rise in cases of dengue fever has challenged malaria for that top spot. The Philippines

LEADING CAUSES OF MORBIDITY	TOTAL
1. ALRI and Pneumonia	670 231
2. Acute Watery Diarrhea	572 259
3. Bronchitis/Bronciolitis	537 100
4. Hypertension	404 141
5. Influenza	337 275
6. TB Respiratory	130 608
7. Diseases of the Heart	38 482
8. Acute Febrile Illness	25 400
9. Malaria	22 284
10. Dengue Fever	15 279
LEADING CAUSES OF MORTALITY	TOTAL
1. Heart Disease	70 861
2. Vascular System Diseases	51 680
3. Malignant Neoplasm	40 524
4. Accidents	34 483
5. Diabetes	22 000

gets outbreaks of dengue fever every three to five years, and 2008 showed more cases of the disease than 2007. A few things have led to the rise in dengue fever cases in the Philippines and around the world. Movement has aided the rise of dengue fever. The rapid movement of people to slum areas in cities and then the use of air travel have allowed the mosquitoes to spread the disease more quickly. Another problem is that bodies of public health do not have enough structure to handle the disease. The other major problem is that the breeding of these bugs cannot be controlled.

World Distribution of Dengue- 2005



Did You Know?

The Philippines is not the only country that struggles with dengue fever. At least fourteen countries in Latin & Central America have over 100 cases of dengue fever for every 100,000 people.

Dengue Fever: Primary Care [Prevention]

Stopping Mosquitoes in their Tracks

Because dengue fever is spread through bugs and is not an airborne disease, it is much easier to prevent than something like TB. The good thing about the actions to stop dengue fever is that doing them also helps prevent other diseases like malaria that would be spread by mosquitoes.

Probably the easiest and fastest way to protect against dengue fever is using **insect repellent**, a liquid (usually in a spray bottle, but sometimes in a lotion) that keeps away bugs. The most common type uses a chemical known as DEET. DEET hides the smells or senses that come from human sweat and breath that would attract bugs. By doing this, the person wearing DEET is hidden from the bugs.

A method that builds on DEET, is used in Africa, and has been good at preventing malaria is the use of mosquito nets. These nets are usually hung over people's sleeping areas and are finely woven to help it act as a wall between bugs and the people. The mosquitoes that cause dengue fever tend to bite most in the night and dawn hours, so the nets guard people as they sleep. Most times these nets are specially treated with DEET as an extra way to drive away bugs.

The cheapest action to take to lower the chances of getting DEET is to stop the mosquitoes from **breeding**, or making babies, near you and your family. Mosquitoes like heat, which is why there are many of them in the Philippines. The females also lay their eggs in wet soil that is flooded with water. In most cases this is a standing pool of water. During the rainy season, or after any rain, it is important to get rid of pools of water near living areas. This can be done by emptying out containers that catch water or would catch water (buckets, garbage cans, etc.), draining water from your land, and sweeping or mopping up the water.

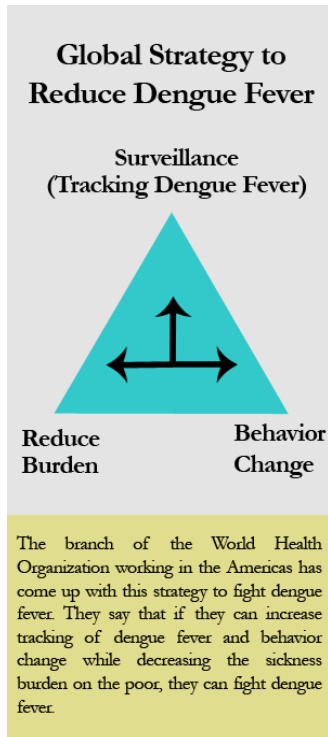


A Note about DEET

Even though DEET does protect against mosquitoes, in some cases, it can cause the skin to be irritated. Studies show that DEET should be washed off the skin before sleeping. People should also only use DEET on the skin and not eat it.



Dengue Fever: Secondary Care [Early Action]



Stopping Dengue Fever—The Global Plan

If someone thinks he/she has dengue fever, he/she needs to see a doctor to get tested. A doctor can help with early treatment and make the symptoms less hard on the body.

In past years, public health groups tried to stop dengue fever from spreading. The old programs focused on getting rid of the mosquitoes that cause dengue fever and for a while they were able to halt the disease. Their success ended up leading to their failure. Countries that wiped out the disease stopped caring, and not all countries had finished or tried to get rid of the bugs. As said before, dengue fever is making a comeback. When it started again, countries took a long time to respond, so the bugs became stronger. Now, the cost is high for getting rid of them, and people are closer together so mosquitoes can infect more people at a time.

To fight dengue fever now, it is necessary for even the regular person to take action to stop the spread of disease. Working with the community to convince those in power and non-profit groups to give people living conditions will go a long way to help solve the dengue fever problem. Below is a sample card or letter you can write to let your leaders know that people need better homes and ways to keep their property clean.

Dear Rep. _____,

As the leader and representative of this district, I think you should know about the dangers in our community. Dengue fever is a disease caused by mosquitos that has become a major concern for the World Health Organization. In Manila, there are many people living without shelter. The streets are not clean and during the rainy season bring in a lot of mosquitos. Because of this, people are more likely to get sick with diseases like dengue fever and malaria. You can help create proper sanitation procedures that would lower the sickness and death rates in this community, and I want to know what action you're taking to help us.

Sincerely,

It is important to stand up for your right to healthy living conditions. You can write a note like this to your representatives to advocate for that.

Housing Groups

In the government:

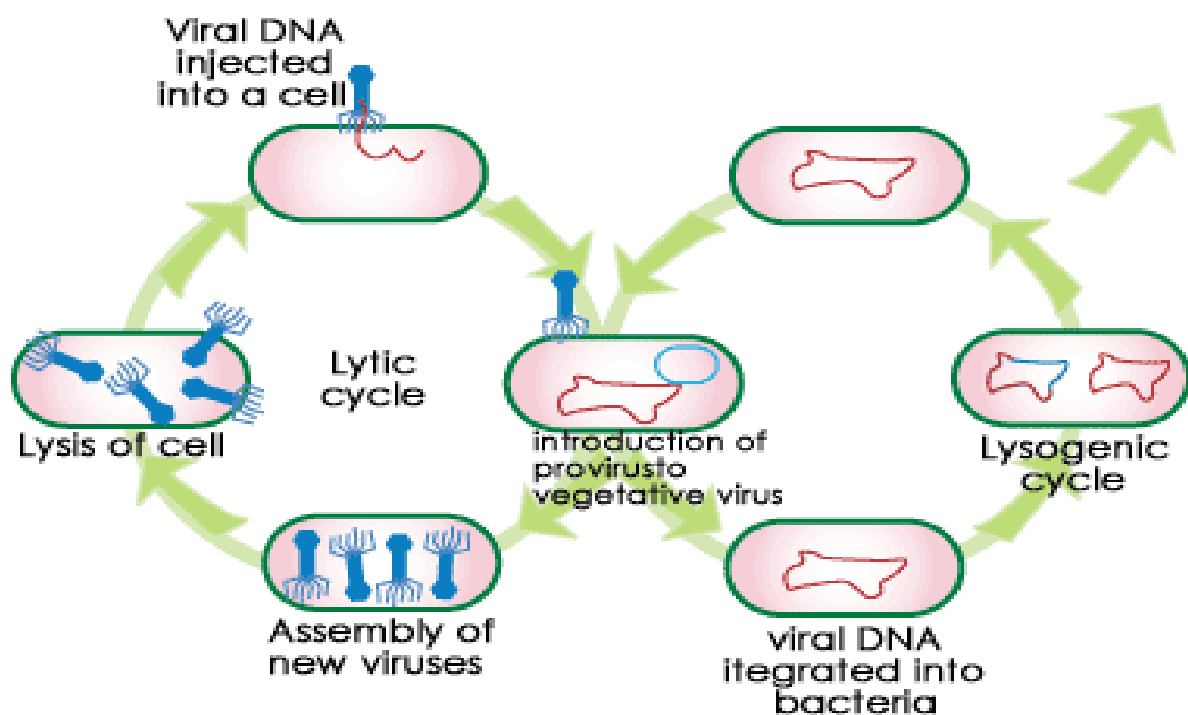
- Housing & Urban Development

Non-profits:

- Gawad Kalinga
- Habitat for Humanity Philippines
- Tanikalang Ginto
- Babilonia Wilner Foundation
- Balay
- Health Action Information Center
- UP Employees Housing Cooperative

Dengue Fever: Tertiary Care [Treatment]

Lytic and lysogenic cycle



Treating Dengue Fever

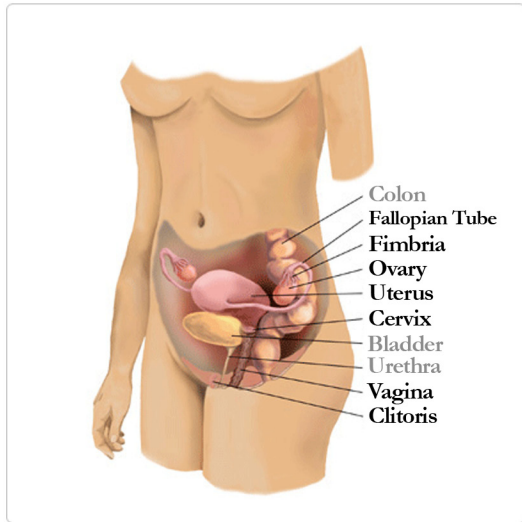
Right now, there is no cure for dengue fever. Doctors and scientists have not found a drug that matches dengue fever that can stop the virus. For the most part, the symptoms can be treated so that the pain is less. The lack of a drug treatment means that tertiary care does not play a large role in the disease and people should try and use primary and secondary care as much as they can.

WOMEN & CHILDREN I: **PREGNANCY**



Being Healthy Women

Female Reproductive System & Nearby Organs



Women's Organs Explained

- **Ovary:** organ where eggs are made, most women have 2
- **Fimbria:** tissue that connects ovary to fallopian tube
- **Fallopian tubes:** two tubes, each one connects the uterus to an ovary and carries eggs from the ovary to the uterus
- **Uterus:** also known as the womb, where a baby is housed when it is growing in the mother
- **Cervix:** lower part of uterus, known as the neck, connects main part to vagina; during labor, doctor will check to see how much it is open to see if baby can pass through
- **Vagina:** muscle canal that leads from cervix to opening on outside of body; where male penis enters during sex to bring in sperm, also where baby passes through during labor
- **Clitoris:** small area on vagina that has many nerve endings, gives good feelings during sex

Inside a Woman's Body

A woman's health is very tied to her ability to produce life. There are four periods a woman goes through in her lifetime: **pre-pubescence** (the time before her first period, her growth as a child), the age of **menses** (the time when a woman is getting her period), and **menopause** (mostly in old age, the end of her fertility).

The first few years after menses begins, the young woman is still growing into her full reproductive organs. Even though she is still growing, a woman can get pregnant if she has started menses. Before every period an egg is released into the womb (known as the **uterus**). If the egg is not fertilized to become a baby, it dies and is cleaned out of the womb. This cleaning process is what makes the period happen. The average cycle for the process is about 28 days, but for some women it is a few days shorter and others it is a few days longer. Whether she has a long or short cycle, a woman gets her period about once a month. Gaps and skips in periods can mean several things. If a woman is still in her teens or very early twenties, she could still be growing. If she is past forty or fifty, she may be starting menopause. If she is sexually active and used to have a steady period, she may be pregnant. Gaps and skips can also be a sign of a health problem, just like having a period that goes for too long.

Every woman is born with only a certain amount of eggs in her body. When these run out, menopause begins, which is the time after a woman is fully grown, but she can no longer get pregnant because she has no more eggs to fertilize. Some women feel bad symptoms like hot flashes (feeling too hot) and mood swings. If they are very severe, some women will treat these symptoms with **hormone replacement therapy**, which means a woman gets manmade hormones that are like those she had before getting menopause. While helpful, the treatment has been linked to problems like cancer.

Talking about Sex

Sex is supposed to be a sign of mutual love and giving between two people. It is supposed to build the bonds between two people, mainly those that are needed to make a family. Many times, sex is misused for selfish reasons, which leads to a lot of hurts. The lack of care in sex has also led to problems like pregnancies that are not wanted or structures that are not stable. Most Filipinos are either Catholic or Islam, and even those that do not fall into those two fall into a group that prizes sex and teaches **abstinence** (avoiding

sex until married).

Most times, if a woman has sex, sperm is brought into the body. Sometimes, if the timing is correct, the sperm meets the egg and **fertilizes** it by entering the egg. When this happens, the woman is **pregnant** and from that point on, all her health actions will decide the health of the couple's baby. Some women and men block sperm and eggs from meeting by using **contraceptives** (either a cover of some kind—like a condom—or a chemical—as in a pill—that stops eggs from coming until a certain time). If the people having sex are not faithful to each other (meaning they also sleep with other people) or if they have had sex with others in the past, there is the chance of getting a disease or infection. Some contraceptives prevent the spread of disease, but most do not, especially the pill ones.



