

Hepatitis

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Hepatitis

- Hepatitis refers to an inflammation of the liver and has many different causes.
- There are different hepatitis viruses including: A, B, C, D, E and G. They can be transmitted in different ways.
- Viral hepatitis is common with thousands of cases reported each year.
- Many people mistake the symptoms as the flu instead of hepatitis.

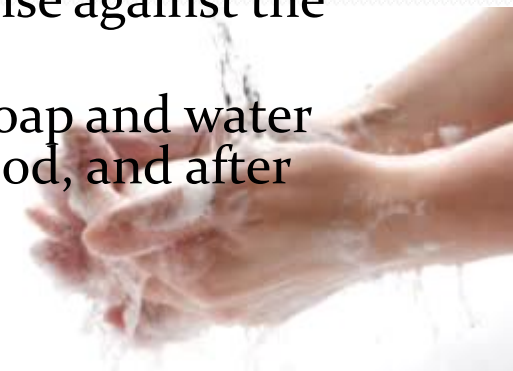
Symptoms

- Types A, B and C have some similar symptoms:
 - Jaundice – yellow eyes and skin, dark urine
 - Fatigue – feeling very tired
 - Belly pain



Hepatitis A

- Symptoms specific to type A: loss of appetite, nausea, fever, diarrhea
- Hepatitis A is transmitted in drinking water or food that is contaminated with the stool containing the virus. This can also happen by:
 - eating fruits, vegetables and other foods that were contaminated during handling
 - eating raw shellfish from contaminated water
- People at risk for hepatitis A include children and employees in child care settings.
- There is no treatment or cure for hepatitis A.
- There is a vaccine for hepatitis A and it's the best defense against the virus.
- To prevent the disease, always wash your hands with soap and water after using the bathroom, before and after handling food, and after changing a diaper.



Hepatitis B

- Symptoms specific to type B: mild fever, headache, loss of appetite, nausea or vomiting, diarrhea or constipation, muscle aches and joint pain, skin rash.
- You may get hepatitis B if you:
 - Have unprotected sex with an infected person
 - Share needles with an infected person
 - Get a tattoo or piercing with tools that weren't sterilized
 - Share personal items like razors or toothbrushes with an infected person
 - A mother who has the virus can pass it to her baby during delivery.
- You **cannot** get hepatitis B from hugging, kissing, sneezing, coughing or sharing food or drinks.
- In most cases, hepatitis B goes away on its own. There are medicines for chronic hepatitis B and you should work with your doctor to decide which is right for you.
- The hepatitis B vaccine is the best protection. It is a series of 3 or 4 shots recommended for adults and all babies, children and teenagers.

