



A Year of Health

A Guide to a Healthy 2013
for You and Your Family

Health tips and information about bones, joints, muscles, and skin





Who developed this planner?

This planner was created to provide Native people with information and resources about staying healthy and managing conditions of the bones, joints, muscles, and skin.

It was developed by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS). As part of the National Institutes of Health (NIH), an agency of the U.S. Department of Health and Human Services (HHS), the NIAMS supports scientific medical research that helps people live healthier lives. The facts and information in this planner are based on proven studies.

Use this planner to help you keep track of your own health or the health of a family member.

Keep this planner in a place where you will see it every day. It is designed to hang on your wall, and can also be used on a desktop, tabletop, or countertop. Each month you will find questions and answers about health topics that are important to your community. Take a few minutes every month to read about the featured subject. Even if it may not apply to you or your family, it may be helpful to a friend or neighbor.

How to use this planner.

- Write down the medicines and supplements you take each day so you know what you have taken.
- Write down any new health problems or pains you have.
- Use the “notes” section to write down things you want to remember, including questions for your health care provider.
- Bring this planner with you when you visit your health care provider to help you remember what you wrote down.
- Use the stickers at the end of the planner to remind you about appointments, blood tests, and taking medicines.

This planner is just the beginning!

The NIAMS and the NIH offer helpful information on a variety of topics, in addition to the ones listed in this planner. You can access this information or have **free** publications mailed to you by visiting <http://www.niams.nih.gov/multicultural>, or by calling the NIAMS toll-free number at **877-226-4267** (TTY: 301-565-2966).

A Year of Health

A Guide to a Healthy 2013
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Keeping Your Bones Healthy

Why is bone health important?

Healthy bones allow you to do the sports and other activities you love, like playing basketball, dancing, and enjoying the outdoors with your family and friends. If you don't take steps to keep your bones healthy, you can lose too much bone and develop osteoporosis, a condition in which the bones become weak and are more likely to break.

What do my bones need to stay healthy?

- Calcium from dairy products, green leafy vegetables, calcium-fortified foods and beverages, and dietary supplements.
- Vitamin D from fortified milk, eggs, liver, fatty fish such as salmon, and dietary supplements.
- Weight-bearing or weight-resistant exercise such as walking, playing sports, or lifting weights. You can even make your own hand weights by filling two empty water bottles with sand or pebbles.

Find out more!

The Federal Government has **free**, easy-to-read information about bone health.

You can order these and other titles and topics from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH), by visiting <http://www.niams.nih.gov/multicultural>, or by calling toll free at **877-226-4267** (TTY: 301-565-2966).

- ▶ *Bone Health for Life: Easy-to-Read Information for Patients and Families*
- ▶ *Healthy Bones: Why They Matter for American Indians and Alaska Natives*
- ▶ *Exercise for Your Bone Health*



Living With Autoimmune Conditions

What should I know about autoimmune conditions?

Your immune system is the network of cells throughout your body that act together to defend you from infection. Sometimes problems with your immune system cause it to identify your body's own healthy cells as invaders and then attack them. This is called an autoimmune condition. Lupus and rheumatoid arthritis are two examples.

How can I recognize an autoimmune condition?

Some Native Americans, especially Native American women, are at increased risk for certain autoimmune conditions such as lupus. You can help yourself and your loved ones by knowing some of the common symptoms. A common sign of autoimmune disease is inflammation, which can cause redness, heat, pain, swelling, rashes, and fatigue. If the condition affects the joints, you might also experience stiffness in the joints.

Find out more!

The Federal Government has **free**, easy-to-read information about autoimmune conditions.

You can order these and other titles and topics from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH), by visiting <http://www.niams.nih.gov/multicultural>, or by calling toll free at 877-226-4267 (TTY: 301-565-2966).

- ▶ *Understanding Autoimmune Diseases*
- ▶ *Lupus: Easy-to-Read Fast Facts*
- ▶ *Rheumatoid Arthritis: Easy-to-Read Fast Facts*

February 2013

"I read as much as I can about my condition."

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Managing Pain

What should I know about managing my pain?