Week 4: Three Layers

Outer: skin, nerves, hair
Middle: muscles, blood vessels, sex organs
Inner: body's core organs



Week 6: Early Growth

Heartbeat starts
Still easily affected by drugs and other chemicals



Week 12: More Stable

Is able to move on its own
More stable and likely to survive to birth



Week 20: Features Grow

Moving more in 2nd trimester
Brain & nerves working
Can find out baby's sex



Week 24: Listen Up

Babies respond more to sounds—either by moving around or kissing



Week 28: Survivor

Baby can live if born prematurely
Ask doctor about preterm birth and sign up for birthing classes



Week 32: Fast Growth

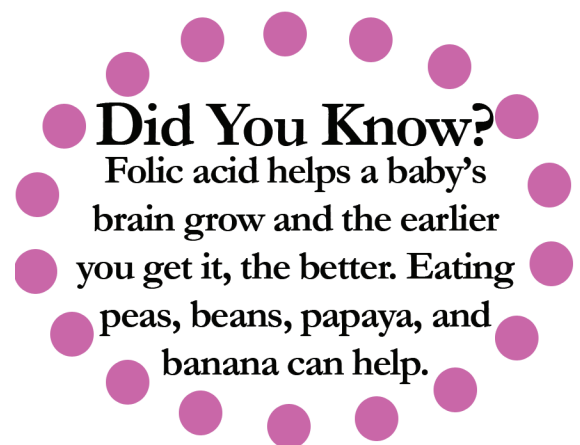
Baby will gain up to half of birthweight from now until birth
Body starting to prepare for new baby



Week 36: Any Day

Baby will stop moving around because of lack of space.
Head near pelvis, ready for birth

LEADING CAUSES OF MORTALITY	TOTAL
1. Heart Disease	70 861
2. Vascular System Diseases	51 680
3. Malignant Neoplasm	40 524
4. Accidents	34 483
5. Pneumonia	32 098
6. Tuberculosis, all forms	25 870
7. Ill-defined & unknown mortality causes	21 278
8. Chronic lower respiratory diseases	18 975
9. Diabetes Mellitus	16 552
10. Certain perinatal period originating conditions	13 180



Rules for a Healthy Pregnancy

1. See your doctor early and often to check on your health and your baby's.
2. Eat foods with lots of nutrients & try to do light exercise to stay fit.
3. Get support from your family and friends.
4. Do not ignore your doctor's advice.
5. Do not worry about the weight you gain during pregnancy.
6. Do not do drugs or other actions that would hurt your body (like fights).
7. Do not stress.
8. **Enjoy being pregnant.**

Fit Moms-to-Be

Light exercise is not required but can be good for you and the baby when you are pregnant, as long as you take it easy. Ask your doctor before starting any new programs. Some guidelines: make sure your heart rate does not go above 140, do not overheat, make sure you can breathe, avoid lying down for a long time listen to your body and stop if you feel faint, dizzy, or start having contractions.



Swimming is a good way to stay fit because it raises your heart rate and builds muscle, but it keeps you from getting too hot.



Yoga and aerobics classes can be good ways to exercise. Some places will offer classes that are made for pregnant women. You should keep in mind with these exercises that as you grow, your center of gravity shifts and your balance may be off.



Walking is another good way to keep in shape, and it is most likely the simplest activity. Try to walk on smooth places as much as you can because your bones and joints are less firm when you are pregnant. Because they are more lax and stretched, you can get hurt more easily. Other options include using a stationary bike or jogging.

A Word about Weight and Food

When she is pregnant, a woman will gain a fair amount of weight as the baby grows. Most doctors say that women should gain between 25 and 35 pounds during pregnancy. They also suggest that women increase their food intake by 300 grams. This being said, they also say every woman is different. Women should look at these as guides and then do what is necessary to keep up their energy and what seems to be helping the baby.

Pregnancy: Secondary Care [Prepping for Labor]

What You Need to Know about Finding Care

The Philippines is one of 55 countries that together carry the burden of 94% of all **maternal deaths** (deaths from problems during labor and birth). Almost half of the problems happen during the birthing process itself. Over 1/4 of those problems are caused by heart disease. In almost 1/5 of them the mother bleeds to death after birth. This happens because 40% of all births are done with someone who is not trained to help with birth.

With many doctors, nurses, and midwives leaving the Philippines, the number of deaths just keeps rising. Communities need to push for programs that train more people make them want to stay in the Philippines. For now, the health department has small stations to at least try and give midwives to pregnant women.

Community Toolbox for Healthy Pregnancies

One of the biggest exports of the country is its nurses and doctors. This puts pregnant women in an unsafe spot because there is no one to provide them the care they need as the baby grows and when the baby is ready to be born. As a community, here are some things you can do to help get people that will be able to take care of women's health.

1. Since school is a priority for many Filipinos, but many cannot afford things like college, lobby for service programs that will pay for Filipinos to go to school to become a doctor or nurse if they serve in the Philippines for a certain number of years.
2. DONA International is a group that trains doulas or midwives. Try to organize classes in the community for people to become midwives.
3. If you live in a rural area, create transportation methods to help women get to places where they can get treatment.

Where to Go to Get Help with Being Pregnant

Place	Supplies...
Barangay Health Stations	Midwives only
Rural Health Units	1 doctor, 1 nurse, some midwives
Hospitals	Normal amount of medical staff: doctors, nurses, clerks, etc.

Be Prepared

Even though doctors give a due date for a baby, a woman can go into labor at any time, so she needs to be ready to go. The second trimester is a good time to make this kit because a woman's body has become used to being pregnant and things like morning sickness will have passed. The baby is also growing faster and will more likely survive to birth, but there is still time to gather things.

If you're going to the hospital:

- clothes (for yourself, those with you, and the baby)
- items to clean yourself
- national insurance card and other papers for the hospital (like the birthing plan)
- food (snacks)
- some money, but not a lot

If you're staying home:

- things to keep the birthing space clean (like clean towels and linens)
- gloves
- birthing plan
- pots and clean water are available
- metal or hard plastic box for clean-up

Pregnancy: Tertiary Care [Birth]

Bringing Out Baby

Labor is the process during which the baby is being pushed out of the womb and through the birthing canal to be born. Since labor is a long process, some women are able to get to the hospital or birthing center in time with the help of their husbands, family, or friends. Other times, getting to a specific birthing center can be very hard. At the very least, a woman should try to get a trained and licensed midwife to be at the birth to help with the process and look for and fix problems. If you must give birth at home, here are some things to help you with labor.

Positions to Give Birth

A woman has many options for different stances she can use to give birth. These choices are on a type of spectrum that ranges from lying down to standing up. Each basic stance on the spectrum also has a few other versions that are slightly changed from the original. You can talk about these options as you create a birthing plan with your doctor, nurse, or midwife. These stances are pictured below.



Lying down: least favored stance because makes pain worse and goes against gravity



Sitting: Favored stance, uses gravity to help birth, still gives access to midwife, variation: squatting



Standing: Also favored, still use gravity, can be harder for midwife, variations: leaning, walking, kneeling

Keeping the Space Clean

Most problems at birth happen because of an infection from germs being brought into the mother, her baby, or both of them. Keeping the birthing space clean lowers the chance of germs making people get sick. This includes not only the place where the mother is, but also all tools and the hands of any person who handles either the mother or baby. Hospitals and birthing centers have the lead in this part of labor because keeping the place clean is written into their laws as health centers. If you must have your birth at home, here are things to keep in mind:



Keep sick people away from woman giving birth & new baby, everyone in contact with mom or baby should wash their hands



Keep all tools clean. There are many ways to make sure they are sterile: boiling, steaming, bleaching. Store clean tools properly



Get rid of waste properly. Needles should be in hard containers. Things like sheets that can't be washed can be buried

When Things Go Wrong

Sometimes the birthing process will take a turn for the worse. If either the woman or baby starts to bleed without stopping, it means they are hemorrhaging. If this happens, a doctor needs to be called right away and both mom and baby should be rushed to the doctor. Do not delay because people can die by bleeding to death.