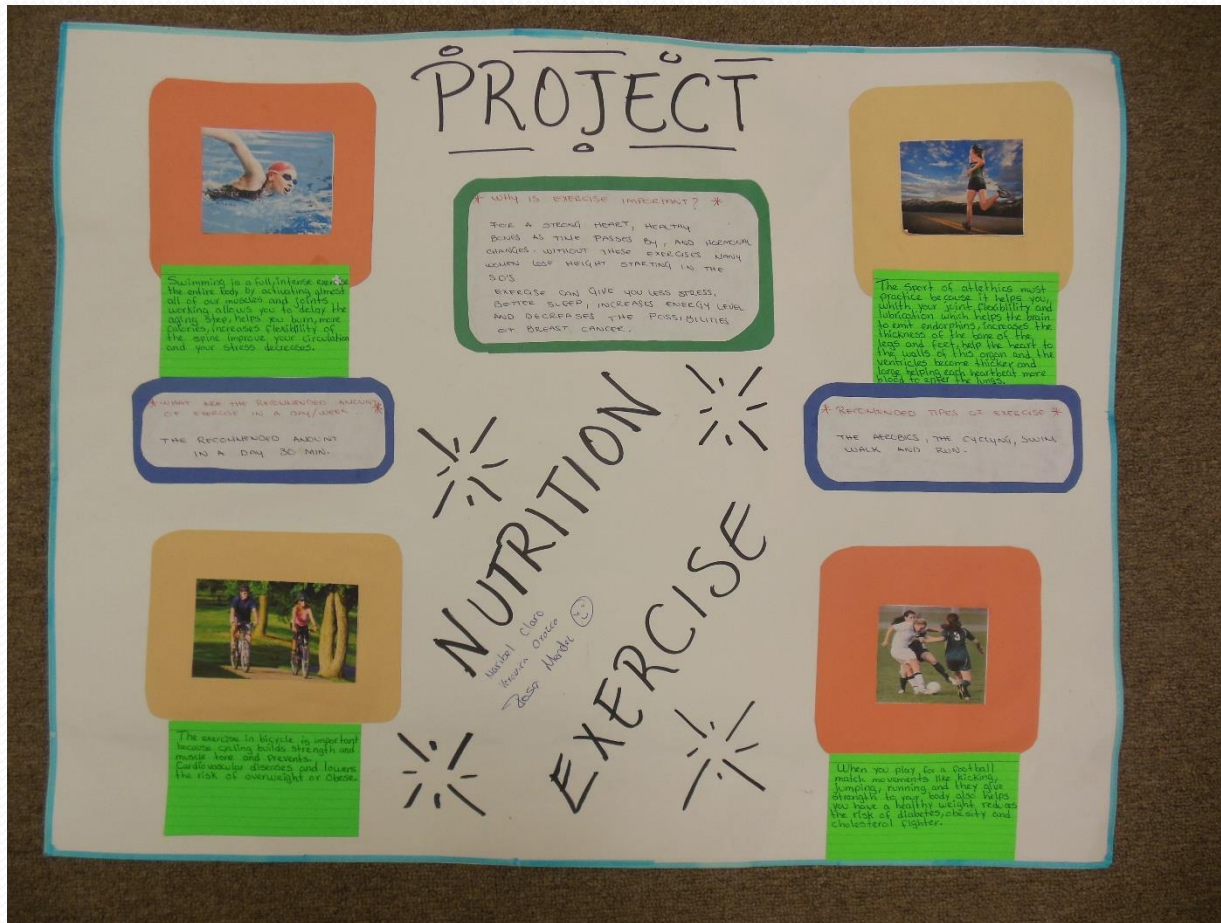


Hepatitis C

- Symptoms specific to type C: joint pain, itchy skin, sore muscles
- Most people with chronic hepatitis C don't have symptoms. People can go for 15 years or longer before it is diagnosed.
- You can get hepatitis C if you:
 - Share needles used to inject drugs (most common in the US)
 - Had a blood transfusion or organ transplant before 1992
 - Get a shot with a needle that has infected blood on it
 - Get a tattoo or pierce with a needle that has infected blood on it
 - In rare cases, a mother with hepatitis C can pass it to baby at birth
- You **cannot** get hepatitis C from hugging, kissing, sneezing, coughing, or sharing food or drink.
- There are medicines for hepatitis C and it is important to talk to the doctor to decide which is the best. Taking care of yourself is an important part of the treatment for hepatitis C.
- There is no vaccine for hepatitis C yet.



Student Group Poster-Side 1



Student Group Poster-Side 2

ONE SERVING OF VEGETABLES
 IS THE SIZE OF YOUR
 FIST & BASKETBALL

FOR 5
 AUGUST

*** WHAT IS A BALANCED MEAL? ***
 IT IS THAT A MEAL BRINGING EGGS,
 IN A BALANCED MEAL TO STAY HEALTHY.
 IT IS NECESSARY TO EAT CARBOHYDRATES,
 PROTEINS, FAT, VITAMINS, MINERALS
 AND DRINK WATER DAILY.

TENNIS BALL. LEAVES TO MEET
 1/2 CUP OF FOOD OR 1/2 CUP OF ICE CREAM.

*** WHY IS GOOD FOOD IMPORTANT? ***
 BECAUSE WE NEED 14 BASIC NUTRIENTS
 EACH DAY TO PREVENT 30 IN
 ET DARKNESS, LOW BLOOD SUGAR, HEADS
 GASTRITIS, CONSTIPATION, MIGRAINES,
 TUMORS, HORMONAL PROBLEMS, ANEMIA,
 OBESITY, URINAL INFECTIONS, BACTERIAS ETC.

