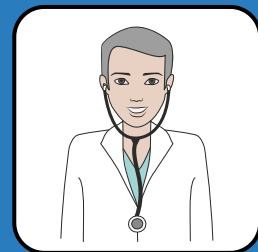
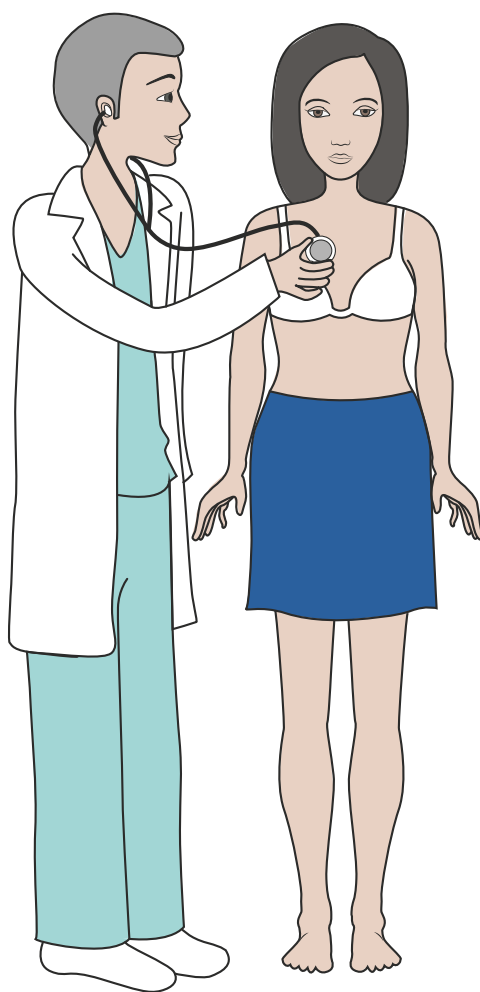


The General Physician



Going to the Doctor



Why ?

I need to go at least once a year for a checkup.

I can go if :

- I have a fever.



- I have a headache.



- An area of my face hurts.

