

Arabic Translated Health Information

Information compiled April 2018, by Heidi Sherwood, UWM Helen Bader School of Social Welfare student for the UWM Institute for Urban Health Partnerships (IUHP) *Teaching Today's Students for Tomorrow's America* (TTSTA) Project.

General Health Information

Adjusting to a New Culture (Many brochures on health and illness)

- General Informational Brochure: A Healthy Living Toolkit – [Arabic](#) or [English](#)

Alcohol and Drugs

- Drinking and Driving Laws - [Arabic](#) or [English](#)
- How Alcohol Affects the Body - [Arabic](#) or [English](#)
- Preventing Alcohol and Drug Abuse Among Teens - [Arabic](#) or [English](#)
- Substance Abuse or Dependence - [Arabic/English](#)
- Teens and Drug Use - [Arabic/English](#)
- What is Addiction? - [Arabic](#) or [English](#)

Allergies

- Signs and Symptoms - [Arabic/English](#)

Ankle Injuries

- Ankle Exercises - [Arabic/English](#)
- Ankle Sprain - [Arabic/English](#)

Appendicitis

- Appendectomy - [Arabic/English](#)
- Appendectomy for a Child - [Arabic/English](#)

Arm Injuries

- Active Range of Motion Exercises - [Arabic/English](#)
- Assisted Arm Range of Motion Exercises - [Arabic/English](#)
- Wearing a Shoulder Sling - [Arabic/English](#)

Asthma

- General Information - [Arabic/English](#)
- All About Asthma - [Arabic/English](#)
- Nebulizer Treatments - [Arabic/English](#)

Back Injuries

- Back Health and Safety - [Arabic/English](#)
- Exercises for Your Back - [Arabic/English](#)
- Exercises to Strengthen Your Back - [Arabic/English](#)
- Low Back Exercises - [Arabic/English](#)
- Low Back Pain - [Arabic/English](#)

Biopsy

- Biopsy - [Arabic/English](#)
- Breast Biopsy - [Arabic/English](#)
- Colposcopy - [Arabic/English](#)
- Thyroid Biopsy - [Arabic/English](#)

Blood and the Heart

- Anemia - [Arabic/English](#)
- Angioplasty - [Arabic/English](#)
- Angina - [Arabic/English](#)
- Receiving Transfusions - [Arabic/English](#)

Breastfeeding

- Breastfeeding Problems - [Arabic/English](#)
- Getting Started Breastfeeding - [Arabic/English](#)
- Pumping and Storing Breast Milk - [Arabic/English](#)

Bullying

- Teen Bullying - [Arabic/English](#)

Burns

- Burn Care - [Arabic/English](#)

Cancer

- Bone Scan - [Arabic/English](#)
- Breast Cancer - [Arabic/English](#)
- Cancer: Types, Signs, and Care - [Arabic/English](#)
- Cervical Cancer - [Arabic/English](#)
- Cervical Cancer Screening - [Arabic](#) or [English](#)
- Chemotherapy - [Arabic/English](#)
- Clinical Trials - [Arabic](#) or [English](#)
- Early Detection - [Arabic](#) or [English](#)
- For the Caregiver - [Arabic](#) or [English](#)

- Handling Chemotherapy Safely [Arabic/English](#)
- Nausea and Vomiting with Cancer Treatment - [Arabic/English](#)
- Prostate Cancer - [Arabic/English](#)
- Prostate Cancer Screening - [Arabic](#) or [English](#)
- Skin Cancer - [Arabic/English](#)
- Talking With Your Doctor - [Arabic](#) or [English](#)
- What is Cancer? - [Arabic](#) or [English](#)

Cancer and Treatment

- Cancer Pain - [Arabic](#) or [English](#)
- Changes in Taste and Smell With Treatment - [Arabic/English](#)
- Dry Mouth with Treatment - [Arabic/English](#)
- Eating Well During Treatment - [Arabic](#) or [English](#)
- Fatigue - [Arabic](#) or [English](#)
- Loss of Appetite with Treatment - [Arabic/English](#)
- Lung Cancer - [Arabic/English](#)
- Mouth Care with Treatment - [Arabic/English](#)
- Moving on After Treatment - [Arabic](#) or [English](#)
- Radiation Therapy - [Arabic/English](#)
- Sore Mouth or Throat with Treatment - [Arabic/English](#)
- Sun Safety Tips - [Arabic/English](#)

Cataracts

- What is a Cataract? - [Arabic/English](#)

