

WHAT IS HEALTH LITERACY?



- 1 Health Literacy is having communication tools to understand and take action on making the right choices for your health
- 2 It includes everything from understanding your doctor, taking medication properly, dietary restrictions, and changing habits to improve your overall well being
- 3 Health Literacy is particularly important because there is a lot of confusing or misleading information about how to live a healthy life, medical terms can be unclear or hard to understand, it's difficult to take charge for yourself, and mistakes can have very serious consequences
- 4 The best way to improve your health literacy is to ask questions of people you trust, like your doctor, pharmacist, family members, and the excellent staff at Vision! By writing your questions down, you can be sure you don't forget them if the first person you ask doesn't have an answer
- 5 Don't be shy to bring along someone you trust to important appointments, and write down what you don't understand if you can't bring someone with you
- 6 Remember, there's a Patient Navigator available through Vision's Travel 4 Health program, and take advantage of workshops that will help you improve your overall health literacy
- 7 The GLC is here for you if you need help finding and filing online information, forms, or accessing other digital services

THIS ISSUE

WHAT IS HEALTH LITERACY?

LITERACY: MORE THAN READING AND WRITING

NEXT ISSUE

PRENATAL NUTRITION

References :

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Gaspésie Literacy Council
info@gaspelit.ca
418-368-5611

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LITERACY: MORE THAN READING AND WRITING

When most people think of literacy, they think of reading and writing. And with good reason - without being able to read and write, everything in life is a lot more difficult. But there is so much more to it! Instead, let's think of literacy as learning how to better communicate and find new ways to express ourselves. For example, some lesser known forms of literacy are:

Cultural Literacy - Recognizing that your actions, way of talking, habits, and so on are because of the way you were raised and the community that you're from and recognizing that others from different cultures will have different ways of thinking.

Emotional Literacy - Recognizing your emotions, what causes an emotional reaction in you and in others, how age affects emotional responses (especially in young children), and how to respond appropriately.

Physical Literacy - Using your body to express yourself, learning new ways to move, being confident in your fine and gross motor skills, and finding joy in movement. Often associated with children, physical literacy can be improved at any age.

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Activity Corner

MEDICAL TERMINOLOGY

Matching Worksheet

- | | |
|---|-------------------|
| 1. HEART AS _____ CHAMBERS | A. HUMOROUS |
| 2. HOW MANY ATRIUM'S ARE THERE IN THE HEART | B. AORTA |
| 3. HOW MANY VENTRICLES ARE THERE IN THE HEART | C. 2 |
| 4. HOW MANY LOBES DOES THE RIGHT LUNG HAVE | D. METATARSALS |
| 5. WHAT SYSTEM IS THE HEART IN | E. RADIUS |
| 6. WHAT SYSTEM IS THE LUNGS IN | F. CARDIOVASCULAR |
| 7. WHAT IS THE LARGEST BONE IN THE BODY | G. RESPIRATORY |
| 8. IF YOU HIT YOUR FUNNY BONE WHAT BONE DID YOU HIT | H. CLAVICLE |
| 9. YOU HAVE 5 ON YOUR HANDS AND FEET, WHAT ARE THEY CALLED | I. 2 |
| 10. LARGEST BLOOD VESSEL IN YOUR HEART | J. METACARPALS |
| 11. WHAT ARE THE BONES IN YOUR HANDS CALLED | K. FABIA |
| 12. WHAT ARE THE BONES IN YOUR FEET CALLED | L. PHALANGES |
| 13. ANOTHER NAME FOR COLLARBONE | M. 3 |
| 14. WHAT IS THE NAME OF THE BONE ON THE THUMB SIDE OF YOUR HAND | N. FEMUR |
| 15. WHAT IS THE SMALLEST BONE IN YOUR LOWER LEG | O. 4 |

MEDICAL TERMINOLOGY

P C A D M U M B I L I C A L N H A R E K O K I P
 Q K Q F X S I B I O P S Y H X R V N R Y G P W J
 T E B O F X G J T S J D O D G O M X O A F E W J
 Q D G X H X X P R K E A H E Y W V X U Q Q W P S
 N U F R L N Z O G M J R M W N B C I Z Q M Q P G
 Y O J D W E R R N P U A G E P I S A C F D M M B
 Q E P M H Z O S M I H I G F T M K W U T H Y N B
 C A R T I L A G E C M C T G Y W N L E K Y Q U R
 C R O Q V K J W B O B L Y V B I M G A H H N L E
 E E E H I M E L A N I N F G L K P D E X B M C I
 A M H Y L L C Q P M X P F N D E M Z L L D E E F
 I D I A G N O S I S T J Y O Z I Y D E D O C R O
 M S G I R B Y E N X J B E U G O A W G W X V L
 E X V B L E H P B K L W Z M D O J P H V A W I D
 H M O O H P P I K S T I G E C Z P Q H H V Z C G
 C W T U N R Z D X X Y A G N O D P Y A R P J A R
 S J H T Z J X E Y P S W A A A L P E U W A B L V
 I E O Y S H W R H T G X F G M K A G K I X G D D
 X S N I G N T M R E I Z X Z Z E M M L J X Q M A
 B T E F O L A I L L H B A J J C N K R J A H Z N
 Q N Y D I W C S L P W C R F L D N T L B V U Y W
 A J N P B Z C A L V K H O D D E C P V F G A T Z
 M E L U A C B I I W D M H E V P X W F J I G Z G
 T M U T P E S P E G A Q T Z Y H D H S W K S O X

Septum	Diagnosis	Axilla	Umbilical	Cartilage
Biopsy	Epidermis	Melanin	Ligament	Ischemia
Tendon	Gastric	Diaphragm	Thorax	Cervical