The throat



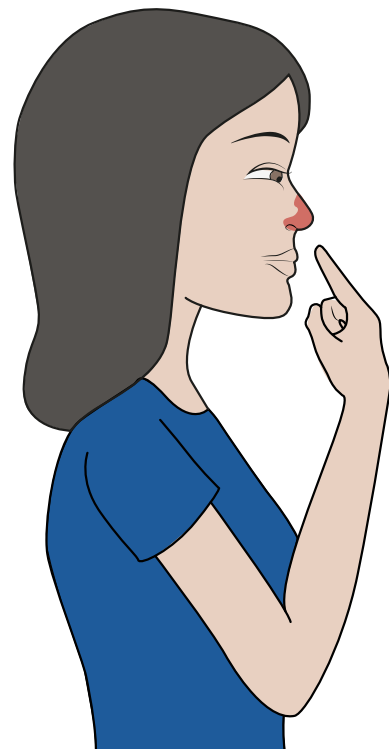
The ears



The eyes

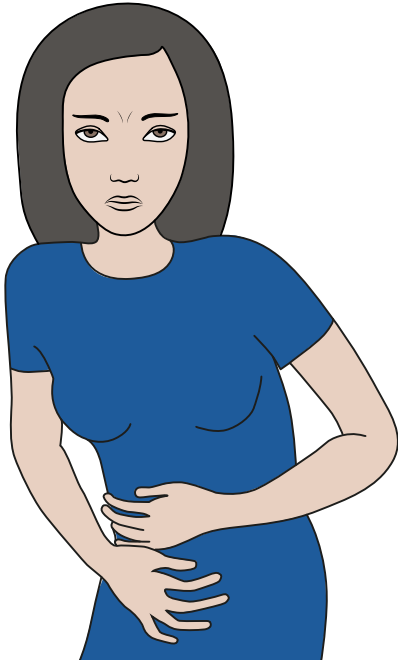


The nose

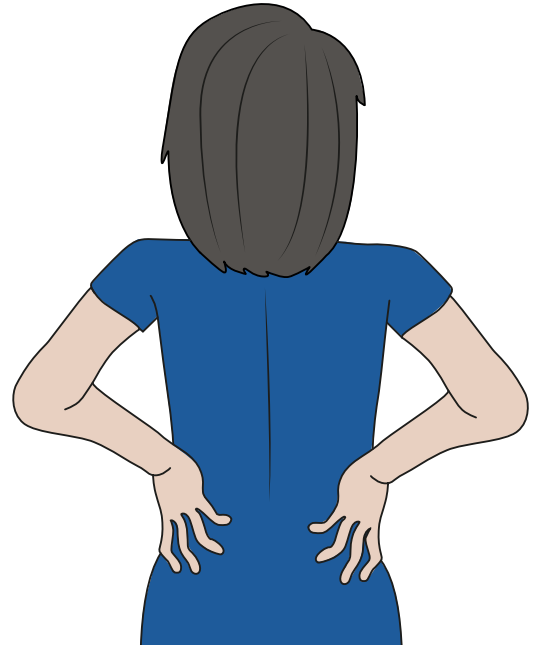


● A part of my body hurts.

Stomach



Back



Arm

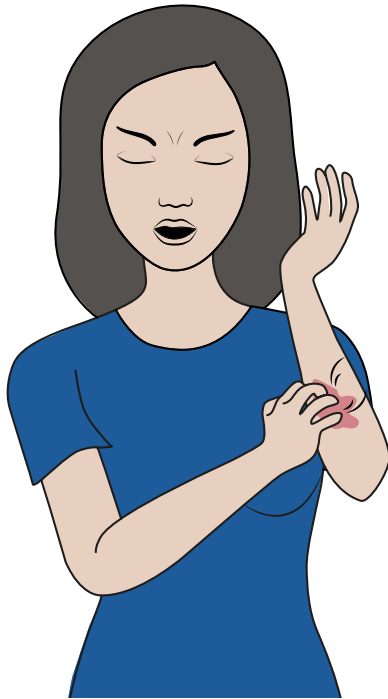


Leg



● I have skin problems.