Child Dental Health

- Foods for Healthy Teeth - [Arabic](#) or [English](#)
- Healthy Teeth, Healthy Kids - [Arabic](#) or [English](#)

Child Safety

- Child Safety Checklist - [Arabic/English](#)
- Safety with Car Seats and Booster Seats - [Arabic/English](#)

Childbirth

- Cesarean Recovery Part 1 - [Arabic](#) or [English](#)
- Cesarean Recovery Part 2 - [Arabic](#) or [English](#)
- Your Recovery After Cesarean Birth - [Arabic/English](#)
- Epidural Pain Relief - [Arabic/English](#)
- Signs of Labor - [Arabic/English](#)
- Stages of Labor - [Arabic/English](#)
- Recovery After Vaginal Birth Part 1 - [Arabic](#) or [English](#)
- Recovery After Vaginal Birth Part 2 - [Arabic](#) or [English](#)

- Your Recovery After Vaginal Birth - [Arabic/English](#)

Childhood Immunization

- After the Shots: Discomfort in Children - [Arabic](#) or [English](#)
- Immunizations for Babies - [Arabic](#) or [English](#)
- Screening Checklist for Contraindications to Vaccines - [Arabic](#) or [English](#)
- Vaccinations for Infants and Children, age 0-10 - [Arabic](#) or [English](#)
- Vaccinations for Preteens and Teens, age 11-19 - [Arabic](#) or [English](#)
- Vaccines for your Children - [Arabic/English](#)
- Your Child's First Vaccines - [Arabic](#) or [English](#)
- When Do Children and Teens need Vaccinations? - [Arabic](#) or [English](#)

Cholesterol

- Cholesterol - [Arabic/English](#)

Circumcision

- Male Circumcision - [Arabic/English](#)

Colonoscopy

- Colonoscopy with Bowl Prep - [Arabic/English](#)
- Get a Colon Test - [Arabic](#) or [English](#)
- Sigmoidoscopy - [Arabic/English](#)

Computerized Tomography

- CT Scan - [Arabic/English](#)

Dental Health

- Good Oral Health During Pregnancy - [Arabic](#) or [English](#)
- Oral Hygiene - [Arabic/English](#)
- Toothache - [Arabic/English](#)

Diabetes

- About Diabetes - Arabic/English
- Causes and Complications - Arabic or English
- Diabetes - Arabic/English
- Diabetes and Eye Problems - Arabic/English
- Diabetes and Nerve Damage - Arabic/English
- Diabetes and Wound Healing - Arabic/English
- Diabetes During Pregnancy - Arabic/English
- Diabetic Retinopathy - Arabic/English

- Drawing Up One Insulin - Arabic/English
- Fasting Blood Sugar Test - Arabic/English
- High Blood Sugar - Arabic/English
- How to Use a Glucose Meter - Arabic/English
- How to Use an Insulin Pen - Arabic/English
- Low Blood Sugar - Arabic/English
- Mixing Two Insulins - Arabic/English

Dialysis

- Dialysis - Arabic/English
- Hemodialysis - Arabic/English
- Peritoneal Dialysis - Arabic/English

Disabilities

- Information for People With Disabilities - Arabic or English
- SSD and SSI Benefits - Arabic/English

Doctors

- Advanced Directives - Arabic/English
- Be Our Partner for Safe Health Care - Arabic/English
- Getting Medical Care - Arabic/English
- Medical Appointments - Arabic or English

Ear Infections

- Middle Ear Infections in Children - [Arabic/English](#)

Emergencies

- Build an Emergency Preparedness Kit - [Arabic](#) or [English](#)
- Emergency Room - [Arabic](#) or [English](#)
- Emergency Supply List - [Arabic](#) or [English](#)
- Evacuation and Community Shelters - [Arabic](#) or [English](#)
- Make an Emergency Plan - [Arabic](#) or [English](#)
- Plan for an Emergency - [Arabic/English](#)
- Power Outages - [Arabic/English](#)
- Preparing for Emergencies: A Refugee Guide – [Arabic](#) or [English](#)
- Preventing Illness During an Emergency - [Arabic/English](#)
- Sirens and Telephone Alerts - [Arabic](#) or [English](#)
- Tornadoes - [Arabic](#) or [English](#)
- Watches and Warnings - [Arabic](#) or [English](#)
- Winter Storms and Extreme Cold - [Arabic](#) or [English](#)

