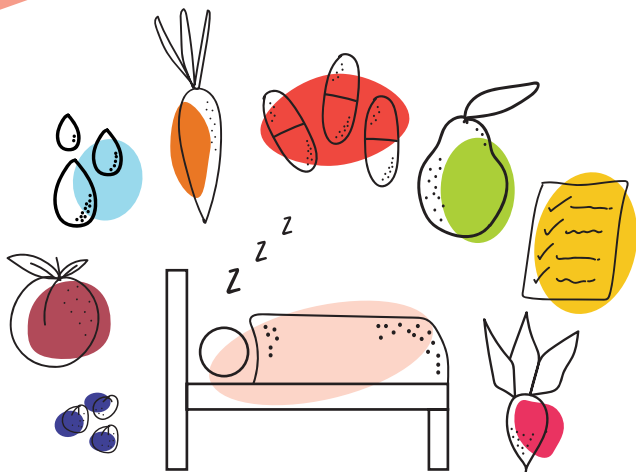


# healthy you



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**a**

**healthy**

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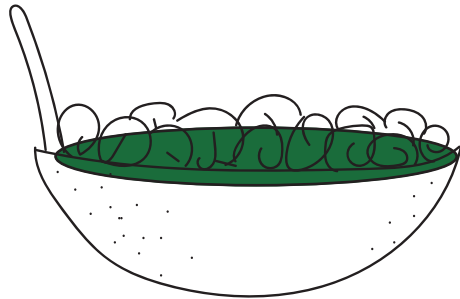
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section one

# healthy eating

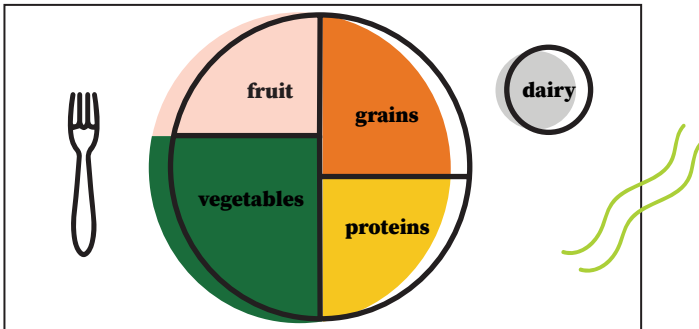


# HEALTHY EATING GUIDELINES FOR ADULTS

Eating the right amounts of the right foods is one of the most important steps towards a healthy you. Here are 9 easy steps to help you achieve healthy eating.

## 01 EAT A VARIETY OF FOODS.

Eating a variety of foods from all food groups will ensure that you get all the nutrients you need for good health. The food groups include: Protein, Grains, Fruit, Vegetables, Fats and Oils, and Dairy. The plate model below shows the proportion each food group should make up in your meals.



## 02 MAKE HALF YOUR PLATE FRUITS + VEGGIES.

- Fruit and vegetables contain lots of vitamins and minerals as well as fibre which are important for your health.
- Aim to eat 2-3 vegetables and 2-3 fruit every day.
- Focus on whole fruits rather than juice, as whole fruits contain more fibre.
- Remember to buy fruits and vegetables which are in season as they will be most affordable.

# 03

## INCLUDE GRAINS + STARCHY FOODS IN MOST MEALS.

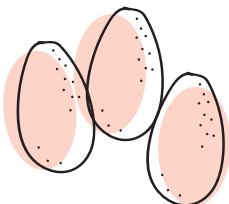
- Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, quinoa, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.
- Grains/starchy foods are the main source of energy for the body.
- Grains are important sources of many nutrients, dietary fibre, several vitamins and minerals.
- At least half of the grains/starchy foods that you eat should be wholegrains.
  - Examples of wholegrains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.

# 04

## INCLUDE PROTEIN DAILY + VARY YOUR PROTEIN SOURCES.

- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the protein food group.
- Proteins are one of three nutrients that provide your body with energy in the form of calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood.
- Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many vitamins and minerals. These include B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

### other tips:



- Choose lean proteins where possible.
- Remember to cut away visible fat from meat, and remove the skin from the chicken.
- Try to include seafood, as well as beans/peas/lentils 2 or 3 times per week.