Itching



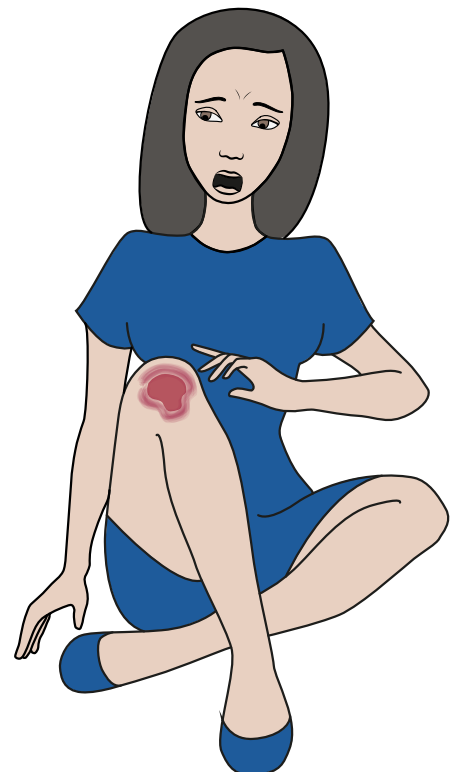
Red patches



Spots

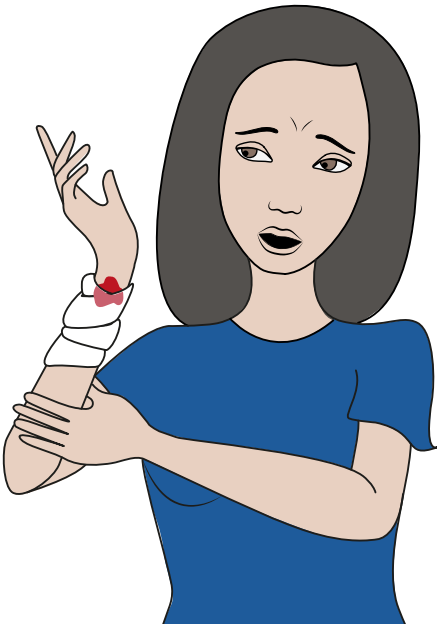


Wound

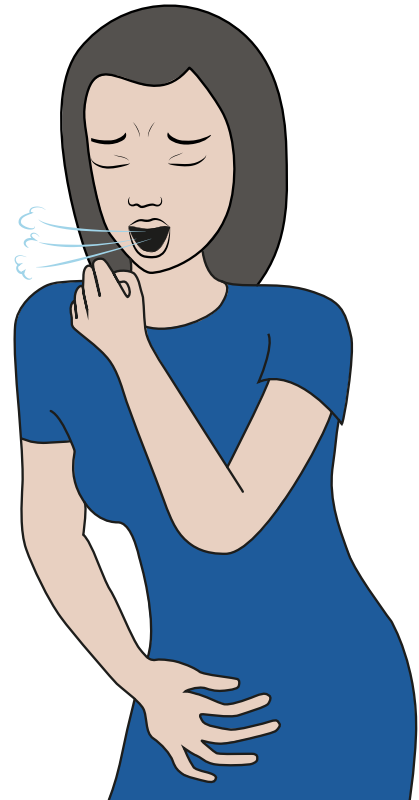


● I have another problem.

I have an injury.



I have a cough.



I can't hear well.

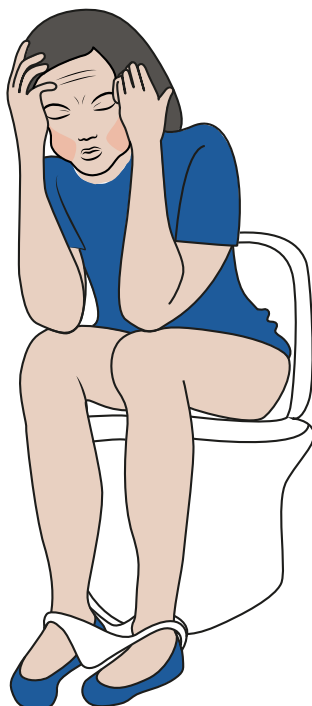


● I have another problem.

I'm vomiting.



I'm constipated.



I have diarrhea.



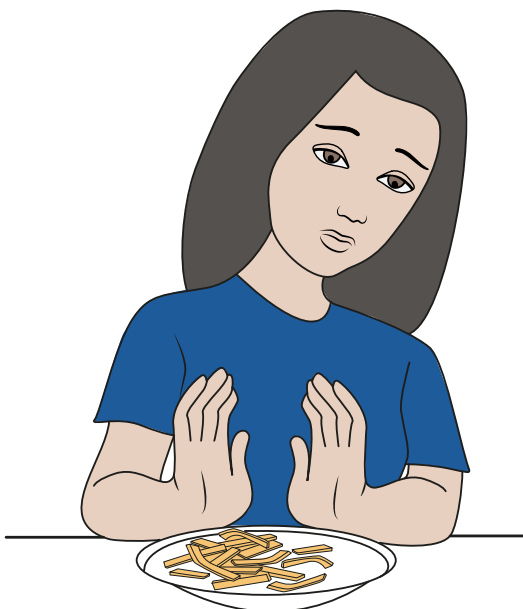
I feel sad.



I have trouble sleeping.



