



**Aboriginal
Health & Medical
Research Council
of NSW**

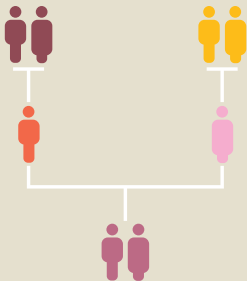
Holistic Health Playing Cards

For our mob, health is about so much more than not being sick.

Health is holistic and includes physical, social, emotional, cultural and spiritual health. These cards have been created to give you some ideas on how to work on your health holistically, as both an individual and as part of a community. We hope you have fun playing the cards with your nearest and dearest, and that you learn something new while you're at it.



A health check will take into account your medical history, as well as your family's medical history.





**Health is about so
much more than simply
not being sick.**





Health is holistic and involves physical, mental, emotional, cultural and spiritual health.





**Risk factors for chronic disease
include unhealthy diet and
physical inactivity.**





**Quitting alcohol can help to
improve your sleep, memory,
mood and overall health.**





**Condoms help to prevent
pregnancy and sexually
transmitted infections
and diseases.**





**Eating a high fiber diet and
reducing your consumption of
red and processed meat **can**
help prevent bowel cancer.**





Laughing is good for the heart and can increase blood flow by 20 percent.



HA HA HA



9
♣

**Diabetes is one of
the leading causes of death
in the world.**



♣
6

10
♣

**Women aged 50-74 should have
a mammogram every two years
to screen for breast cancer.**



♣
10



**Obsessive Compulsive
Disorder can start at any age
and affects all genders equally.**





**Drinking too much alcohol
can affect your concentration,
judgement, mood and memory.**





**Meditating for 10 minutes
a day can reduce stress and
blood pressure, as well as
improve focus.**





Thoughts are not facts. Just because you have a thought, does not mean you have to act on it.





Talking openly with your sexual partners and your doctor can help you take charge of your sexual health.





**Alcohol is a depressant drug,
which means it slows down the
messages travelling between
the brain and the body.**





**Exercise will give you
more energy, even when
you're tired.**





Urges are like waves.
They peak and crash,
then settle and are calm.



6
♠

Eating a nutritious diet during pregnancy is linked to good baby brain development.



♥
9

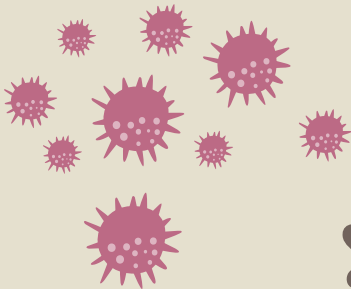


Skin is the largest organ in the body and it defends against disease and infection.





**HIV is a virus that attacks
the immune system and
weakens the body's natural
way to fight infections.**



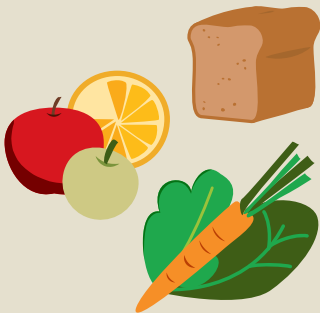


Otitis media is a middle ear infection and is very common in children.



10
♠

**Improve gut health by eating
foods with fiber like wholemeal
bread, fruit and vegetables.**



♠
10



**Tooth decay occurs when
acid destroys the outer surface
(enamel) of the tooth.**





STIs are nothing to be ashamed of. If you have an STI, it is important to get treatment and manage your symptoms.





**Learning your nations language
or a musical instrument can
develop areas of your mind.**

yaama

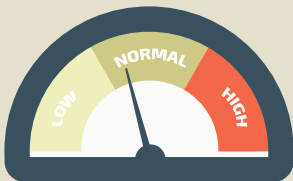
Kaya

Palya





Your body needs cholesterol to be healthy. However, too much cholesterol can increase your chance of heart disease.





Gestational diabetes is a
type of diabetes that develops
during pregnancy.





Walking outside can reduce negative thoughts and helps to boost self-esteem.





**You should get tested
for STIs each time you have
a new sexual partner.**





**Regular health checks
can identify early signs
of health issues.**





**Regular exercise can
reduce the frequency and
severity of lower back pain.**





**Smoking can make it
harder for a woman to
become pregnant.**





**The liver is a key player
in your body's digestive
system. Everything you eat
or drink, including medicine,
passes through it.**





**Too much cholesterol in
your blood can lead to a
heart attack or stroke.**



10
♥

**Research has linked
loneliness with a higher risk of
developing mental and physical
health conditions.**



♥
10



Depression is more than feeling sad or low, it can be a chronic feeling of numbness. If you are experiencing symptoms of depression, book an appointment at your local AMS or GP.





Chronic diseases are conditions that last 1 year or more and require ongoing medical attention.



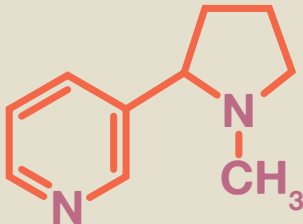


Cardiovascular disease (CVD)
refers to all diseases and
conditions involving the heart
and blood vessels.





Nicotine is the drug
in tobacco that causes
addiction.





Rheumatic heart disease (RHD)
is damage to one or more of
the heart valves.



3



It's important to **manage your diabetes** to help prevent a heart attack or stroke.



3

4



Testicular cancer is the second most common cancer in young men aged 18 to 39.



4



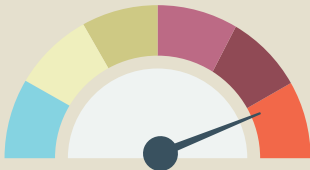
**Drinking at least five glasses
of water a day can reduce your
chances of suffering from a
heart attack by 40%.**



6



**Smokers are at higher risk
of diseases that affect the
heart and blood vessels
(cardiovascular diseases).**



9

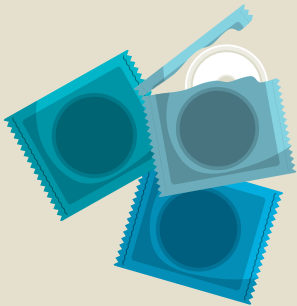


**Socialising with your mob
can help you to feel connected
and increase your happiness
and wellbeing.**





Using protection such as a condom during sex decreases your chances of getting an STI.



9



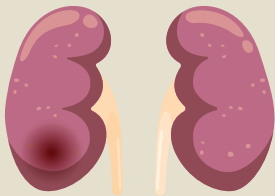
Fluoride protects teeth from decay and is used in many products related to oral health, including toothpastes.



6

10
♦

All drugs pass through your kidneys. Make sure what you're ingesting is not going to damage them.



♦
10



A stimulant drug speeds up the messages travelling between the brain and the body.





**Your eyes are sensitive to
UV rays, so make sure they're
protected when you are
exposed to the sun.**





**Learning a new skill helps to
improve your brains functioning
and builds self-confidence.**