# 05 CONSUME FATS + OILS SPARINGLY.

- Fats and oils play several important functions in the body including providing the body with energy, body temperature control, protection of organs.
- Fats and oils are needed to help your body absorb certain vitamins from the food that you eat.
- Fats and oils should be eaten in limited amounts for good health.
  
- Avoid hard fats, rather choose oils (liquids at room temperature).
- When cooking, do not use more than one teaspoon of oil per person in the meal.
- Cut away visible fat from meat and remove skin from chicken.
- Choose fat-free or low-fat dairy products.
- Eat fatty fish regularly as it is a good source of Omega 3 which is an essential fat that helps with brain development.

## other tips:



# 06 INCLUDE 2 SERVINGS OF LOW-FAT DAIRY EVERY DAY.

- All milk and foods made from milk (such as yoghurt and cheese) are considered part of this food group.
- Dairy provides you with several important vitamins and minerals. These include calcium, potassium and vitamin D.
  - These play a role in keeping our bones and teeth healthy, as well as maintaining healthy blood pressure.
- Choose low-fat or fat-free dairy products.

## 07 EAT SUGAR, AND FOOD AND DRINKS HIGH IN SUGAR IN LIMITED AMOUNTS.

- Sugar, and food and drinks high in sugar may lack important nutrients including vitamins and minerals and should not replace other, more nutritious foods.
- High intake of sugar may contribute to excessive energy intake, which can increase your risk of becoming overweight or obese, diabetic as well developing dental caries.
- Many food and drinks have sugar added to them during processing and contribute to increasing your overall sugar intake. These should also be eaten in limited amounts.
  - o Such foods include sauces, biscuits and fruit juice.

## 08 USE SALT AND FOODS HIGH IN SALT SPARINGLY.

- Eating salt, and foods high in salt increases your risk of developing high blood pressure.
- Processed foods tend to have large amounts of salt added to them and should be avoided where possible.
- Alternative food flavouring methods should be used in place of salt, such as fresh herbs and spices, garlic or lemon juice.

## 09 DRINK LOTS OF CLEAN, SAFE WATER.

- Aim to drink around 6-8 glasses of water per day.
- Alternative drinks such as juice or fizzy drinks are high in sugar and should be consumed in limited amounts or avoided where possible.





# HEALTHY EATING FOR YOUR CHILD

Your child needs the right foods to be healthy and grow well. Make sure that your child's growth is measured regularly by a healthcare professional and speak to them should you have any questions or concerns.

## birth - 6 months:

### BREASTFEED EXCLUSIVELY.

- Give your infant only breastmilk
- Do not give any other liquids or solids (not even water), and avoid traditional remedies/medicines.

### WHY IS EXCLUSIVE BREASTFEEDING IMPORTANT?

- Breastmilk contains all the nutrients and water, your baby needs for the first 6 months.
- Breastmilk reduces your babies risk of getting pneumonia and diarrhoea, constipation and allergies.
- Other foods or liquids may damage to your baby's digestive system, making it t easier for infections (including HIV) to enter your baby's body.

### HOW OFTEN SHOULD YOU BREASTFEED?

- Breastfeed as often as your baby wants during the day and the night.
- Feed at least 8-12 times over 24 hours.
- The more your baby feeds, the more milk your breasts will produce. Almost all mothers will

produce enough milk for their baby not to need anything else for the first 6 months.

### EXPRESSING BREAST-MILK:

- Express breastmilk for other carers to feed to your baby when you are away from him/her.
- Feed expressed breastmilk with a cup, not with a bottle.
- Store expressed breastmilk in a clean glass or plastic cup with a lid.

### OTHER IMPORTANT POINTS FOR BREAST-FEEDING MOMS:

- If you are HIV positive, remember to always take your HIV medications. This ensures that breastfeeding is safe for your baby.
- Breastfeeding mothers should eat healthy food and drink clean, safe water regularly.
- Breastfeeding moms should avoid alcohol, cigarettes and other recreational drugs.

