

Youth Health Bulletin

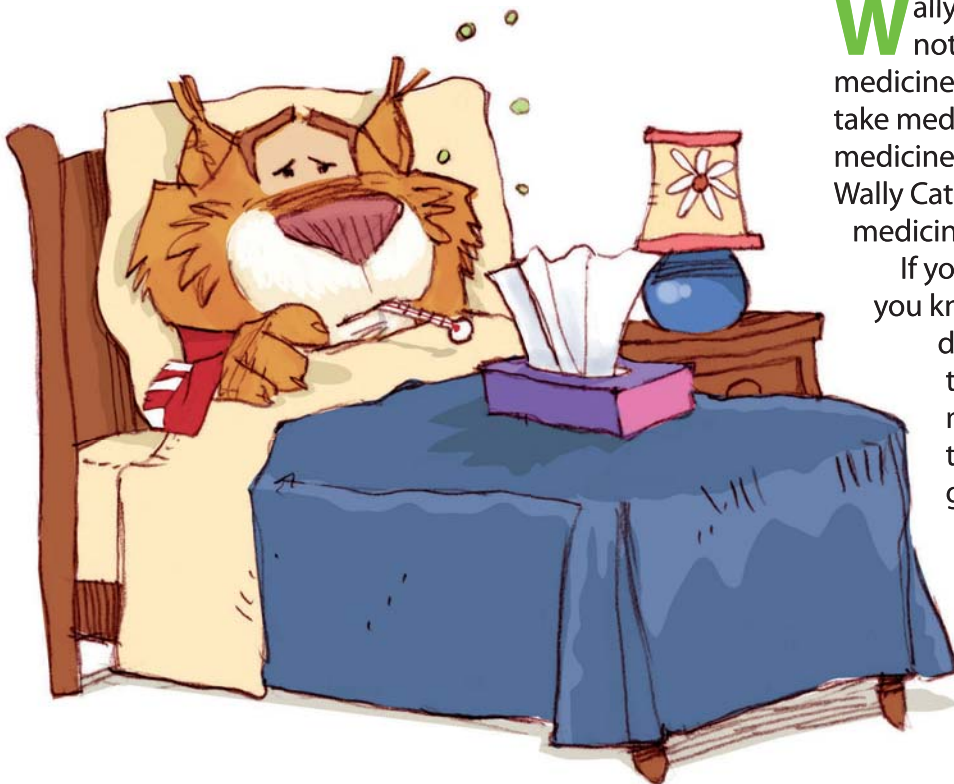


APRIL 2016

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Reprinted by:
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THIS MONTH'S TOPIC: MEDICINES



Wally Cat does not like it when he does not feel well. Sometimes he has to take medicines to feel better. Have you ever had to take medicine? Have you ever wondered what medicines really are made of? This month Wally Cat wants you to learn more about medicines.

If you have ever had to take medicines, you know that different medicines may be different colors. You may also know that there are different ways to take medicine. Some medicines you have to swallow, while another may be given in a special mist spray. Still another could be in drops of some sort. No matter what the color or how you have to take it, medicines are made to help you feel better when you are ill.

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Medicines can help you feel better, but it is important to make sure that you take them as the doctor tells you.

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Many medicines used today are made in special places called laboratories. It is made there and tested again and again to make sure it is safe for you to use and that it is effective against the illness.

Many of the “new” medicines used today are really newer versions of old medicines. These often have been worked on to make them even more effective in helping people feel better faster.

When you go to a doctor, he or she has to think about why you need help and understand the cause of your illness or problem. Some people may need to take more than one type of medicine at a time.

Taking medicines

There are many ways you may have to take a medicine.

Medicines such as pills or liquids are swallowed. Once the medicine is swallowed, 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.

As you might have guessed, that takes a little while! Some medicines are needed much faster. Sometimes a medicine is inhaled through a mist that goes to the lungs. Sometimes a medicine has to be given as a shot. There are even some medicines that



work by being put directly on the place where the medicine is needed, such as an ointment on a cut.

Pay attention!

Although medicines are very helpful, there are times when they could harm as well. If you take too much of a medicine you could get very hurt. Outdated medicines can make people sick as well.

Make sure to listen to the doctor when he or she tells you how much medicine to take and how often. Following their instructions will help you get the most help from the medicine. If a doctor tells you that you should take the medicine for 7 days, then you should take it for 7 days, even if you are feeling better. Even though you may be feeling better, you want to make sure that the medicine is able to do its job.

Wally Cat is glad that he is able to use medicines when he needs them. Medicines can help you feel better, but it is important to make sure that you take them as the doctor tells you.

SOURCE:

Nemours KidsHealth. (2014) http://kidshealth.org/kid/feel_better/things/kidmedic.html



Youth
Health Bulletin

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