CHEEK BONE - EQUALS A 1/2 CUP
 SERVING OF FISH

*** WHAT ARE THE BENEFITS**
OF EXERCISE AND GOOD NUTRITION? *
 DECREASES THE CHOLESTEROL LEVELS,
 IT ALSO DECREASES THE CHANCE OF
 GETTING DIABETES.
 THE DENSITY OF THE BLOOD GETS
 BETTER, IT LUBRICATES THE JOINTS
 OF YOUR BODY, INCREASES YOUR
 IMMUNE SYSTEM.

SIX DICE OF ONE DOMINO - WOULD
 EQUIVALENT ONE SERVING OF CHEESE

SOFT BALL OR LARGE EGG IS
 ABOUT A 1/4 CUP OF DRIED FRUIT
 OR NUTS.

DRINK OF CRACKS OR THE PALM
 OF YOUR HAND - EQUIVALENT
 TO A SERVING OF MEAT, FISH

THIS FOOD IS TASTY BUT BAD
 FOR OUR BODY

Denn's

GOOD Nutrition RAYS

Bee

Pyramid of Food Groups:

1/2 Cup Grains 1/2 Serving	1/2 Cup Protein 1/2 Serving	1/2 Cup Dairy 1/2 Serving	1/2 Cup Fruit 1/2 Serving	1/2 Cup Veg 1/2 Serving
1/2 Cup Grains 1/2 Serving	1/2 Cup Protein 1/2 Serving	1/2 Cup Dairy 1/2 Serving	1/2 Cup Fruit 1/2 Serving	1/2 Cup Veg 1/2 Serving
1/2 Cup Grains 1/2 Serving	1/2 Cup Protein 1/2 Serving	1/2 Cup Dairy 1/2 Serving	1/2 Cup Fruit 1/2 Serving	1/2 Cup Veg 1/2 Serving

Diabetes

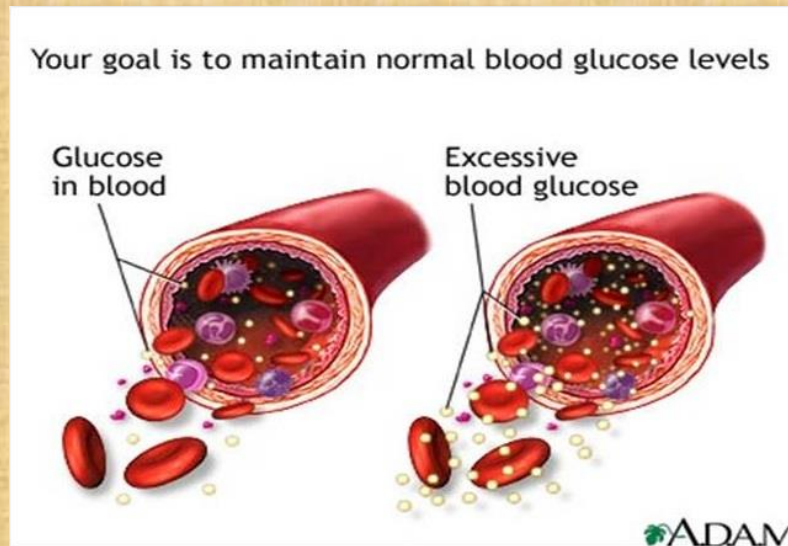
- Ruth Medina
- Maria Isabel Cordoba
- Maria Luisa Martinez
- Josefina Sandoval

About Diabetes

- Diabetes is a disease that affects how the body uses glucose, the main type of sugar in the blood. Glucose, which comes from the foods we eat, is the major source of energy needed to fuel the body's functions. To use glucose, the body needs the hormone insulin. But in people with diabetes, the body either can't make insulin or the insulin doesn't work in the body like it should.