Labor & Birth Timeline

Prelabor: before labor begins, can last a long time, cervix thins and softens, light and random contractions

Early labor: water breaks, cervix opens 1-4 cm, more regular contractions

Active labor: cervix opens to 8 cm, stronger contractions, more focused, dry mouth and sweating likely

Hard labor: cervix open to 10 cm, contractions more intense/painful, pressure on bottom, more mucus from vagina

Birth Pushing: cervix fully open, contractions stop, pushing baby down birth canal, lots of pressure and stretching, baby's head should come first (crowning), pushing paused to check that rest of baby's body not in awkward position, push rest of baby out, most times lasts only a couple hours

Deliver Placenta: most times within 20 minutes after birth, pain gone, uterus shrinks and becomes firmer, contractions start again to push out umbilical cord and placenta (baby's "food bag" in womb)

WOMEN & CHILDREN II: KID NUTRITION



Nutrition Power!



Mission Possible: You Can Eat Healthy

Welcome to the Nutriworld, the place where we focus on nutrition. I am P. Fork and that's my sister, Spoonella. We are here to teach you about how to eat healthy and get all the things you need to be strong kids and future adults.

Nutrition is the study of food. We study food because what we eat has an effect on our bodies. Inside our foods are these little things called chemicals that work with other chemicals in our bodies to give us energy, help us grow, let us think, and every other thing we need to do to live. Some foods have really good chemicals that help us a lot. Other foods have bad ones that either get wasted or even hurt us. P. Fork and I are teaching you our secrets about eating healthy so you can be Food Gurus and spread the news to others to help them be healthy too.

Our bodies need forty different nutrients, which are special kinds of chemicals that really help the body. While most foods carry at least some of these, no one food carries all forty of them. This is why you need a varied but balanced diet or eating plan. Are you ready to learn more? Keep reading...



Bad Health Effects from Poor Nutrition

As you saw above, you need a wide range of nutrients for your body to work. If some of these go missing for long periods of time, you can start getting really sick. Below are the most common nutrients missing in the diet of Filipino kids like you.



What's Missing?	Problems that Happen
Vitamin A	Blindness (not able to see)
Iron	Anemia (low red blood cells, which leads to not enough oxygen to organs)
Iodine	Goiters (bulge in neck because of a swelling gland), Delayed mental growth (cannot learn as much)
Protein	Missing energy

Did You Know?

In the old days, a common disease among pirates was scurvy. It is caused by missing vitamin C. Scurvy made them get spots on their skin, soft gums, pale in color, and weak.





Introducing the Crew

You know this is the sun on the Filipino flag, but did you know that it can help us learn about food groups? There are five food groups: grains, vegetables, fruits, milk/dairy, and meat/fish/beans. Even though oils are shown in the picture, they do not count as a food group. You can see that grains make up a large part of a person's diet, but if you look closely you should also see that when you add up the vegetable and fruit groups, they equal more than the grains and that the milk/dairy and meat/fish/beans groups added up equal about the same as the grains group. Also, look at how exercise is at the center of eating healthy. Picking foods from all groups will help you get started on having a healthy, balanced diet. In the next section, we'll show you that inside these groups are even more choices.

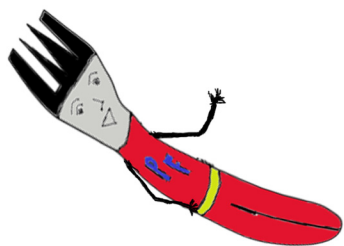
Eat Pinoy!

So you know that rice is a big part of Filipino food, but there is also a lot of other food that you can eat that is still grown in the Philippines.

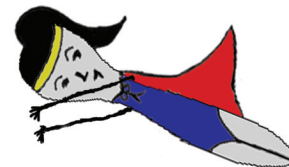
Starchy foods: ube (a purple yam), sweet potato, taro root, & more

Fruits/Vegetables: coconut, guava, tomato, mango, tamarind, pepper, chili, palm, onion, banana, bitter melon, lime, & more

Meat/Protein sources: fish, pork, chicken, pili nuts, & more



Nutrition Boot Camp: The Basics



Mixing It Up: The Food Hunters Game

One of the ways people make a healthy diet is by using a tool called an **exchange list**. These lists give people options of different foods they can eat for any given meal. Most times, the lists are broken up by the food groups. Foods that are in the same food group and same meal can be swapped out with each other. This lets a person change the foods they can eat at every meal, everyday.

We have given you three simple exchange lists for breakfast, lunch, and dinner. P. Fork and I wanted to check out your skills as smart eaters, so we made a little game. For the next two weeks, try to make meals using some of the foods on these lists. Write down what you eat for every meal. At the end of two weeks, make a list of the different foods you ate. If you ate the same food more than once (even if you made it a different way), write it down only once. Then, count all the foods you wrote down, divide by 2, and see your score and rank at the bottom.

BREAKFAST EXCHANGE LIST

GRAINS (2):

rice, cereal, oatmeal, pancakes, pan de sal (roll), ube (sweet purple yam), bagels



VEGETABLES (0-2):

onion, green peppers, garlic, tomatoes



FRUITS (1-2)

guava, mango, bananas, limes, coconut, durian, pineapple, apples, grapes, berries, pears, grapefruit, passionfruit, apricots, peaches, lemons, papaya, watermelon, oranges, juices



MILK/DAIRY (0-1)

milk, yogurt, cream cheese



MEAT & BEANS (0-1)

sausage, tocino, sardines, longanisa, eggs



Oils: butter, margarine, vegetable oil, olive oil

LUNCH EXCHANGE LIST

GRAINS (2):

rice, pan de sal (roll), sandwich bread, pita, corn, yams, sweet potato



VEGETABLES (0-2):

lettuce, carrots, tomatoes, onion, green peppers



FRUITS (1-2)

guava, mango, bananas, limes, coconut, apples, grapes, berries, apricots, peaches, lemons, watermelon, oranges, juices



MILK/DAIRY (0-1)

cheese, yogurt, ice cream



MEAT & BEANS (0-1)

sliced turkey, sliced ham, roast beef, sausage, fish balls



Oils: butter, margarine, vegetable oil, olive oil

DINNER EXCHANGE LIST

GRAINS (2):

rice, pancit (noodles), pan de sal (roll), pita, corn, yams, ube, sweet potato, taro



VEGETABLES (0-2):

kale, spinach, chinese broccoli, broccoli, bok choy, carrots, tomatoes, cauliflower, umpalaya (bitter melon), onion, green peppers, chili, tamarind, garlic, ginger



FRUITS (1-2)

lime, coconut, lemon, juices



MILK/DAIRY (0-1)

cheese, ice cream



MEAT & BEANS (0-1)

pili nuts, chickpeas, black peas, snow peas, tofu, tilapia, relleno (stuffed fish), squid, crab, lobster, chicken, duck, lechon (pork), beef



Oils: butter, margarine, vegetable oil, olive oil

15 different foods or less in a week

Rank: Food Rookie

You know what you like and what you can get, which is good. But, remember that there are a lot of other foods out there for you to try. Even ones you did not like before may surprise you today. Start by trying 1 new food everyday.

