

**Safe, Smart and Healthy – Keys to Success in Your New Home**  
**Medical Care and Health Insurance - 7**

**ENGLISH**

Your children may be *referred* to a pediatrician by another doctor. Pediatricians are doctors who specialize in treating children.

It is important that your children see their pediatrician on a regular basis, so that they grow up healthy and strong.

Remember to bring all of your child's medical records to the first visit with the pediatrician.

Mr. Ba sees a doctor regularly to control his arthritis. You may be referred to a doctor if you have *chronic* conditions. Chronic conditions last for a longer time, and include diseases such as high blood pressure, diabetes and arthritis. They need to be checked by a doctor on a regular basis.

If you have a chronic disease it is important to see your doctor regularly, so that they can check and see how you are doing.

What you eat and drink and what medicines you take all have an effect on you. Be sure to tell your doctor about what you eat and drink and any medicines you take—*including* any vitamins, herbal supplements and home remedies. They also need to know if you drink alcohol or smoke tobacco, and how much.