If you are unable to breastfeed, or have chosen to formula feed your baby, discuss safe preparation and use of formula with a healthcare professional.

## WHEN AND HOW SHOULD YOU START COMPLEMENTARY FEEDING?

Complementary feeding (the introduction of foods in addition to breastmilk/formula) should start at 6 months of age.

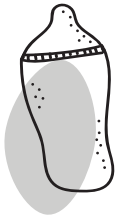
### 6-8 months:

#### HOW + WHAT?

- Continue breast-feeding, offering breastmilk before food
- Start with 2-3 spoons of one soft food (for example, porridge, mashed vegetables)
- Introduce another food once the child is comfortable with the first food

#### HOW MUCH?

- 2 meals a day, of about 2-3 spoons
- Breastfeeding continues as before



### 9-11 months:

#### HOW + WHAT?

- Offer breastmilk before offering complimentary foods
- Increase the amount and variety of foods
- Food does not need to be smooth/ mashed as it did previously
- Give your baby small pieces of food that they can hold
- Avoid small, hard foods that may cause choking
- Offer your baby safe, clean water in a cup regularly

#### HOW MUCH?

- About 1/4 cup of food per meal
- Increase to 1/2 cup per meal
- 5 smalls per day



### 1-5 years:

#### HOW + WHAT?

- Offer food first, then breastmilk
- By one year, child should be consuming all family foods
- Cut up foods into small pieces so that your child can eat on their own

#### HOW MUCH?

- 1 full cup of food
- 5 small meals a day



## WHAT SHOULD YOU FEED?

- Give a variety of foods (starches, iron rich foods, vegetables and fruit).
- If not breastfeeding, give your child at least 2 cups of full cream cow's milk/ yoghurt every day.
- Make starchy foods the basis of a child's main meals.
- Children need plenty of vegetables and fruit every day.
- Children should eat chicken/fish/ meat/eggs/bens/soya or peanut butter every day.
- Give foods rich in Iron, vitamin A and vitamin C.
- Limit sweets, biscuits, chips and juice.
- Offer clean, safe water regularly.

### food sources of iron:

Red meat, turkey, tuna, liver, kidney, egg yolk, green leafy vegetables (spinach/ kale/broccoli), beans, lentils, dried fruit.

### food sources of vitamin a:

Liver, kidney, sweet potato, carrot, yellow cheese, spinach, broccoli, butternut, mango, papaya, full cream milk.

### food sources of vitamin c:

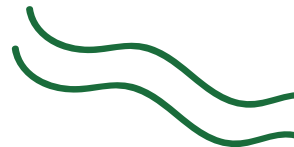
Guava, citrus fruit, tomatoes, strawberries, brussel sprouts, melon.

## FEEDING RECOMMENDATIONS FOR DIARRHEA:

- Follow feeding recommendations above depending on your child's age, but give smaller, more frequent meals (at least 6 times per day).
- Give a sugar-salt solution in addition to feeds. Give sugar-salt solution after each loose stool, using frequent small sips from a cup
  - o Half a cup for children under the age of 2 years
  - o 1 cup for children 2 – 5 years of age
- If your child vomits, wait for 10 minutes then continue, but more slowly.

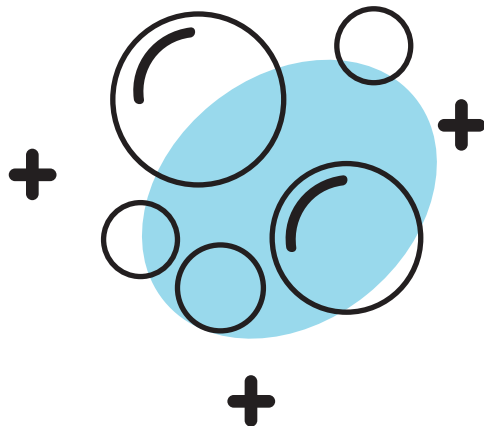
## HOW DO YOU PREPARE A SUGAR-SALT SOLUTION AT HOME?