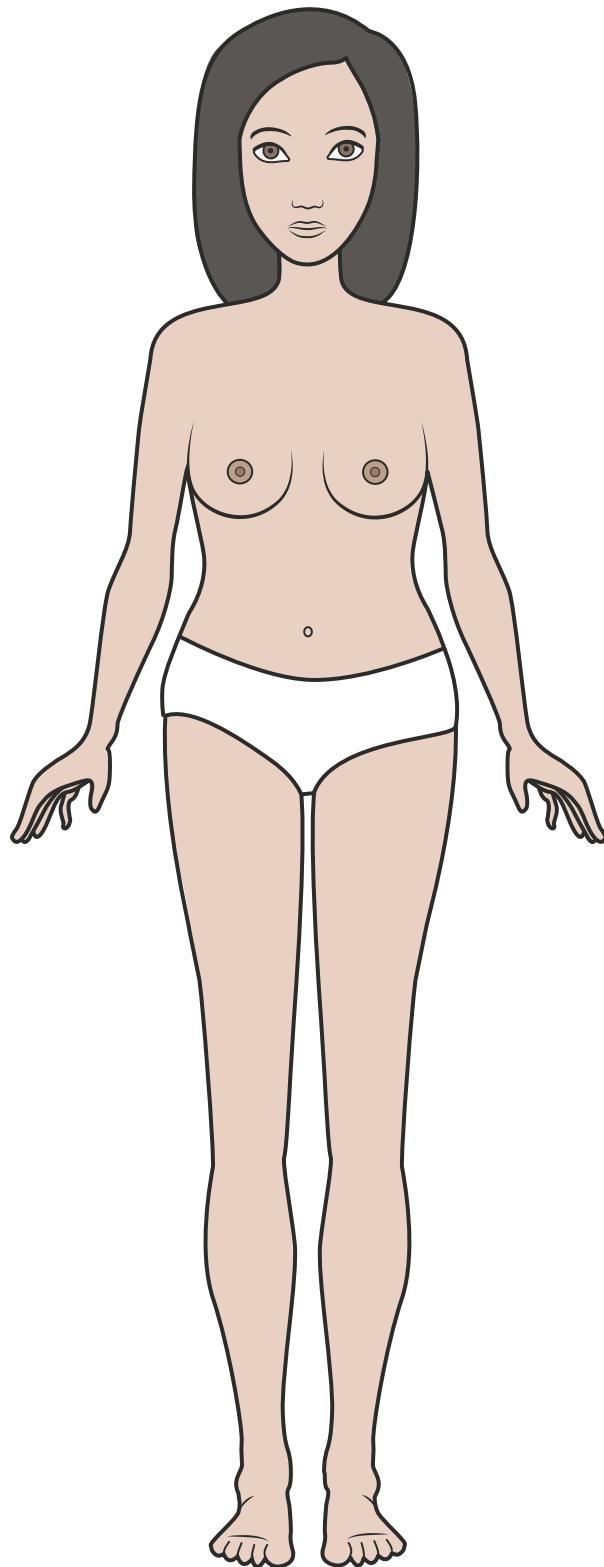
I don't have any appetite.



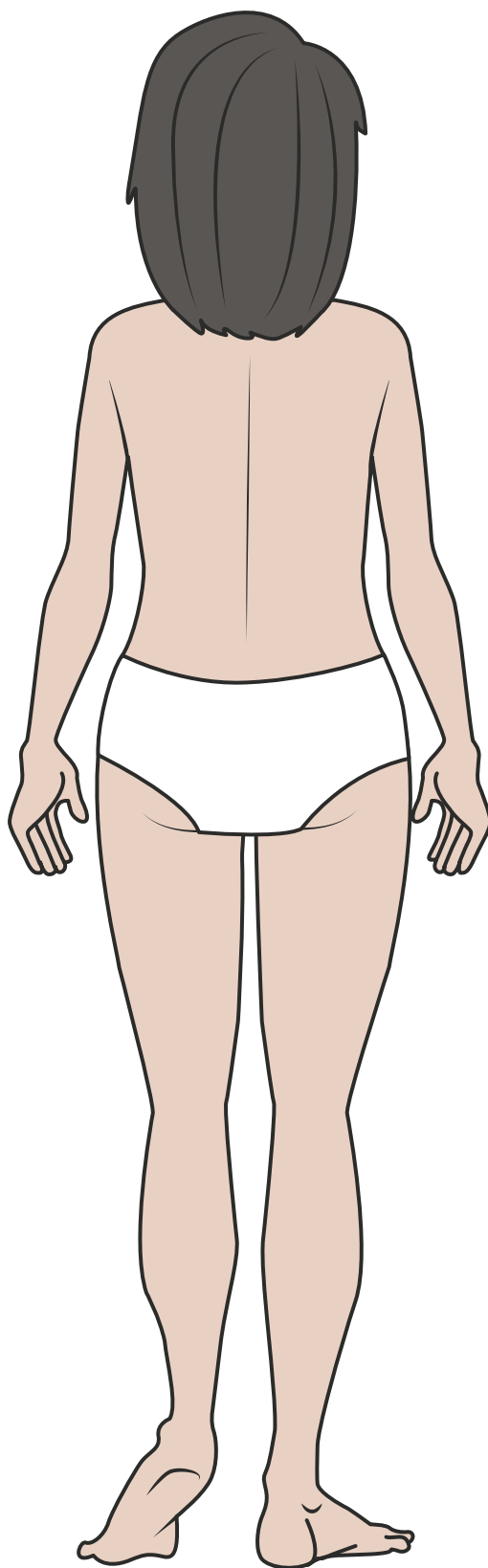
I'm very tired.



