

What do you do if your wrist or ankle hurts?

If your wrist or ankle hurts, you can do 4 things:

- 1) Talk to your parents or an adult about what is hurting you
- 2) Keep it elevated (when you are sitting down, lift your arm or leg and rest it on something)
- 3) Put ice on it for 15 to 20 minutes at a time
- 4) Try not to use it too much

*If your wrist or ankle does not get better in a few days, ask your parents to bring you to see a doctor

What is Juvenile Arthritis?

Joints are places where bones meet and move, for example: your fingers, wrists, elbows, knees, and ankles. Children with **juvenile arthritis** usually have trouble moving their joints properly because they become stiff. Sometimes, the joints are painful and swollen.

Juvenile arthritis is an autoimmune disease. This means that the immune system makes a mistake and targets healthy cells as if they were harmful. It releases chemicals to fight the healthy cells. These chemicals cause pain and swelling.

If you have juvenile arthritis, it may not be easy to exercise. However, it is still important to stay active, but at your own pace. Stretching and warming up your muscles may help to decrease stiffness and pain.

How do we digest food?

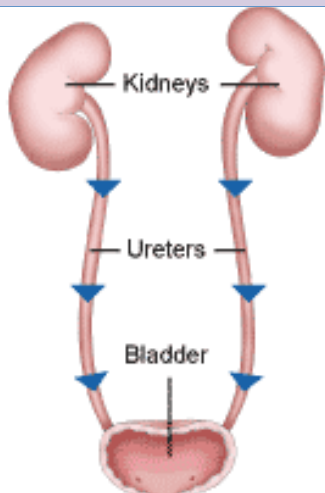
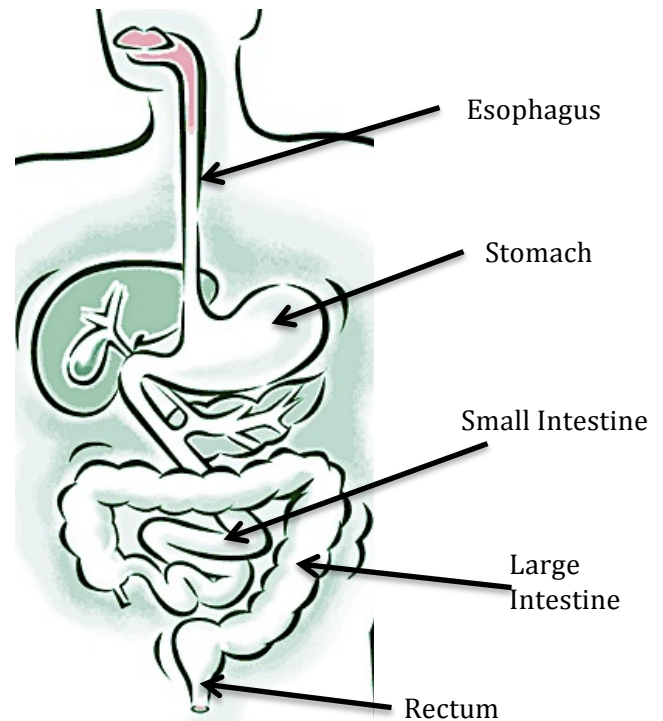
**When food gets in your mouth, it is broken down into smaller parts by your teeth and saliva, so it is easier to swallow.

**The food then passes through your esophagus. In a few seconds, the food reaches your stomach.

**Your stomach mixes and mashes the food for 2 to 5 hours until it feels soft, kind of like toothpaste.

**Then, the food moves down to your small intestine. Here, chemicals called enzymes change the food. This is the true digestion phase. Food can stay here for up to 40 hours.

**Food that your body can't use passes through your large intestine and then to the rectum, where waste food leaves the body.



Why do we have kidneys?

Kidneys keep your blood clean. Your blood takes waste products away from your cells and brings them to the kidneys. The kidneys then get rid of this waste by making urine. Urine leaves the kidneys through ureters to go to the bladder. When your bladder is full, you feel the need to go to the toilet.