

# HEALTH

## GOOD HEALTH IS NO ACCIDENT.

Sometimes if you get sick or hurt, it goes away by itself, so you might think you don't have to worry about your health.

Unfortunately, this is false. It's important for you to take good care of yourself. Smart lifestyle choices (like not smoking or doing drugs, and always wearing a seat belt in the car) help a lot. So do good nutrition and exercise (see NUTRITION AND EXERCISE, page 32.) Building your physical and mental reserves is also a great way to handle stress, whether it's "positive" stress (the kind you feel, for example, when engaged in competition, or performing in a concert or play) or whether it's "negative" stress (such as doing poorly on a test, or having an argument with someone you care about.) **Follow these steps to help avoid stress-related illnesses:**

- ⇒ Exercise regularly and eat well-balanced, nutritious meals
- ⇒ Maintain your ideal weight
- ⇒ Avoid nicotine, caffeine and other stimulants
- ⇒ Get enough sleep
- ⇒ Make time for friends and family
- ⇒ Set realistic goals that are meaningful to YOU, not just to others

Routine care like immunizations and routine physical exams are important even when you feel good. And when you have a serious illness or injury, you need professional health care. Some health care for minors requires a parent or guardian's permission. Many times there is a fee. Often you need to make an appointment ahead of time. So when you call for an appointment with any health care provider, be sure to ask them if they can care for you, and what the costs will be.

If you don't have a family doctor, you can find physician information at:

- Aspirus Wausau Hospital** ..... [www.aspirus.org](http://www.aspirus.org)
- Marshfield Clinic** ..... [www.marshfieldclinic.org/patients](http://www.marshfieldclinic.org/patients)
- Saint Clare's Hospital** ..... [www.ministryhealth.org](http://www.ministryhealth.org)

To find out about free or low-cost health care services, you can call:

- Bridge Community Health Clinic** ..... (715) 848-4884  
Provides health care at reduced cost for income-eligible patients throughout the Wausau area.

- Family Planning Health Services** ..... (715) 675-5395  
Long-distance callers may call toll-free. . . (800) 246-5743

Female patients may get Pap and pelvic exams, pregnancy testing, and breast cancer screening based on ability to pay. Also offers HIV and other STD testing for both males and females.

- Marathon County Health Department** ..... (715) 261-1900  
Long-distance callers may call toll-free. . . (800) 236-0153

Ask for the Public Health Nurse, who can tell you about family immunization clinics, STD testing and maternity care.

- Ministry Medical Group** ..... (715) 393-3900

Appointments with a physician are available for a flat fee of \$50, at the Rib Mountain and Weston Clinics.

- Community Center of Hope** ..... (715) 693-7145  
Medical referrals for people in the Mosinee area who have no health care insurance.

For information on general health issues you can search [www.healthfinder.gov](http://www.healthfinder.gov), a website sponsored by the **National Health Information Center**.

For information about other issues of interest to teens, check out: [www.teenshealth.org](http://www.teenshealth.org), by the **Nemours Foundation**.