Pain can arise from many different sources, such as knee problems, gout, or an autoimmune condition like lupus. The best things you can do are:

- Exercise moderately when possible. Walking each day can help many conditions that cause pain.
- Maintain a healthy weight. Less weight means less pressure on joints and other parts of the body. Ask a doctor what weight is healthy for you.
- See a doctor regularly, and take your medicines as directed.
- Try to set realistic goals and priorities, and get enough rest.
- Surround yourself with family and friends. Playing card games or board games can help keep your mind off the pain, and being with others reminds you that you are not alone.

Find out more!

The Federal Government has **free**, easy-to-read information about conditions that cause pain.

You can order these and other titles and topics from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH), by visiting <http://www.niams.nih.gov/multicultural>, or by calling toll free at **877-226-4267** (TTY: 301-565-2966).

- ▶ *Pain: You Can Get Help*
- ▶ *Pain: Hope Through Research*

March 2013

“Try to go beyond any limitations you think you have.”

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Keeping Your Muscles Healthy

Why are healthy muscles important?

You have more than 600 muscles in your body. Muscles help you walk, move, lift things, pump blood through your body, and breathe. Strong muscles help you keep your balance, so you are less likely to get hurt by slipping or falling.

How can I keep my muscles healthy?

- **Exercise.** When you make your muscles work, they respond by growing stronger. It's important to do different kinds of exercise to work all of your muscles. You could walk one day and lift weights the next. Remember to take it easy. Don't try to fit all of your activity into one evening or weekend.
- **Eat a balanced diet.** This will help manage your weight and will provide a variety of nutrients for your muscles. Eat plenty of vegetables, and if you like fry bread, try making it with vegetable oil instead of lard.
- **Listen to your body.** If your muscles are bothering you, tell a doctor about any discomfort you feel.

Find out more!

The Federal Government has **free**, easy-to-read information about muscle health.

You can order these and other titles and topics from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH), by visiting <http://www.niams.nih.gov/multicultural>, or by calling toll free at **877-226-4267** (TTY: 301-565-2966).

- ▶ *Exercises to Try: Strength Exercises*
- ▶ *Exercises to Try: Balance Exercises*

April 2013

Increase your exercise level gradually, and vary your routine.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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28	29	30	May 2013 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Notes	<i>Try to choose activities that include all four types of exercise—endurance, strength, balance, and flexibility—because each type has different benefits.</i>	



Native Hawaiian Heritage Month

What does my heritage have to do with my health?

Native Hawaiians enjoy a history rich with culture and tradition, stories, and family ties. But there are sometimes cultural, financial, and geographic barriers that can keep Native Hawaiians from getting proper health care.

Conditions like osteoporosis, arthritis, and back pain can keep you from fully participating in the family activities you enjoy, so it's important for you to get information to help you understand these conditions. *Ohana* means that younger family members can honor elders by taking them to their appointments.

What can I do to improve my health?

There is a lot you can do to lead a healthier life:

- **Improve your diet.** Traditional foods like ahi and other fish, poi and other dishes made with taro, passion fruit, long rice, and yams are all rich in vitamins. Just avoid extra fat when cooking.
- **See a doctor once a year.** If you or a loved one needs to find a free or low-cost clinic, or would like to find out what the Office of Minority Health is doing to address Native Hawaiian health care, visit <http://www.niams.nih.gov/multicultural>. Seeing a doctor is important for *olakino maika'i* or good health.

Find out more!

The Federal Government has **free**, easy-to-read information about health.

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- ▶ *Osteoporosis: Easy-to-Read Fast Facts*
- ▶ *Living with Arthritis: Easy-to-Read Information for Patients and Families*
- ▶ *Back Pain: Easy-to-Read Fast Facts*

May 2013

*"We have strong connections with family,
and family doesn't mean just immediate family."*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Living With Joint Pain

What should I know about joint pain?

Joint pain often indicates that you have arthritis. Two common types are osteoarthritis and gout. Another type is rheumatoid arthritis. But there is a lot you can do to feel better and stay active even if you have pain.

How can I feel better?

- Exercise, moving all of your joints. Walking helps circulation, supports the joints, and strengthens the muscles.
- If you have a sore joint, you can use an ice pack or a bag of frozen vegetables on the sore spot.
- Do your best to maintain a weight that is right for you, since too much weight can make your knees and hips ache.
- Speak up. Tell the doctor if your pain is improving or worsening. Medicines can reduce pain and stiffness, and a doctor will know if joint replacement is an option you should consider.

Find out more!