FRONT

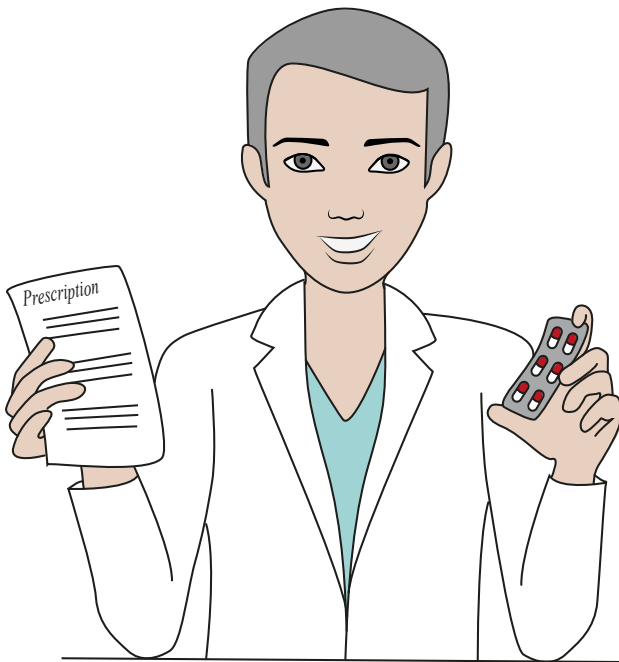


BACK



I need to see a doctor for :

● a prescription



● medical approval



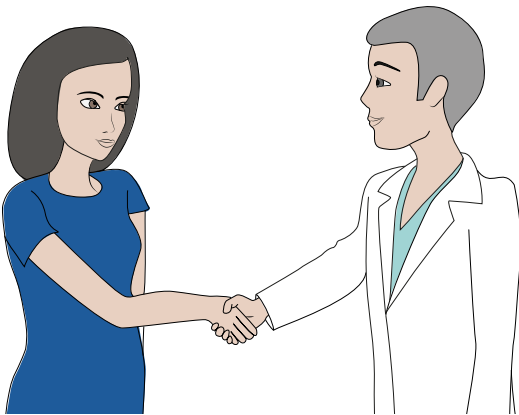
● a vaccination



What happens when I'm there ?

The doctor greets me.

- I can go by myself



- or with another person.