- 8 level teaspoons of sugar
- ½ level teaspoon of salt
- 1 litre (1000ml) cooled, boiled water



section two

# healthy hygiene + sanitation



## WHAT IS HYGIENE + SANITATION?

Hygiene and sanitation refers to practices and tools that keep us, and our environment clean and healthy. Sanitation involves things such as safe waste disposal and proper food preparation. Hygiene includes activities, such as frequent hand washing, bathing and brushing your teeth. Maintaining good hygiene and sanitation can prevent many diseases, such as diarrhea.

## HOW CAN I ACHIEVE HEALTHY HYGIENE + SANITATION?

# 01 WASH YOUR HANDS WITH SOAP AND RUNNING WATER.

### HOW TO WASH YOUR HANDS (5 STEPS TO EFFECTIVE HANDWASHING):

- 1 - Wet – Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- 2 - Lather - Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- 3 - Scrub - Scrub your hands for at least 20 seconds.
- 4 - Rinse - Rinse your hands well under clean, running water.
- 5 - Dry - Dry your hands using a clean towel or air dry them.

### WHEN SHOULD YOU WASH YOU HANDS?

- Before, during, and after preparing food and before eating food.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- After blowing your nose, coughing, or sneezing.
- After touching garbage.
- What should you do if you do not have soap and clean running water?
- An alcohol-based hand sanitiser that contains at least 60% alcohol can be used instead of hand washing. However, handwashing is most effective.

### HOW DO YOU USE HAND SANITIZERS?

- Apply the hand sanitiser to the palm of one hand.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

# 02

## BODY, FACIAL, + DENTAL HYGIENE

Brush your teeth and wash other parts of your body and hair frequently with soap and clean, running water.

# 03

## USE AND STORE WATER SAFELY.

### CLEAN WATER

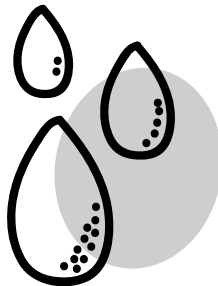
Ensure that water is safe to drink.

- Water can be purified by boiling the water and allowing it to cool , or by storing the water in soda bottles and placing those bottles in direct sunlight for 6 hours (solar disinfection).

Ensure that water is safely stored.

- Try to store water in a plastic, ceramic, or metal container that has the following characteristics: (4)
  - \* A small opening with a lid or cover to close container and allow access to the water without requiring the insertion of hands or objects into the container
  - \* Keep water storage containers clean by storing them in a clean place.
  - \* Wash hands before handling stored clean water.
  - \* ABATE® (Temephos) can also be used to prevent some bacteria from growing.

It is important to remember not to drink water straight from the river/ stream, not to collect water areas that have a lot of rubbish/sewage nearby, and not to cook food with dirty water.



# 04 FOOD SAFETY



## CLEAN

- Wash your hands, cooking equipment and surfaces with soap and water before cooking
- Rinse fresh fruit and vegetables under running water

## SEPARATE

- Raw foods should be kept separate from ready-to-eat foods.

## COOK

- Food must be cooked well, with high enough temperatures to kill germs and avoid any raw portions.

## CHILL

- If possible, store food in a fridge, to prevent bacteria growth. If a fridge is not available, try to eat food quicker, rather than storing it at warm temperatures.

# 05 DISPOSE OF WASTE CORRECTLY

Dispose of feces and waste water (especially from latrines and household cleaning) well away from any water source used for cooking, drinking or washing.

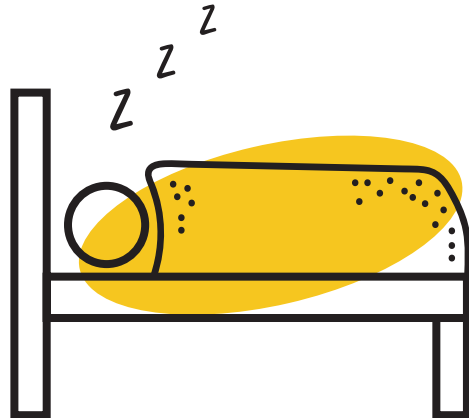
## SUMMARY:

Hygiene and Sanitation play an important role in your health.