Exercise

- General Information - [Arabic](#) or [English](#)
- Starting an Exercise Program [Arabic/English](#)

Fever

- Taking a Temperature - [Arabic/English](#)

Finances

- Financial Literacy – [Arabic](#) or [English](#)

Hand Washing

- Hand Washing - [Arabic](#) or [English](#)
- How to Wash Your Hands - [Arabic/English](#)

Head Lice

- Head Lice - [Arabic/English](#)

Headaches

- Types of Headaches and Care - [Arabic/English](#)

Heart

- Angiogram - [Arabic/English](#)
- Atrial Fibrillation - [Arabic/English](#)
- Coronary Artery Disease - [Arabic/English](#)
- Coronary Artery Bypass Surgery - [Arabic/English](#)
- Echocardiogram - [Arabic/English](#)
- Heart Attack - [Arabic/English](#)
- Heart Failure - [Arabic/English](#)
- Pacemaker - [Arabic/English](#)
- Stress Echocardiogram - [Arabic/English](#)
- Stress Test of the Heart - [Arabic/English](#)

Hepatitis

- Viral Hepatitis - [Arabic/English](#)

High Blood Pressure

- High Blood Pressure - [Arabic/English](#)

- Hypertension - [Arabic/English](#)

HIV

- What is HIV? - [Arabic](#) or [English](#)

Hysterectomy

- Hysterectomy Types and Information - [Arabic/English](#)

Influenza

- Cleaning to Prevent the Flu - [Arabic](#) or [English](#)
- Fight the Flu Poster - [Arabic](#) or [English](#)
- Flu and You - [Arabic](#) or [English](#)
- Talking to Children about the Flu - [Arabic](#) or [English](#)
- What to Do If Your Child Gets Sick with the Flu - [Arabic](#) or [English](#)

Immunization

- Adult Vaccine Screening Checklist - [Arabic](#) or [English](#)
- Vaccinations for Adults: You're Never Too Old - [Arabic](#) or [English](#)

Infant and Newborn Care

- Bottle Feeding Your Baby - [Arabic/English](#)
- Breastfeeding is Important – [Arabic](#) or [English](#)
- Caring for your Baby - [Arabic/English](#)
- Choosing a Doctor for Your Baby - [Arabic/English](#)
- Coping with Your Baby's Crying - [Arabic/English](#)
- Food to Grow on: Birth to 12 Months – [Arabic](#) or [English](#)
- Food to Grow on: 12 to 18 months- [Arabic](#) or [English](#)
- Food to Grow on: 19 to 24 months – [Arabic](#) or [English](#)
- Hearing Test for Your Baby - [Arabic/English](#)
- Homemade Baby Food Recipes – [Arabic](#) or [English](#)
- How to Bathe Your Newborn Baby - [Arabic/English](#)
- How to Know Your Baby is Getting Enough Milk – [Arabic](#) or [English](#)
- Sore Nipples During Breastfeeding – [Arabic](#) or [English](#)
- When Should I Call My Baby's Doctor? - [Arabic/English](#)
- Your New Baby - [Arabic/English](#)

Kidney Disease

- Diabetes and Kidney Problems - [Arabic/English](#)
- Kidney Failure - [Arabic/English](#)

Medical Appointments

- Appointment Reminder - [Arabic/English](#)
- Medical Appointment Guidelines - [Arabic](#) or [English](#)

Medication

- Blood Thinner Medicine - [Arabic/English](#)
- Generic and Brand Name Medicines - [Arabic/English](#)
- Guide to Over the Counter Medications - [Arabic](#) or [English](#)
- Pharmacies - [Arabic](#) or [English](#)
- Taking Medicines Safely - [Arabic/English](#)

Mental Health

- Depression - [Arabic/English](#)
- Mental Distress - [Arabic](#) or [English](#)
- PTSD - [Arabic/English](#)
- Stress - [Arabic](#) or [English](#)
- Stress and Coping - [Arabic/English](#)

Nutrition

- Balanced Nutrition with "My Plate" Model - [Arabic/English](#)
- My Plate Image - [Arabic](#) or [English](#)
- Nutrition Resources - [Arabic](#) or [English](#)
- Lowering Sodium in Your Diet - [Arabic/English](#)
- Ten Tips to a Great Plate - [Arabic](#) or [English](#)

Osteoporosis

- Signs and Risks of Osteoporosis - [Arabic/English](#)

Pain Scale

- Pain Rating Scale - [Arabic/English](#)