The Federal Government has **free**, easy-to-read information about joint pain.

You can order these and other titles and topics from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH), by visiting <http://www.niams.nih.gov/multicultural>, or by calling toll free at **877-226-4267** (TTY: 301-565-2966).

- ▶ *Osteoarthritis: Easy-to-Read Fast Facts*
- ▶ *Gout: Easy-to-Read Fast Facts*
- ▶ *Joint Replacement Surgery: Information for Multicultural Communities*

June 2013

"I try to stay positive. My family members give me encouragement."

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Keeping Your Skin Healthy

Why is healthy skin important?

Your skin is the largest organ in your body and plays an important role in protecting it. It holds body fluids in, prevents dehydration, and keeps harmful germs out. Since your skin is so important, you should keep it as healthy as you can. Especially if you live in a place where the sun is intense, like Hawaii, you need to be sure you treat your skin with care.

How do I keep my skin healthy?

- Exercise. It increases the flow of blood to the surface of your skin.
- Eat a balanced diet that includes protein like fresh fish, fruits such as pineapple and papaya, vegetables like limu and maui onion, whole grains, and fat-free or low-fat dairy products.
- Get enough sleep. This helps improve your overall health, which is good for your skin.
- Use sunscreen if you are outdoors for more than a few minutes. Sunscreen helps to reduce the chance of skin cancer and wrinkles. The sun's harmful UV rays affect everyone, not just people with fair skin.
- Be aware. If you notice itching or red areas, see your dermatologist (skin doctor). These could be signs of a skin condition like dermatitis or psoriasis.



Find out more!

The Federal Government has **free**, easy-to-read information about skin health.

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- ▶ *Acne: Easy-to-Read Fast Facts*
- ▶ *Atopic Dermatitis (Eczema): Easy-to-Read Fast Facts*
- ▶ *Psoriasis: Easy-to-Read Fast Facts*

July 2013

Avoid getting a sunburn. Not only does it hurt, it can also increase your risk for skin cancer.

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Preventing Sports Injuries

What should I know about sports injuries?

Two of the most common sports injuries are sprains and strains.

- A sprain affects a ligament, and pain is the first signal of a sprain. You may then see swelling.
- A strain affects a muscle or tendon. You may experience pain, a muscle spasm, or loss of strength in that area.

How can I prevent sports injuries?

- **Warm up.** Stretching can help reduce the chances of muscle strain.
- **Cool down.** Do exercises to loosen the muscles that have tightened during exercise. Walking is a good example.
- **Wear properly fitting shoes.** They don't need to be expensive. Just be sure they are comfortable and provide shock absorption and stability.
- **Don't do all of your exercise on the weekend.** Maintain a moderate activity level throughout the week.



Find out more!

The Federal Government has **free**, easy-to-read information about sports injuries.

You can order these and other titles and topics from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH), by visiting <http://www.niams.nih.gov/multicultural>, or by calling toll free at **877-226-4267** (TTY: 301-565-2966).

- ▶ *Sports Injuries: Easy-to-Read Fast Facts*
- ▶ *Sprains and Strains: Easy-to-Read Fast Facts*
- ▶ *Childhood Sports Injuries and Their Prevention: A Guide for Parents With Ideas for Kids*

August 2013

Don't "play through the pain." If something starts to hurt, stop exercising. And don't forget to use adequate protective gear.

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Notes	<i>What will I do to prevent injury this month?</i>	<table border="1"> <thead> <tr> <th colspan="6">July 2013</th> <th colspan="7">September 2013</th> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> </tr> <tr> <td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td> <td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td> </tr> </thead></table>					July 2013						September 2013							1	2	3	4	5	6	1	2	3	4	5	6	7	7	8	9	10	11	12	13	8	9	10	11	12	13	14	14	15	16	17	18	19	20	15	16	17	18	19	20	21	21	22	23	24	25	26	27	22	23	24	25	26	27	28	28	29	30	31				29	30						1	2	3
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Keeping Healthy as You Age

What should I know about aging and health?

Exercise and physical activity are good for just about everyone, including older adults. Exercise and physical activity can:

- Help improve your ability to do the everyday things you want to do.
- Help preserve your bone density.
- Keep joint pain from getting worse.
- Improve your balance so you can keep from falling.

How can I stay fit and prevent falling?