- Handwashing is the most important hygiene activity that you should do on a continuous basis.
- Don't forget to clean your body, face and teeth.
- Remember to boil water before drinking and to store water safely.
- Remember, wash your hands and cooking equipment before preparing food and ensure that food is cooked thoroughly.
- Make sure to dispose of waste far away from any sources of drinking, washing and cooking water.
- Don't forget to tell your friends and family about how they can become a "Healthy You" citizen.
- More information can also be accessed from the 1N1D health resources website.

section three

# healthy habits





# WHAT ARE HEALTHY HABITS?

## 01 HEALTHY EXERCISE

### WHAT IS EXERCISE?

Exercise is any physical activity that is carried out to improve your fitness, strength, flexibility and overall health. Exercise is important because it helps elevate your mood, strengthen your heart, and it is good for your muscle and bone strength. Exercise helps to decrease your risk of getting heart diseases, diabetes, hypertension, breast cancer and obesity.

### HOW TO ACHIEVE A “HEALTHIER YOU” WITH EXERCISE:

The World Health Organisation recommends the following: **150 minutes of moderate intensity aerobic exercise per week OR 75 minutes of high intensity aerobic exercise throughout the week.** Aerobic exercise is any exercise that makes you breathe faster and makes your heart beat faster. Aerobic exercise should be done for intervals of at least 10 minutes at any given time.

Types of exercise include running, riding a bicycle, walking, power-walking, skipping, soccer, and other sports. Try to exercise at the same time each day. This will make it easier to make exercise a habit.

### do not:



Do not start exercising if you have chronic illnesses and have not spoken to a doctor. Always consult your doctor first before you decide on the types of exercise you want to do. Do not exercise up until the point that you are in extreme pain or exhaustion. Always start with easy exercises and build up as you get stronger.

### summary:

- Try to exercise at least 3 times a week.
- Pick an activity that you enjoy.
- Do not exercise too much if you are extremely ill. Always ask your doctor first.

# 02 HEALTHY SLEEP

## WHAT IS HEALTHY SLEEP?

Sleep is needed by everyone to feel awake and alert in the daytime. Healthy sleep is about both getting enough sleep and getting the right type of sleep. If you don't get enough of the right type of sleep, you can experience serious problems.

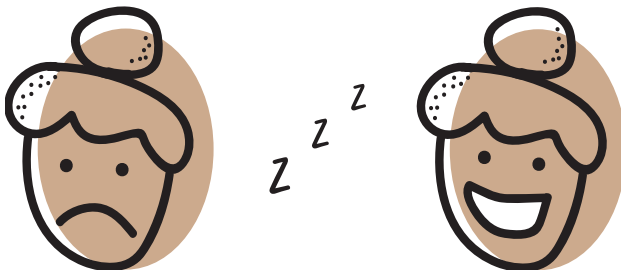
## HOW MUCH SLEEP DO I NEED?

Every person is different and will need a different amount of sleep to feel properly rested. Most adults need about 7 to 9 hours of sleep each night in order to feel awake enough during the day. But some people feel rested after a shorter sleep, and others need more sleep to feel alert the next day.

## WHAT PROBLEMS COULD I EXPERIENCE IF I DON'T GET ENOUGH SLEEP?

If you do not get enough sleep, or if you do not feel rested after sleeping, this can lead to problems like:

- Accidents – If you fall asleep while driving, you could be seriously hurt or killed. You could also accidentally hurt or kill another person.
- Work problems – If you are too tired at work, you can make mistakes. As a result, you could get into trouble or lose your job. Depending on the work you do, it could also be dangerous for you or for others.
- Health problems – Not getting enough restful sleep over time can affect your health. Your immune system might have trouble doing its job to protect your body from infections. You might also be at higher risk for obesity and heart disease.
- Stress – If you feel tired all the time, you might stop doing activities you used to enjoy, like spending time with friends or your partner. It can also be stressful and embarrassing to fall asleep at inappropriate times.