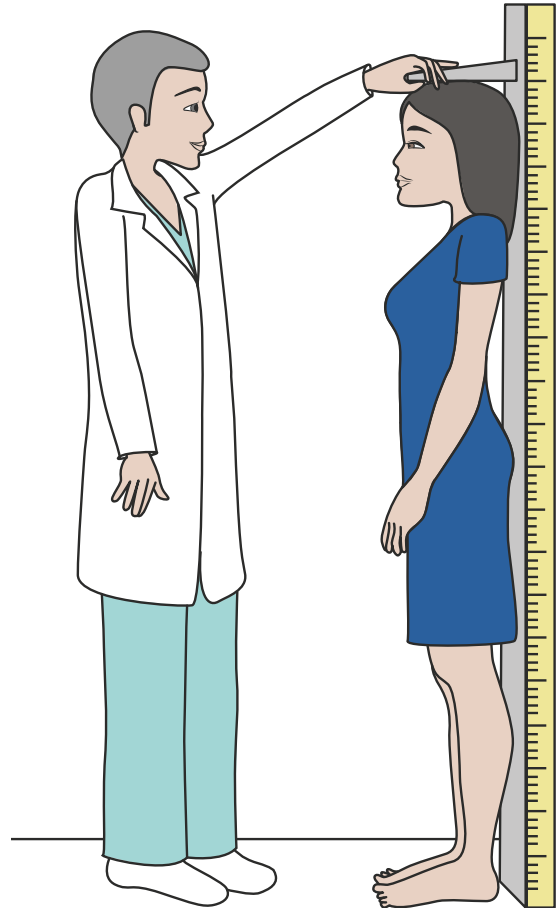
The doctor asks me questions to find out why I came.

- He writes things down in my medical file.



The doctor measures me.

- I stand against the wall.
- My heels touch the wall.
- I hold my head straight.
- The doctor touches my hair with the measuring device.

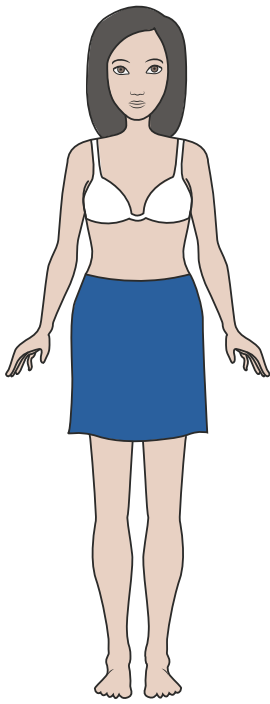


The doctor weighs me.

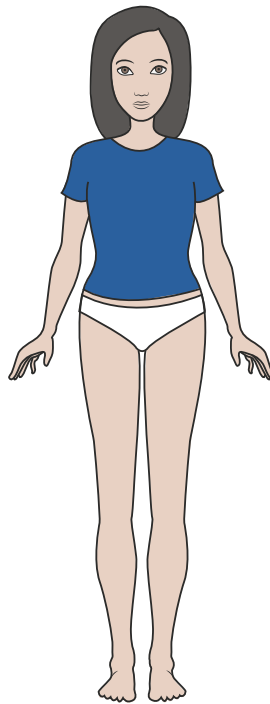
- I step on the scale.



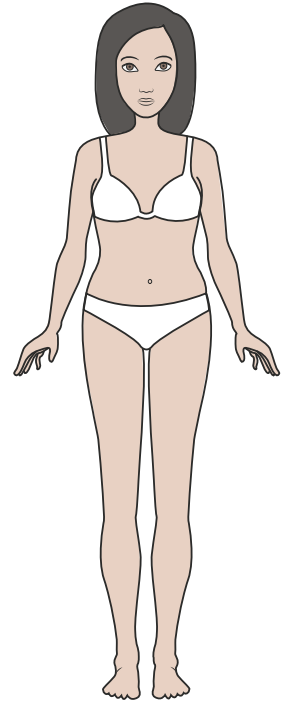
The doctor can ask me to take off some pieces of clothes.



