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
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 Discomfords 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

Funding Acknowledgement
This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) Nurse Education, Practice, Quality and Retention (NEPQR) Interprofessional Collaborative Practice (IPCP) and Interprofessional Education (IPE) Cooperative Agreement under grant number, UD7HP28542, for $1,337,115. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.