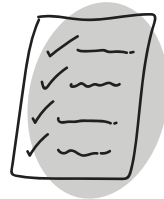
## HOW CAN I IMPROVE SLEEP?

Just as you can practice good general hygiene to improve your overall health, you can also practice good sleep hygiene to improve your sleep. Even if you don't feel that your sleep is completely unhealthy, the following could improve the quality of your sleep even more:

- Sleep only long enough to feel rested and then get out of bed.
- Go to bed and get up at the same time every day.
- Do not try to force yourself to sleep. If you can't sleep, get out of bed and try again later.
- Have coffee, tea, and other foods that have caffeine only in the morning.
- Avoid alcohol in the late afternoon, evening, and bedtime.
- Avoid smoking, especially in the evening.
- Keep your bedroom dark, cool, quiet, and free of reminders of work or other things that cause you stress.
- Solve problems you have before you go to bed.
- Exercise several days a week, but not right before bed.
- Avoid looking at phones or reading devices ("e-books") that give off light before bed. This can make it harder to fall asleep.
- Avoid long naps if you have trouble sleeping at night, especially in the late afternoon. Short naps (about 20 minutes) can be helpful, especially if your work schedule changes day to day and you need to be alert at different times.

# 03

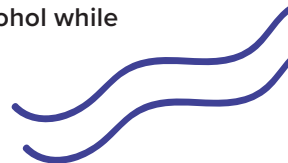
## ALCOHOL



Alcohol can be used safely. However, alcohol is not a recommended beverage and excess alcohol intake is associated with many negative effects on the body.

## HOW CAN ALCOHOL AFFECT THE BODY?

- Contributes to accidents and injuries
- Liver disease
- Heart and blood vessel disease
- Various cancers
- Birth defects in unborn babies of mothers who drink alcohol while pregnant



## HOW MUCH IS TOO MUCH?

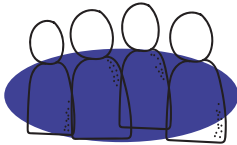
If alcohol has a negative effect on your life, or if you answer yes to any of these question, you may be drinking too much:

- Are you unable to control how much you drink?
- Do you need to drink larger and larger amounts to get the effect you want from drinking alcohol?
- Do you feel physically unwell if you cut down on your alcohol intake?
- Has alcohol affected your occupation or relationships?

Seek professional help of a doctor or nurse if you answered yes to any of these questions or think you may have a problem.

## the treatment: summary:

- See a counselor.
- Take medication.
- Join a support group.



- Never drink while pregnant.
- If you think you may have a problem, or after reading this think you may have a problem with alcohol, seek help.
- Know that there is treatment for alcoholism.

**Alcoholics Anonymous Peru:**  
**Service Office: (51)1-447-8666,**  
**Website: [www.aaosgperu.com](http://www.aaosgperu.com)**

# 04 DRUGS



## WHAT ARE ILLICIT DRUGS?

Illicit drugs are substances that can either stimulate or inhibit the brain and nerves of the body. Or they are substances that can cause you to hallucinate. These substances include cocaine, amphetamines, heroin, opioids, and cannabis. These substance can have many negative effects on the body and different drugs can result in different diseases.

Drug addiction is a chronic disease that results in compulsive, or uncontrollable, desire and use of drugs even with the knowledge of the harms. Drugs mostly affect the brain and can result in long term effects. These changes in the brain can lead to the harmful behaviors seen in people who use drugs.

## WHAT TREATMENT EXISTS?

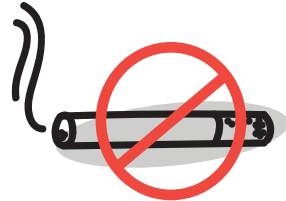
- Behavioural counselling and medication.
- Medical devices and applications used to treat withdrawal symptoms or deliver skills training.
- Evaluation and treatment for co-occurring mental health issues such as depression and anxiety.
- Long-term follow-up to prevent relapse.