You will be surprised how it adds up so that you will soon be a Food Guru!

16-30 different foods a week

Rank: Food Jumper

Sometimes you like taking risks with your food, but many times you still stick with what you know. The fact that you do try new things shows you are on the right path. To help, when you reach for your next meal, ask yourself:

"Can I switch this or add something else to it?"

31+ different foods a week

Rank: Food Guru

You know that variety is the spice of life, and you know how to mix it up with food. It is great that you eat a wide range of food, and you should keep up the good work. Just make sure you are not eating too much. Also try to prepare your foods in different and healthy ways. Congratulations!



Nutrition Cadets: Controlling Portions

Tips for Eating at Filipino Parties

Filipinos love parties to hang out. And when they have them, there is a lot of food, and most times it is all you can eat. You can still have proper portions, and these parties are great times to expand your food choices.

1. Instead of regular portions, use smaller ones that will add up to the normal size. Then you can try more things without the extra food.
2. In your mind, split your plate into parts to help you keep track of different food groups.
3. Do not put too much food on your plate. If it's falling off, it does not need to be there.



Food for Thought: To the Parents

Rice and a lot of other grains are known as **carbohydrates**, which means that they are sugars of some kind. While they may fill you up in the short term, eating only rice can make you sick. When you eat different foods in the right amount, they work together to bring out as many nutrients as they can. In the end, it will take less to fill you up and you will not have health problems later. Buying other foods may cost more now, but will pay off in the future...

Too Much on Your Plate?

Now that you know you need to eat a wider set of foods, it is time to talk about how much you are eating. Some of the biggest new health problems in the Philippines are caused by eating too much and growing overweight.

You know that each day you need a certain number of servings of each type of food, but what counts as a serving? The answer is that servings may be smaller than you think. Here is a handy little guide that will help you know if you are eating too little or too much. Always keep in mind that your body also does a good job of portions. So when you are really hungry eat, and when you are full, stop eating.

*When you think you have this down, go back and log your eating again and see that you are getting the right portions. When you overeat, subtract one point from your score.



=



=



3 oz. of meat
or fish

a deck of
cards

the palm of a
hand



=



1 cup, most times
pasta or vegetables

a person's fist



=



1 oz. of
cheese

4 stacked
dice



=



hole between
fingers tablespoon



=



tip of
thumb teaspoon

Nutrition Masters: Extra Support

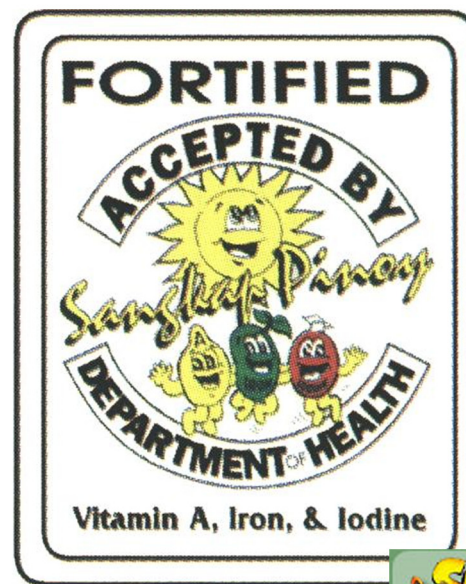
Getting Help

We know that you can eat healthy, but we also know that sometimes it is hard to get all the food you need with all of the nutrients. The good news is that you do not have to do this alone. We have left notes that tell your adult family and friends how they can help you get food. We also wanted to tell you about two programs being run by the Filipino government. The first one is *Sangkap Pinoy*. It is the **food fortification** program, which means that more nutrients are being added to foods like rice. The other program is *Healthy Baon*, which tries to give healthy lunches to students in schools. You now have the knowledge to get you started to become healthy eaters. Good luck!



Adults: Here's How You Can Help Kids Eat Right

1. Mothers, when your children are born, you should try to breastfeed them for at least the first 2-4 months. Children under 2 are most likely to become malnourished, and infants can get a lot of nutrients from your milk.
2. Buy a wide range of foods with a mix of grains, fruits, and meat. If you can, try to grow some of your own vegetables or share with your neighbors.
3. Cook with vegetable oil. Cooking this way will help everyone get vitamin A.
4. Try to get rice that has iron and iodine added to it, especially if you cannot get meat. Also look into dark leafy greens for iron and beans for protein.
5. Most salt has iodine added to it, make sure the salt you use for cooking is one of those kinds.



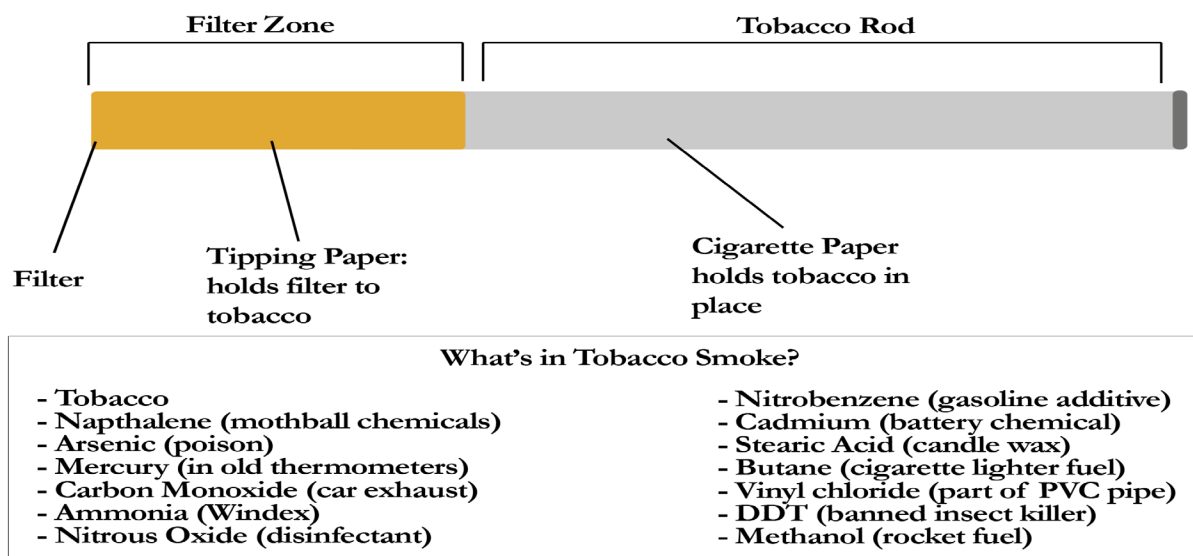
LIFESTYLE FACTORS I: **SMOKING**



What's the deal with smoking?