- Try the four types of exercise: endurance, strength, balance, and flexibility. All four types are important for your health and will help you make the most of your personal and family activities.
- Get a walking partner. Talking while walking is social and passes the time, and a partner can motivate you to stick with it.
- Keep floors free of clutter and wear rubber-soled shoes to avoid slipping.
- Many falls happen at night, so keep a flashlight next to your bed in case you need to get up in the dark.

Find out more!

The Federal Government has **free**, easy-to-read information about aging and health.

You can order these and other titles and topics from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH), by visiting <http://www.niams.nih.gov/multicultural>, or by calling toll free at **877-226-4267** (TTY: 301-565-2966).

- ▶ *Preventing Falls and Related Fractures: Easy-to-Read Fast Facts*
- ▶ *Osteoporosis: Easy-to-Read Fast Facts*
- ▶ Visit <http://www.niams.nih.gov/multicultural> to participate in the National Institute on Aging's Go4Life program.

September 2013

"My encouraging words are: take it day by day."

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Keeping Your Joints Healthy

Why are healthy joints important?

A joint is where two or more bones are joined together. Joints have cartilage, which acts as a spongy shock absorber on the ends of the bones to protect bones by preventing them from rubbing against each other.

How can I keep my joints healthy?

- **Exercise.** This helps keep the muscles around your joints strong, and strong muscles take the strain off the joints. Exercise also pumps blood to the joints and helps them work the way they should. Try walking, jogging, or swimming.
- **Eat a balanced diet.** Too much weight means too much stress on your joints. Control your weight by eating less fat and sugar and more fruits and vegetables.
- **Live a healthy lifestyle.** This means getting enough sleep, exercising, and eating well.

Find out more!

The Federal Government has **free**, easy-to-read information about joint health.

You can order these and other titles and topics from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH), by visiting <http://www.niams.nih.gov/multicultural>, or by calling toll free at **877-226-4267** (TTY: 301-565-2966).

- ▶ *Living with Arthritis: Easy-to-Read Information for Patients and Families*
- ▶ *Shoulder Problems: Easy-to-Read Fast Facts*
- ▶ *Knee Problems: Easy-to-Read Fast Facts*



National American Indian and Alaska Native Heritage Month

What does my heritage have to do with my health?

Being an American Indian or an Alaska Native means enjoying a deep sense of identity, connection, and pride shaped by traditions and cultural heritage. But it also means that you may have an increased risk for health conditions like lupus, rheumatoid arthritis, or scleroderma. Knowledge is power, so it's good to stay informed about these and other conditions.

How can I take steps to stay healthy?

The Indian Health Service (IHS) and other groups provide quality health care that helps American Indians and Alaska Natives take care of themselves and strengthens future generations. It's important to see a doctor at least once a year and to reach out to family members for support.

Can I receive services if I live in the city?

Yes. In addition to its work on reservations, IHS funds 34 urban Indian health organizations that administer medical services, dental services, and community services for American Indians and Alaska Natives who live in cities. If you would like to find out more about IHS services and programs, or to find a free or low-cost clinic, visit <http://www.niams.nih.gov/multicultural>.



Find out more!

The Federal Government has **free**, easy-to-read information about health.

You can order these and other titles and topics from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH), by visiting <http://www.niams.nih.gov/multicultural>, or by calling toll free at **877-226-4267** (TTY: 301-565-2966).

- ▶ *Arthritis and Rheumatic Diseases: Easy-to-Read Fast Facts*
- ▶ *Lupus: Easy-to-Read Fast Facts*
- ▶ *Scleroderma: Easy-to-Read Fast Facts*



Clinical Trials

What should I know about clinical trials?

Clinical trials are carefully controlled medical research studies to see whether new therapies are safe and effective. These studies help doctors learn how people respond to medicines or other new or improved treatments. Participation is voluntary, and you can stop at any time.

What are the benefits?

You can:

- Gain access to new research treatments, often at little or no cost.
- Get expert medical care.
- Help future generations of patients.

How can I decide if I should participate?

Find out as much as possible about the clinical trial. A few questions to ask the researchers are:

- What is the purpose of the study?
- What kinds of treatments are involved?
- Who will be in charge of my care?

Ask a friend or relative to come along for support and to hear the answers to the questions. You might also bring a tape recorder to record the discussion and replay it later.

Find out more!