These methods can be used on their own or in combination. It is important to seek health advice to make a program specifically for you.

## PRINCIPALS:

- Treatment of drug addiction is possible but not simple.
- No single treatment is right for everyone.
- Staying in treatment long enough is critical.
- Treatment plans must be reviewed often and modified to fit your changing needs.
- During treatment, drug use may be monitored, as well as other infectious disease that those who use illicit drugs may be at higher risk for such as HIV and hepatitis.

# 05 SMOKING



Smoking is very bad for the body and can cause problems with the heart, lungs, brain, blood vessels, kidneys and bones. Smoking also increases the risk of getting infections and cancer.

## WHY SHOULD I QUIT?

By quitting smoking, you can not only lower your risk of the above, you can also make your skin look younger and decrease the chances of sexual impairment.

It is not easy to quit but no matter how old you are or how long you have been smoking or how much you have smoked quitting will improve your health

## HOW CAN I QUIT?

You need to START:

S = Set a date

T = Tell your support system (family, friends, colleges and people around you)

A = Anticipate and plan ahead for difficult times

R = Remove cigarettes or any tobacco from your car, home and work (anywhere where you will be for long period of time)

T = Talk to a health professional about getting help to quit. The doctor can refer you to a counsellor and/or give you medication to help you quit. The medication can decrease the desire to smoke or can decrease withdrawal symptoms and decrease cigarette cravings.

## WHAT WILL HAPPEN TO ME WHEN I QUIT?

Because the body is used to tobacco, you can experience unpleasant symptoms when you stop, (called “withdrawal” symptoms). These symptoms include:

- Difficulty sleeping
- Irritable/anxious mood
- Feelings of anger and frustration
- Difficulty concentrating
- Some have temporary depression and need counselling and medication - therefore should seek professional help. Symptoms of depression include: feeling sad, feeling tired, having no desire to do the things you enjoy, losing or gaining weight, sleeping too much or too little, thinking about harming yourself.

Quitting smoking can also cause one to gain some weight, however the benefits of quitting are far greater on your health than the effects of weight gain.

## WHAT WILL MAKE MY JOURNEY EASIER?

\* Exercise

\* Avoiding being around smokers or areas associated to smoking

\* Keeping something that you can put in your mouth handy such as gum, hard candy or a mint. Put this in your mouth when you are craving a cigarette.

## summary:



- Start soon.
- Get support:
  - o From those around you.
  - o From the health care facilities.
- Believe you can do it, even if you start smoking again- try again!
- Call: 1-800-QUIT-NOW
- Visit: [www.smokefree.gov](http://www.smokefree.gov)

**start**

WHERE YOU ARE.

**use**

WHAT YOU HAVE.

**do**

WHAT YOU CAN.

## REFERENCES:

- <https://www.choosemyplate.gov/>
- <https://www.who.int/nutrition/topics/en/>
- <https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/index.html>
- <https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/index.html>
- <https://www.who.int/nutrition/topics/en/>
- <https://www.cdc.gov/handwashing/when-how-handwashing.html>
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- <http://www.factsforlifeglobal.org/09/4.html>
- <https://www.cdc.gov/safewater/storage.html>
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- [https://www.who.int/water\\_sanitation\\_health/water-quality/household/en/](https://www.who.int/water_sanitation_health/water-quality/household/en/)
- [https://www.who.int/dietphysicalactivity/factsheet\\_adults/en/](https://www.who.int/dietphysicalactivity/factsheet_adults/en/)
- [https://en.wikipedia.org/wiki/Aerobic\\_exercise](https://en.wikipedia.org/wiki/Aerobic_exercise)
- [https://www.uptodate.com/contents/insufficient-sleep-evaluation-and-management?search=sleep&source=search\\_result&selectedTitle=1~150&usage\\_type=default&display\\_rank=1](https://www.uptodate.com/contents/insufficient-sleep-evaluation-and-management?search=sleep&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1)
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