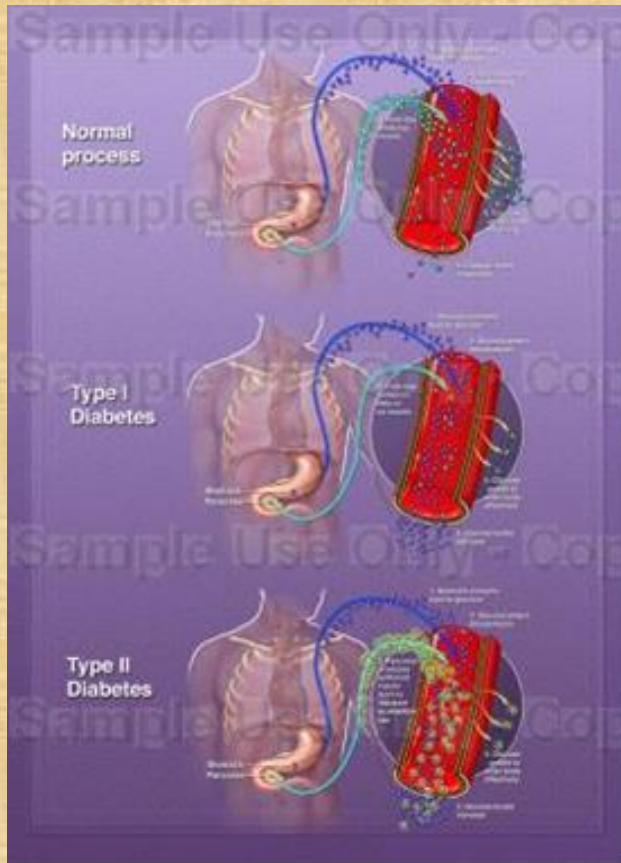
The two major types of diabetes are



- **Type 1 diabetes**, in which the [immune system](#) attacks the [pancreas](#) and destroys the cells that make insulin
- **Type 2 diabetes**, in which the pancreas can still make insulin, but the body doesn't respond to it properly

In both types of diabetes, glucose can't get into the cells normally. This causes a rise in [blood sugar levels](#), which can make someone sick if not treated.

Can Type 1 Diabetes Be Prevented?



Type 1 diabetes can't be prevented. Doctors can't even tell who will get it and who won't. No one knows for sure what causes type 1 diabetes. In most cases, a child has to be exposed to something else — like a virus — to get type 1 diabetes.

Type 1 diabetes isn't contagious. And eating too much sugar doesn't cause type 1 diabetes, either.

While type 1 diabetes can't be prevented, some research suggests that breastfeeding, avoiding early introduction of solid foods, and other factors might play a role in lowering the risk of developing the disease.

Can Type 2 Diabetes Be Prevented?

- Unlike type 1 diabetes, type 2 diabetes can sometimes be prevented. Excessive weight gain, obesity, and a sedentary lifestyle are risk factors for type 2 diabetes. In the past, type 2 diabetes almost exclusively affected adults, usually those who were overweight. But now, more children and teens are being diagnosed with type 2 diabetes, which is related to the rapidly increasing number of overweight kids.



Kids with one or more family members with type 2 diabetes have an increased risk of developing the disease. Also, certain ethnic and racial groups tend to be more prone to developing it, including those of Native American, African American, Hispanic/Latino, or Asian/Pacific Island descent.

Preventing Type 2 Diabetes

- These simple strategies can help reduce your kids' risk for type 2 diabetes:
- **Make sure kids eat a healthy diet.**
- **Limit sugary foods and beverages.**
- **Encourage increased physical activity.**



Risk Factors for Type 2 Diabetes

- Are over 45
- Are obese or overweight
- Have had gestational diabetes
- Have family members who have type 2 diabetes
- Have prediabetes
- Don't exercise
- Have low HDL cholesterol or high triglycerides
- Have high blood pressure
- Are members of certain racial or ethnic groups including:
 - African Americans
 - Latinos
 - Native Americans/Asian Americans/Pacific Islanders

Diabetic Complications

- Complications can include: eye damage (blindness), heart disease, nerve damage, and foot damage.
- People with diabetes are prone to having foot problems, often because of two complications of diabetes: nerve damage (neuropathy) and diabetic amputation of the toes poor circulation. Neuropathy causes loss of feeling in your feet, taking away your ability to feel pain and discomfort, so you may not detect an injury or irritation. Poor circulation in your feet reduces your ability to heal, making it hard for even a tiny cut to resist infection.
- Having diabetes increases the risk of developing a wide range of foot problems. Furthermore, with diabetes, small foot problems can turn into serious complications.