What's in a Cigarette?

People smoke for many reasons—to cope with stress, to control weight, or to deal with boredom. Most people know that cigarettes contain **nicotine**, a substance that addicts people and relieves stress while it is in the body, but there are much more chemicals in cigarettes than just nicotine. The diagram below shows what is in a cigarette and the different parts of the cigarette.



Did You Know?

The smoking prevalence rate in 2001 for 15-74 year olds in the Philippines was 50.6 for men, 8 for women, and 23.5 overall.

Other Forms of Tobacco

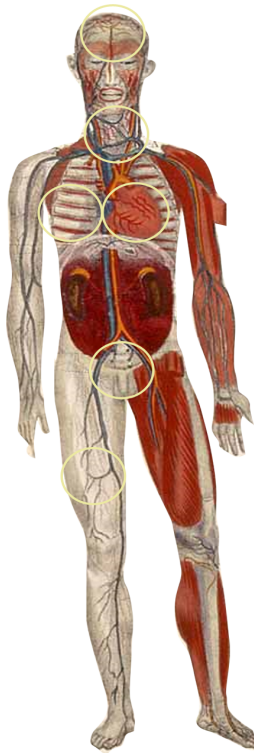
Cigarettes are not the only way a person can use tobacco. There are three other forms tobacco can take:

- **Cigars:** like cigarettes but fatter, 10x the amount of tobacco as cigarettes
- **Chewing tobacco:** substance that a person can chew like gum, tobacco chemicals absorbed through teeth, gum, and tongue
- **Snuff:** powdered form of tobacco that people “inhale” or snort up their nose to get the tobacco

**I'M QUITTING BECAUSE
ONE DAY
CAN MAKE A DIFFERENCE!**

Make YOUR one day the 1st of NOVEMBER
NO SMOKING DAY TAI TOKERAU auahi kore

For information and quit help that works, call:
AUKATI RAIPAIQA Quit Coaches on Whangarei 09 430 2386, Kawakawa 0800 737 873, Rotorua 09 406 4024

How Does Tobacco Use Affect People?

Smoking and other tobacco use causes 30% of cancers and a host of other diseases. Worse, it can also make those around you get some of these diseases.

- Cancers of the lung, voice box, mouth, throat, bladder, and esophagus
- Heart disease
- Brain aneurysms
- Bronchitis and other breathing problems
- Poor blood flow
- Stroke (brain blood clots)
- Erectile dysfunction
- Lower fertility
- Miscarriages and stillbirths

The Economics of Smoking

The Philippines has a large tobacco industry, with 0.39% of land being used to produce over ten thousand metric tons of tobacco leaves for export. At the same time, Filipinos are the biggest consumers of tobacco, and there are many costs.

In 2002, local cigarettes cost \$0.47 (in US dollars) for 20 cigarettes (or a pack). If a person smokes a pack a day, they will have spent:

$$\$0.47 \times 365 = \$171.55 \text{ in one year}$$

The average income in the Philippines is \$3,430. This means that a person who smokes a pack a day will have spent 5% of their yearly income.

$$(\$171.55 / \$3,430) \times 100 = 5\%$$

This does not even include medical bills that nationwide costed Filipinos billions of dollars.

LEADING CAUSES OF MORBIDITY	TOTAL
1. ALRI and Pneumonia	670 231
2. Acute Watery Diarrhea	572 259
3. Bronchitis/Bronchiolitis	537 100
4. Hypertension	404 141
5. Influenza	337 275
6. TB Respiratory	130 608
7. Diseases of the Heart	38 482
8. Acute Febrile Illness	25 400
9. Malaria	22 284
10. Dengue Fever	15 279
LEADING CAUSES OF MORTALITY	TOTAL
1. Heart Disease	70 861
2. Vascular System Diseases	51 680
3. Malignant Neoplasm	40 524
4. Accidents	34 483
5. Pneumonia	32 098
6. Tuberculosis, all forms	25 870
7. Ill-defined & unknown mortality causes	21 278
8. Chronic lower respiratory diseases	18 975
9. Diabetes Mellitus	16 552
10. Certain perinatal period originating conditions	13 180

Smoking: Primary Care [Avoid]

Getting the Facts

Because of the problems that smoking causes, it is better never to start smoking in the first place. A lot of money, around \$30 million a day, is used to campaign for people to use tobacco products. With that much marketing, it can be hard to get the right facts. The last two pages have shown the chemicals and their health risks. You should also know that many long-term smokers started when they were teenagers. The Philippines does not have any laws to protect children from smoking. In fact, most children are the sellers of cigarettes on the streets of the Philippines. Below are ways to prevent smoking: reasons not to start, ways to say no, and how to empower a community against smoking.

Reasons Not to Smoke

Part of not starting to smoke is having a reason to say no. Here are some and there is space to write your own.

- I don't want to smell like smoke.
 - I want to live to see...
 - I want to have more energy.
 - I don't want to spend the money.
 - I want clean teeth and nice breath.
 - I don't want to be addicted.
 - I want to be a good example.
 - I'm not going to poison myself.
 - I want good health.
 - Your other reasons here:
-
-

Community Toolbox

Here are some things your community can do to prevent people from starting to smoke.

- Talk to your kids about smoking and how much it hurts.
- Talk to business owners who sell cigarettes and try to ask them to not sell to kids.
- Lobby to your representatives to put more restrictions on smoking.
- Make your own flyers about the negative effects of smoking.

Other Businesses for Kids

Most adult chain smokers started smoking when they were young. The Philippines does not have any laws to protect kids from starting to smoke. In fact, many children sell cigarettes to make money. Here are some ideas of ways kids could make money apart from tobacco:

- Produce from a family farm or small garden patch
- Special craft (like jewelry) or even skill (like music)
- Baked goods
- Tutoring or babysitting services
- Running errands

Smoking: Secondary Care [Quit]

Stopping the Puffs

Quitting smoking is not an easy thing to do because quitting means a person needs to change their actions. There are four stages to quitting:

1. planning to quit
2. choosing a quit day
3. coping with **withdrawal** (discomfort caused by not getting drugs)
4. fighting **slips** (when a person smokes after the quit date) and **relapse** (a person who starts smoking a lot again)

Quitting may seem like a big task, but a smoker does not have to do it alone. They can get help from their doctor, family and friends, or a support group.

Deciding to Quit

Finding reasons: Just like deciding not to smoke, you need reasons to quit.

Know why you're scared: If you haven't wanted to quit before, know why and deal with those concerns.

Know why you smoke: People smoke for diverse reasons and are triggered in many ways.

Know there's help: You are not alone, your friends and family want you to succeed.