You can visit <http://www.niams.nih.gov/multicultural> to find out about the research studies available in your area for your condition.

December 2013

Clinical trials look for better ways to treat and prevent disease.

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Other Federal Resources

Additional health resources for you and your family from the following U.S. Department of Health and Human Services' (HHS) agencies:

Centers for Disease Control and Prevention

The Centers for Disease Control and Prevention (CDC) Arthritis Program is working to improve the quality of life for people affected by arthritis and other rheumatic conditions by working with states and other partners to increase awareness about appropriate arthritis self-management activities and expanding the reach of programs proven to improve the quality of life for people with arthritis.

<http://www.cdc.gov>

Key Public Health Messages

<http://www.cdc.gov/arthritis/basics/key.htm>

Health Resources and Services Administration

The Health Resources and Services Administration (HRSA) is the primary Federal agency for improving access to health care services for people who are uninsured, isolated, or medically vulnerable.

<http://www.hrsa.gov>

HRSA in Your State

<http://datawarehouse.hrsa.gov/FactSheetNav.aspx>

Find a Health Center

<http://findahealthcenter.hrsa.gov>

Indian Health Service

The Indian Health Service (IHS) is responsible for providing Federal health services to American Indians and Alaska Natives. The mission is to raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level.

<http://www.ihs.gov>

Contact the nearest IHS facility for more information on local health resources and medical assistance for eligible recipients of IHS health care. The following website includes a directory of areas and facilities:

<http://www.ihs.gov/findhealthcare>

National Institutes of Health

The National Institutes of Health (NIH) is the nation's medical research agency—making important discoveries that improve health and save lives.

<http://www.nih.gov>

Clinical Trials

<http://clinicalresearchtrials.nih.gov>

National Institute on Aging

<http://www.nia.nih.gov>

Go4Life program

<http://go4life.nia.nih.gov>

Senior Health

<http://nihseniorhealth.gov>

National Institute of Neurological Disorders and Stroke

<http://www.ninds.nih.gov>

Office of Minority Health

The Office of Minority Health (OMH) is dedicated to improving the health of racial and ethnic minority populations through the development of health policies and programs that will help eliminate health disparities.

<http://www.minorityhealth.hhs.gov>

Office on Women's Health

The Office on Women's Health (OWH) works to improve the health and sense of well-being of all U.S. women and girls. OWH serves as the focal point for women's health activities within HHS offices and agencies. OWH leads programs to improve women's health and collaborates across HHS and with other partners on women's health activities.

<http://www.womenshealth.gov>

You can order these resources by calling 800-994-9662 (toll free).

Best Bones Forever!

<http://bestbonesforever.gov>

Could I Have Lupus?

<http://www.couldihavelupus.gov>

Substance Abuse and Mental Health Services Administration

The Substance Abuse and Mental Health Services Administration's (SAMHSA) mission is to reduce the impact of substance abuse and mental illness on America's communities.







<http://www.samhsa.gov>

You can order resources by calling 877-SAMHSA-7 (877-726-4727) (TTY: 800-487-4889).

Use the stickers to help remember important dates and appointments.

On this page you will find stickers that you can peel off and place on the dates that you wish to highlight. Use these stickers to mark appointments and things about your health that you want to remember or share with a health care provider.

There are stickers to mark:

-  Health care appointments
-  Reminders to refill prescriptions
-  Days you feel good
-  Days you don't feel well
-  Blood work or vaccinations
-  Days you exercised

Important Information:

NIAMS Publications: 877-226-4267 (toll free) (TTY: 301-565-2966) _____
<http://www.niams.nih.gov/multicultural> _____

Doctor _____
Doctor _____
Doctor _____
Pharmacy _____
Family Member _____
Family Member _____



January

Keeping Your Bones Healthy



February

Living With Autoimmune Conditions



March

Managing Pain



April

Keeping Your Muscles Healthy



May

Native Hawaiian Heritage Month



June

Living With Joint Pain



July

Keeping Your Skin Healthy



August

Preventing Sports Injuries



September

Keeping Healthy as You Age



October

Keeping Your Joints Healthy



November

National American Indian and Alaska Native Heritage Month



December

Clinical Trials

You can take steps to make 2013 a healthy year.

Each month of this planner highlights a different topic. Over the course of the year, you will find information that you and your family can use to stay healthy and manage certain health problems.