

# Talking with Kids About Health

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### D

#### Diabetes

If a person has **diabetes**, his body is not able to properly use the sugar that is released from food that he eats. These sugars build up in the body and can make him feel nauseous, very hungry, very thirsty or very sick, and they can make him pee more frequently. To stay healthy, people with diabetes learn how to eat the right mix of food and not eat too much sugar at any one time. Some people with diabetes have to get an injection of medicine every day, called insulin. The insulin works to keep them healthy and feeling like everyone else.

#### Diarrhea

**Diarrhea** is when your bowel movements (or poop) are very soft or watery. Diarrhea can be caused by a virus or by something that you ate. To get better, it helps to eat rice, bananas and toast and to drink extra liquids. Drinking liquids stops you from getting dehydrated, or from losing too much fluid in your body.

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### E

#### Earache

You get an **earache** when the inside of your ear hurts. Earaches are usually caused by an infection in your ear. Often you get them after you have a cold. Some earaches will go away on their own, and others will go away if you put special drops in your ears for a few days. Some earaches will only get better if you take a kind of medicine called an antibiotic, which your doctor prescribes.

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### F

#### Fever

When you get a **fever**, your body temperature becomes hotter than usual. For most people, this means a temperature of over 98.6 degrees. A fever is a sign that there is something inside your body that is making you sick. Your temperature rises because your body gets hot as it tries to fight or get rid of whatever is making you ill. Your body will need extra liquids when you have a fever, so drink water, juice and other healthy drinks you like.

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### G

#### Germs

**Germs** are tiny living organisms that get inside your body. They are so small that you can't even see them. Germs can make you feel sick in different ways and can cause an infection like a sore throat, earache or cold. There are different types of germs, called viruses and bacteria, and they are treated in different ways. If you get a bacterial infection, the doctor might give you a medicine called an antibiotic to help it go away more quickly. However, if you get a viral infection, it will usually go away without an antibiotic.

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### H

#### Headache

A **headache** is when your head hurts. There are many different causes for headaches. Sometimes you get them when you have a cold, when you haven't been drinking enough water, or when you're hungry or tired. Sometimes you get them for no special reason. You can feel the pain of a headache in different parts of your head. You might feel it behind your eyes, in the back of your head and even in your neck. Most headaches will go away on their own if you just lie down and rest for a few minutes, but sometimes you may be given medicine to help them go away.

#### Heart

Your **heart** is a special muscle located in your chest. It pumps blood all around your body.

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### I

#### Infection

Your body gets an **infection** when a germ gets inside and makes you sick. There are different types of infections, such as sore throats, rashes and colds. How they are treated depends on what type of germ caused the infection. Bacterial infections, such as strep throat and some ear infections, will be treated with a kind of medicine called an antibiotic. An infection which is a fungus, like athlete's foot, will be treated with a cream. Viral infections, like colds, should go away by themselves over time. Sometimes a cut on your skin may get infected, and a band-aid with ointment will usually make that go away.

### IV

An **IV** is a small plastic tube that is inserted into a vein in your body. A nurse will usually put this tube in your arm. The IV tube carries liquid medicine into your body that helps you get well or can help your pain go away. Sometimes, the nurse may leave the tube in your arm for a while, so she can use it again.

## M

### MRI (Magnetic Resonance Imaging)

An **MRI** is a special picture of the inside of your body, such as a picture of your stomach, your brain or your heart. In order to take this picture, you need to lie still on a table inside the MRI machine. Some children can lie still on their own, while others take sleeping medicine to help them lie still. Taking the MRI picture does not hurt, but the machine is very noisy. When this picture is developed, you are able to see what your insides look like in a very detailed way.

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## N

### Nausea

When you feel like throwing up, you may be experiencing **nausea**. Nausea can sometimes be caused by a virus. Nausea can also be your body's reaction to something you ate that your body didn't like. Other times, you may get nauseous when you get very worried about something. Some people get nauseous when they ride in a car too long or on a boat - this is called motion sickness, car sickness or sea sickness. Nausea can be a very uncomfortable feeling. Sometimes a cup of ginger tea, cola or ginger ale can help soothe nausea. Scratching a lemon or orange and smelling it can also help make nausea go away.

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## O

### Operation

In an **operation**, a doctor makes an "incision," or small cut, in your body to fix something inside you or to see if there's a problem. An operation is sometimes also called having surgery. Some common operations are to remove a sick appendix or infected tonsils or to fix a broken bone.

### Otoscope

An **otoscope** is a little flashlight with a special earpiece. The doctor uses an otoscope to look in your ears or inside your mouth. It does not hurt at all when the doctor does this, but it might tickle.

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