Kicking the Smoking Habit

Above we listed the four steps of quitting, here are some things to help in those steps:

1. Preparing to quit. (see the left)
 - Listing reasons to quit
 - Learning why you smoke and what things trigger you
 - Thinking about what lifestyle changes to make
2. Choosing your quit date.
 - Give yourself enough time to prepare
 - Get rid of things that remind you of smoking
 - Get things you need to stop smoking
3. Coping with withdrawal.
 - Keep busy
 - Use nicotine patches
 - Eat and drink healthily & exercise
4. Fighting slips and relapse.
 - Avoid **triggers** (things that make you want to smoke)
 - For a slip: reflect on why they happened, get rid of triggers
 - For a relapse: reread reasons for quitting, reflect on your triggers, and plan a new quit date

Getting Help

Talk: Let your friends and family know why you want to smoke and what you need from them so that you can succeed.

Get out: Join new support groups for people who are facing the same struggles, that way you have someone who is experiencing the same things.

Learn: Those who have already stopped smoking can be a great resource to find out about tips for quitting.

Smoking: Tertiary Care [Treatment]

Health in Smoke

As you read before, smoking over many years can lead to lung cancer and breathing problems. If you think you have a disease caused by smoking, do not panic and do not wait. Most times, if cancer is caught early, doctors have a better chance of treating it. If you do end up with an illness like lung cancer, do not stress. You can make a work plan with your doctor to get the medicines you need both to treat the cancer and limit pain. Sometimes the doctor will need to operate on you and other times the doctor will just give you **chemotherapy**, a combination of drugs that targets and attacks cells with cancer. Probably the most important thing is to stop smoking now.

Getting Help from the Doctor

Your doctor can has knowledge and access to different things that will not only treat your disease but also to help stop smoking

Ask about...

- Different treatments and know the difference between **invasive** (like surgery) and **noninvasive** (like X-rays) methods
- Programs to quit
- Stress reduction classes
- If nicotine patches should be used
- How to eat healthy and exercise to avoid weight gain

Supporting Someone with a Smoking Related Disease

If you know someone who has gotten sick because of their smoking habits, they need your help and support, not judgment.

- Be there:** Help them by taking them to doctor's visits, bring healthy food, keep them company
- Build them up:** Make sure they know you are there for them and you believe in their ability to get better
- Help them quit:** Know their plan to quit and help them do things in their plan through reminders, rewards, and other reinforcements.

Quitting Now

Once you have a sickness caused by smoking, quitting as soon as possible is vital to getting better. When a person quits, health effects are quickly seen. Below are ways the most important steps that will help you quit now:

1. **Finding and avoiding your triggers:** Having reminders and things that make you want to smoke will do nothing to help you quit.
2. **Deal with withdrawal symptoms:** Don't let the withdrawal symptoms make you go back to smoking. Ask your doctor about nicotine patches, gum
3. **Finding replacements for smoking:** If you have something that can replace smoking to cope with these triggers is even better because it will ease the stress.

LIFESTYLE FACTORS II: **ACCIDENTS**



What's the deal with accidents?

And We All Fall Down

Accidents are the actions that lead to **injuries**, the harm caused to the body that equals pain. Most times, the two are used together to describe health status. This is probably the aspect of health that is most ignored by public health groups. Even though accidents rank in the top causes of death in the Philippines, there are few government programs that look at accidents.

In the 1990s, the rate of accidents and injuries in the Philippines was on the rise. In 2004, there were forty-one deaths for every one hundred thousand people that were caused by accidents. These issues cost the loss of hundreds and thousands of dollars because of missed work, higher insurance rates, and more visits to the doctor. Safety is the practice of trying to stop accidents. Sometimes it can mean being active and blocking things from coming into contact (like your hand and a hot pot), other times it can mean just staying away from something or not doing an action (like drinking and driving). Safety is the main form of primary care.

LEADING CAUSES OF MORBIDITY	TOTAL
1. ALRI and Pneumonia	670 231
2. Acute Watery Diarrhea	572 259
3. Bronchitis/Bronciolitis	537 100
4. Hypertension	404 141
5. Influenza	337 275
6. TB Respiratory	130 608
7. Diseases of the Heart	38 482
8. Acute Febrile Illness	25 400
9. Malaria	22 284
10. Dengue Fever	15 279
LEADING CAUSES OF MORTALITY	TOTAL
1. Heart Disease	70 861
2. Vascular System Diseases	51 680
3. Malignant Neoplasm	40 524
4. Accidents	34 483
5. Pneumonia	32 098
6. Tuberculosis, all forms	25 870
7. Ill-defined & unknown mortality causes	21 278
8. Chronic lower respiratory diseases	18 975
9. Diabetes Mellitus	16 552
10. Certain perinatal period originating conditions	13 180



Bumps and Bruises and Breaks, Oh My!

Just as the number of ways a person can get hurt varies, the types of injuries a person can get also varies. The main difference is that some hurts are **internal** (meaning that they happen inside the body and cannot be seen in most cases) and others are **external** (meaning that they happen on the outside and can almost always be seen). Below are some types of injuries that people are likely to get:

Cuts- Most times these are external and happen when either a sharp edge or point has sliced or pricked the skin. A cut can be internal if something sharp within the body (like a broken bone) pierces or slices muscle or organ tissue.

Scrapes- Like cuts, they are mostly external. Scrapes happen when something rough grates against the skin. The chances of an internal scrape are even lower than getting an internal cut.

Burns- These happen when a part of the body is exposed to a very hot thing. For the most part, burns are external, but the body can burn from the inside if something like an electric current is passed through the body.

Broken bones- This happens when a person gets hit hard at the bone. There are many different types of bones. They vary based on if the amount the bone breaks, the angle, and alignment. Broken bones are internal injuries.

Dislocations- Like broken bones, this happens when a person gets hit hard at the joint, the place where bones connect. The impact from the hit pushes the bones so that they are no longer aligned. These are always internal.

Sprains- Usually these happen when doing really heavy physical activities. A sprain is caused when someone stretches a ligament (body tissue that connects bones to each other) more than that it can handle. Sometimes the stretching causes a tear.

Strains- These are very similar to sprains, but they involve muscles being torn.

Bruises- These are internal injuries that happen when someone gets hit hard and bluntly. The impact breaks capillaries (blood vessels) so that blood seeps into the tissue around the injury. They are internal, but can be seen from the outside as a black, or blue-purple patch on the skin.

Poison- A person is poisoned when a bad chemical is put into the body. Poison works inside the body, but the effects can sometimes be seen.



Did You Know?

Blood clots are good when you have a cut because it forms a wall to prevent more blood loss, but inside the body, it can cause heart attacks or strokes.

Accidents: Primary Care [Prevent]

Staying Safe at Home

Your home should be a place where you and your loved ones feel safe, but many people often do not know how many things can cause accidents in their home.

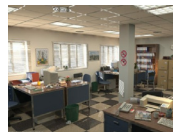
1. Young children tend to put things in their mouths to learn about the world around them. An open bottle of cleaning fluid or pills could hurt these little learners. Lock up cabinets that have any type of cleaning liquids or other chemicals. If they cannot be locked up, then put them high above children's reach.
2. Be careful handling knives and other sharp objects. Do not point sharp edges at people or run with them.
3. When cooking, make sure pot handles always point to the side so it is easy to grab them. Always use pot holders (padded cloth squares that put up a barrier between your hand and the heat). Do not put your hand on the stove top or the pot/pan to see if it is warm. If you need to check the heat, try splashing water to see if it sizzles.
4. Falls cause many injuries inside and outside of the house. To protect children, keep gates in front of staircases. To protect all family members, make sure that the floor is clear of mess. You can also avoid using small rugs or taping rugs down so that no one gets caught on the corners.



