



# YOUTH

# HEALTH BULLETIN



## OCTOBER 2017

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### THIS MONTH'S TOPIC: WHAT ARE MEDICINES?

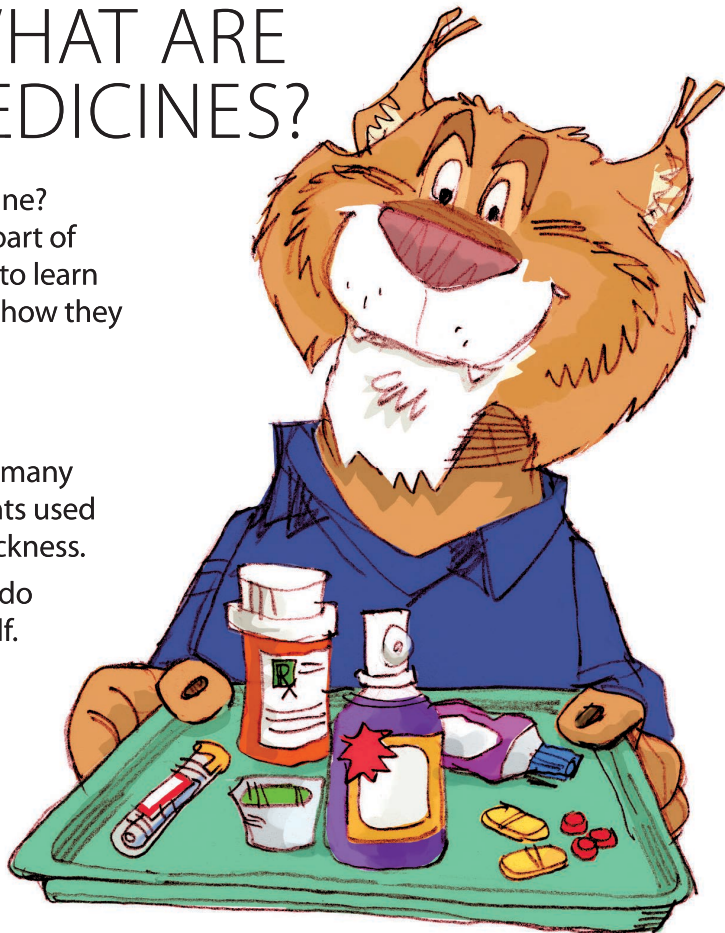
**H**ave you ever had to take medicine? Medicine can be an important part of staying healthy. Wally Cat wants you to learn more about what medicines are and how they work in your body.

#### What is medicine?

Medicines can help your body in many different ways. Medicines are elements used to treat, cure or prevent disease or sickness.

Some medicines help your body do things that your body cannot do itself. For instance, a person with type 1 diabetes cannot make enough insulin. Insulin is an important chemical needed by your body.

Continued on the back →



# Doctors prescribe medicine to help people feel better or to make illnesses go away.

➔ Continued from page 1

A person with this disease will take a medicine to put insulin in their body. There are other medicines that help prevent the body from making too much of a chemical too.

Some medicines are used to help fight off the germs that a body is exposed to and some help keep a person from getting sick to begin with.

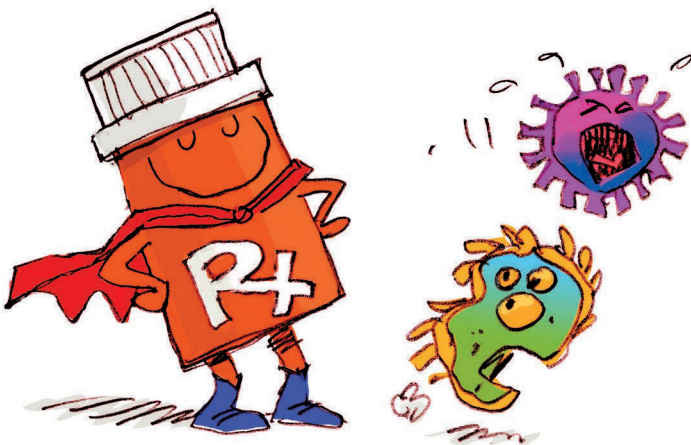
## Medicines help in different ways

Doctors prescribe medicine to help people feel better or to make illnesses go away. When deciding what type of medicine is best for the sick person, a doctor has to consider what is causing the patient's problem.

Grown-ups can buy some medicines in a store without a doctor's permission. These medicines usually make people feel better when they are sick or hurt. When taken correctly, these kinds of drugs help people.

## There are many different kinds of medicines

Medicines can come in different shapes, colors and sizes. You also have to take medicines differently. Some medicines you swallow, while others are given in drops or even a spray. When you swallow a pill or liquid, it travels down to the stomach. Once in the stomach it is broken down by your digestive juices and moved to the bloodstream. The bloodstream carries the medicine around the body to be used



as needed. But that can take some time. Some medicines are needed faster. Sometimes a medicine is inhaled through a mist that goes right to the lung. Other medicines are given as shots. Medicines, such as an ointment, can go directly on the cut or place where it is needed.

Medicines used today are made in special places called laboratories. Scientists test again and again to make sure they are safe for you to use and that they fight illnesses. No matter the color or how you take it, medicines are made to help you feel better when you are sick.

### RESOURCES:

<http://kidshealth.org/en/kids/kidmedic.html>

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