Parenting

- A Guide to Your Children's School: A Parent Handbook – [Arabic](#) or [English](#)
- Drug Information For Parents – [Arabic](#) or [English](#)
- Raising Children in a New Country: An Illustrated Handbook – [Arabic](#) or [English](#)
- School Information for Parents – [Arabic](#) or [English](#)

Pneumonia

- Pneumonia - [Arabic/English](#)

- Pneumonia in Children - [Arabic/English](#)

Pregnancy

- A Healthy Pregnancy - [Arabic/English](#)
- Changes to Your Baby and Your Body During Pregnancy - [Arabic/English](#)
- Concerns and Discomforts of Pregnancy - [Arabic/English](#)
- Constipation and Diarrhea During Pregnancy - [Arabic](#) or [English](#)
- Emotional Changes After Giving Birth - [Arabic/English](#)
- Exercising During Pregnancy - [Arabic/English](#)
- Fetal Movement Count - [Arabic/English](#)
- High Blood Pressure in Pregnancy - [Arabic/English](#)
- Nausea During Pregnancy - [Arabic](#) or [English](#)
- Nausea and Vomiting During Pregnancy - [Arabic/English](#)
- Non-Stress Test in Pregnancy - [Arabic/English](#)
- Planning Ahead for the Birth of Your Baby - [Arabic/English](#)
- Prenatal Care - [Arabic/English](#)
- Ultrasound in Pregnancy - [Arabic/English](#)
- Vaccinations for Pregnant Women - [Arabic](#) or [English](#)

Safety

- Fire Safety - [Arabic](#) or [English](#)
- Preventing Falls at Home - [Arabic/English](#)

Sexual Health

- Safer Sex - [Arabic/English](#)
- STDs - [Arabic/English](#)

Smoking

- Avoiding Weight Gain When Quitting Tobacco - [Arabic/English](#)
- Don't Quit Alone: Smoking Cessation - [Arabic](#) or [English](#)
- How to Quit Smoking - [Arabic/English](#)
- Smoking is Unhealthy – [Arabic](#) or [English](#)

Surgery

- Home Care After Joint Replacement - [Arabic/English](#)
- Home Care Instructions After Surgery - [Arabic/English](#)
- Your Hospital Care After Surgery - [Arabic/English](#)

Throat Health

- Strep Throat - [Arabic/English](#)

Tuberculosis

- Home Respiratory Precautions - Arabic or English
- How to Take Your TB Medicine - Arabic/English
- INH: Standing Between You and Tuberculosis - Arabic or English
- Keep Taking Your TB Medicine - Arabic/English
- TB Blood Test - Arabic or English
- The TB Skin Test – Arabic or English
- Tuberculosis - Arabic/English
- You Can Have A TB Infection - Arabic/English
- You Can Have TB and Feel Healthy - Arabic/English

Vaccine Information

- Chickenpox - [Arabic](#) or [English](#)
- DTaP - [Arabic](#) or [English](#)
- Hib - [Arabic](#) or [English](#)
- Hepatitis A - [Arabic](#) or [English](#)
- Hepatitis B - [Arabic](#) or [English](#)
- HPV - [Arabic](#) or [English](#)
- Influenza Inactivated - [Arabic](#) or [English](#)
- Influenza Live Intranasal - [Arabic](#) or [English](#)
- MenACWY - [Arabic](#) or [English](#)
- MenB - [Arabic](#) or [English](#)
- MMR - [Arabic](#) or [English](#)
- MMRV - [Arabic](#) or [English](#)
- Multi-Vaccine - [Arabic](#) or [English](#)
- Polio - [Arabic](#) or [English](#)
- PCV13 - [Arabic](#) or [English](#)
- PPSV - [Arabic](#) or [English](#)
- Rotavirus - [Arabic](#) or [English](#)
- Shingles - [Arabic](#) or [English](#)
- Td - [Arabic](#) or [English](#)
- Tdap - [Arabic](#) or [English](#)

Violence

- Violence in the Home - [Arabic](#) or [English](#)

Women's Health

- Contraception for Women – [Arabic](#) or [English](#)
- Female Exam and Pap - [Arabic/English](#)

- Having a Pelvic Exam and Pap Test - [Arabic](#) or [English](#)
- How to Prepare for a Mammogram and Pap Test - [Arabic](#) or [English](#)
- Managing Menopause - [Arabic/English](#)

X-Rays

- Barium Swallow - [Arabic/English](#)
- Having an X-Ray - [Arabic/English](#)

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