Staying Safe at Work and School

Safety matters at the school and work level because people are less able to work if they get hurt. Many of the same rules that make a home safe apply to making work safe too. These are some extra rules that deal specifically with a work or school situation.

1. Lift with your legs, not your back and shoulders. The weight of what you are lifting should not be more than the weight you can carry.
2. Make sure that every person knows how to use all tools, chiefly those that are sharp or produce heat. People who use the tools should also wear the proper clothing and protective gear, like goggles or aprons.
3. Clean up spills quickly. If there is broken glass, children should get help from adult to clean it. When cleaning up broken glass or other broken sharp things, a person should avoid picking up the pieces with their bare hands.



Staying Safe While Traveling and Playing

Who wants to spend their vacation injured or sit out from fun and games because they're hurt? Even though there can be many dangers in the world, it does not mean that you cannot have fun and stay safe at the same time.

1. Follow the laws as much as you can when driving any vehicles. Sometimes they can seem really tiresome, but most of them are written to help people stay safe. Always use common sense. Do not drink and drive!
2. When travelling in any vehicle, but mainly cars, make sure you wear your seatbelt or use any other restraint tool that is available.
3. When doing any activity, like a new sport, make sure you know all the actions you need to do and use all equipment properly. Follow the advice of your teachers and do not try out new techniques if you are still learning.
4. If you are doing something where you need to do a lot of physical actions, make sure to stretch and warm-up before starting. A warm-up lets your body know that it is going to be used a lot more than normal.



Accidents: Secondary Care [Make Stable]

First Response

Sometimes, even with the best care, accidents do happen. If they are small enough, you can treat them so that you do not have to see a doctor. If they do happen to be bad, your actions could make the difference between a person living/getting better or dying/living with a permanent injury.

How to Deal with Cuts & Scrapes

1. Wash the wound with soap and warm water to keep it from getting infected.
2. Most times a bandaid will be good enough to stop bleeding, deeper or bigger wounds may need gauze.
3. When bleeding is not too bad, it is good to uncover the wound to air it.



How to Deal with Poisoning

1. Immediately call the number for poison control in your area.
2. If you can find out what they took, give that information to the poison control operator. Do what they say, and only what they say.
3. Remember that someone can be poisoned if they took too much of a substance.



How to Deal with Sprains & Breaks

1. Sit out of the activity that caused the strain so you don't add more stress to the injury.
2. Ice on the area will help keep it from swelling.
3. Make sure to see your doctor soon, especially if you think a bone is broken. He can check to make sure it is aligned.



How to Deal with Burns

1. If you are on fire: stop where you are, drop to the ground, and roll until the flames die out.
2. Try to get rid of fire on another person with either a fire extinguisher or a fire blanket.
3. Wait to put cold water on a burn to prevent shock.
4. Call a doctor quickly.



A Note about CPR

Cardio Pulmonary Reset, or CPR, is a technique used to help a person start breathing after he/she has stopped. It is a good method, but only if done by someone trained to do it. Look for classes to get trained in this lifesaving method.

Accidents: Tertiary Care [Heal]

More Than a Boo-Boo

Even with the best care, bad accidents can and do happen. The page before this one showed you how to take care of either small injuries or to keep injuries from getting worse before help arrives. If you have anything more severe than a simple cut, scrape, bruise, or a very minor burn, you must see a doctor. You should also see a doctor if a small injury starts causing other problems or looks like it is getting infected. Seeing a doctor will not only stop your injury from getting worse, but it also makes sure you get the care you need and have the best possible chance of recovery. When you do see your doctor, make sure to follow the directions. As you know from other sections of this book, your doctor is a trained expert at making sure people stay healthy.

Know Your Patient Rights- National Health Insurance

The Philippines has a public health insurance program since 1995 when the government passed the National Health Insurance Act. If you are a citizen of the Philippines you have access to this program, and you should have a card saying so. This program covers most care that you would get in and out of the hospital and some emergency costs.



Supporting Someone with an Injury

An injury can be a difficult period in someone's life, but your care and actions can help them recover faster.

1. If you are living with that person, make sure you know the directions given by the doctor. Remind that person of what he/she needs to be doing.
2. Help the person with any tasks that he/she is not ready to handle yet.
3. Be patient, encourage him/her in hard times, and praise their success.
4. Make sure that the person is getting better and not too dependent on you to do things.

Tips for Getting Your Confidence Back

After getting hurt, you may not feel as able to do things you once did, and in the early stages of getting better, that is true. But, as time goes on, it can be hard to change those feelings even when your body does become stronger. Try these things to help with those changes:

1. Take small steps when restarting some of your old activities. Build up slowly. If it is hurting you to do something, it means you most likely are not ready yet.
2. Celebrate the times you do succeed at something, even if it is small.
3. Think positively, and don't be too hard on yourself.
4. Talk to family, friends, and mentors who have been helpful to you.
5. Take up new hobbies that you enjoy, but do not ask a lot physically.



For More Information Visit...

The World Health Organization (WHO)

<http://www.who.int/en/>

info@who.int

+ 41 22 791 21 11

The (WHO) Representative in the Philippines

<http://www.wpro.who.int/>

postmaster@wpro.who.int

(632) 338-7479 or (632) 338-8605

2nd Floor, Bldg. 9, Department of Health

San Lazaro Compound, Tayuman

Santa Cruz, Manila, Philippines

Department of Health (Philippines)

<http://www.doh.gov.ph>

info@doh.gov.ph

San Lazaro Compound, Tayuman

Santa Cruz, Manila, Philippines 1003

Centers for Disease Control (United States)

<http://www.cdc.gov>

1-800-232-6348

Additional Sources:

- American Lung Association (2006). "Quitting Now" pamphlet.
- Centers for Disease Control. (2008). "Tuberculosis: General Information."
- Centers for Disease Control. (2008). "Tuberculosis Facts- You Can Prevent TB."
- Department of Health- Philippines (2008). "Country Health Information Profile."
- Department of Health- Philippines (2008). Web site.
- Hesperian Foundation (2008). *Where There is No Doctor*.
- Pan American Health Organization (2002). "Dengue: How are We Doing?"
- Van der Sande, M., Teunis, P., and Sabel, R. (2008). "Professional and Home-Made Face Masks Reduce Exposure to Respiratory Infections among the General Population."
- Western Pacific Region (2005). "Philippines: Tobacco Statistics."
- World Health Organization. (2009). "High-Level Consultation on the Financial and Economic Crisis and Global Health."
- World Health Organization (2006). "Philippines."
- World Health Organization (2008). "Practical Approaches to Lung Health: Manual on Initiating PAL Implementation."