Top

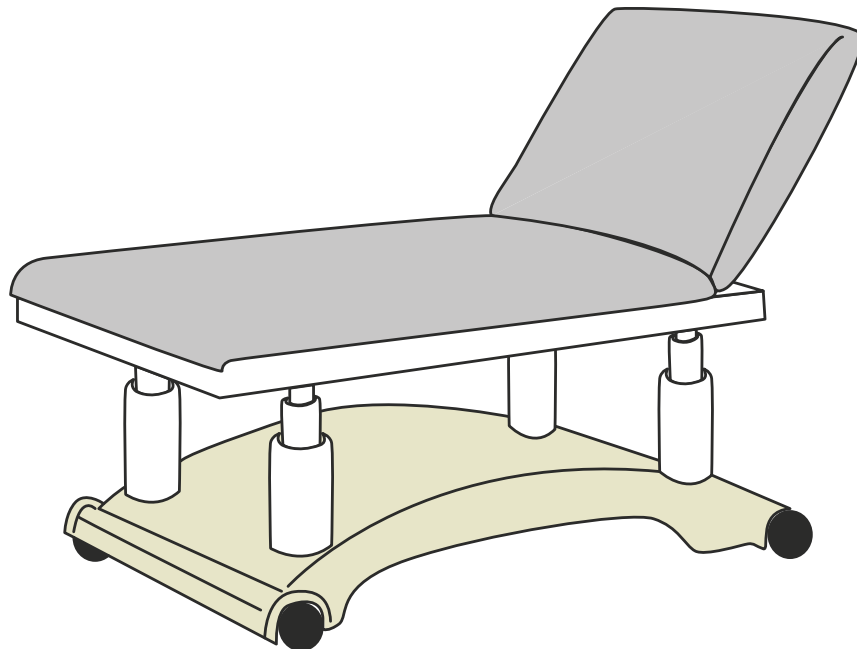


Bottom



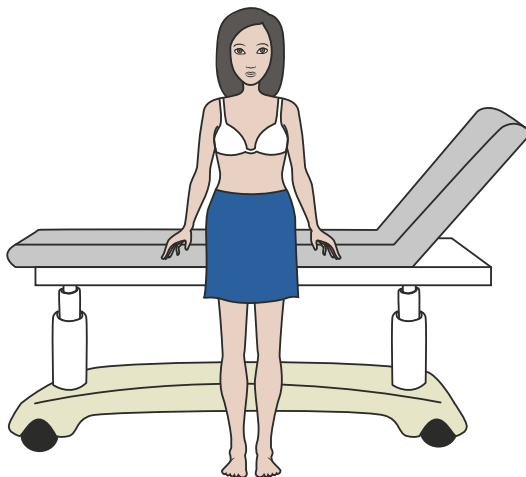
Top and bottom

The doctor asks me to sit down on the examining table.

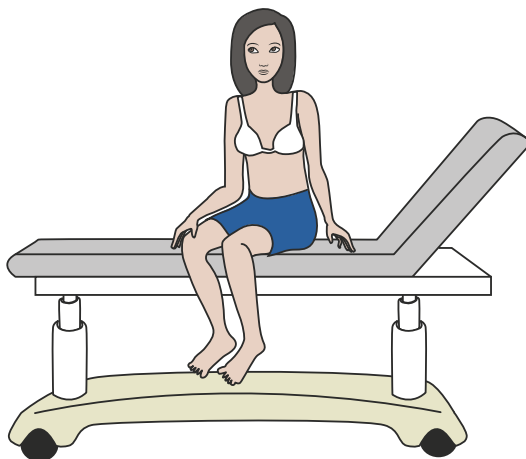


It's a table that looks like a tall bed.

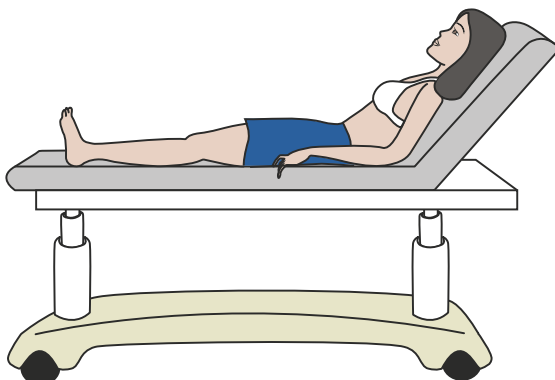
● Standing up



● Sitting down

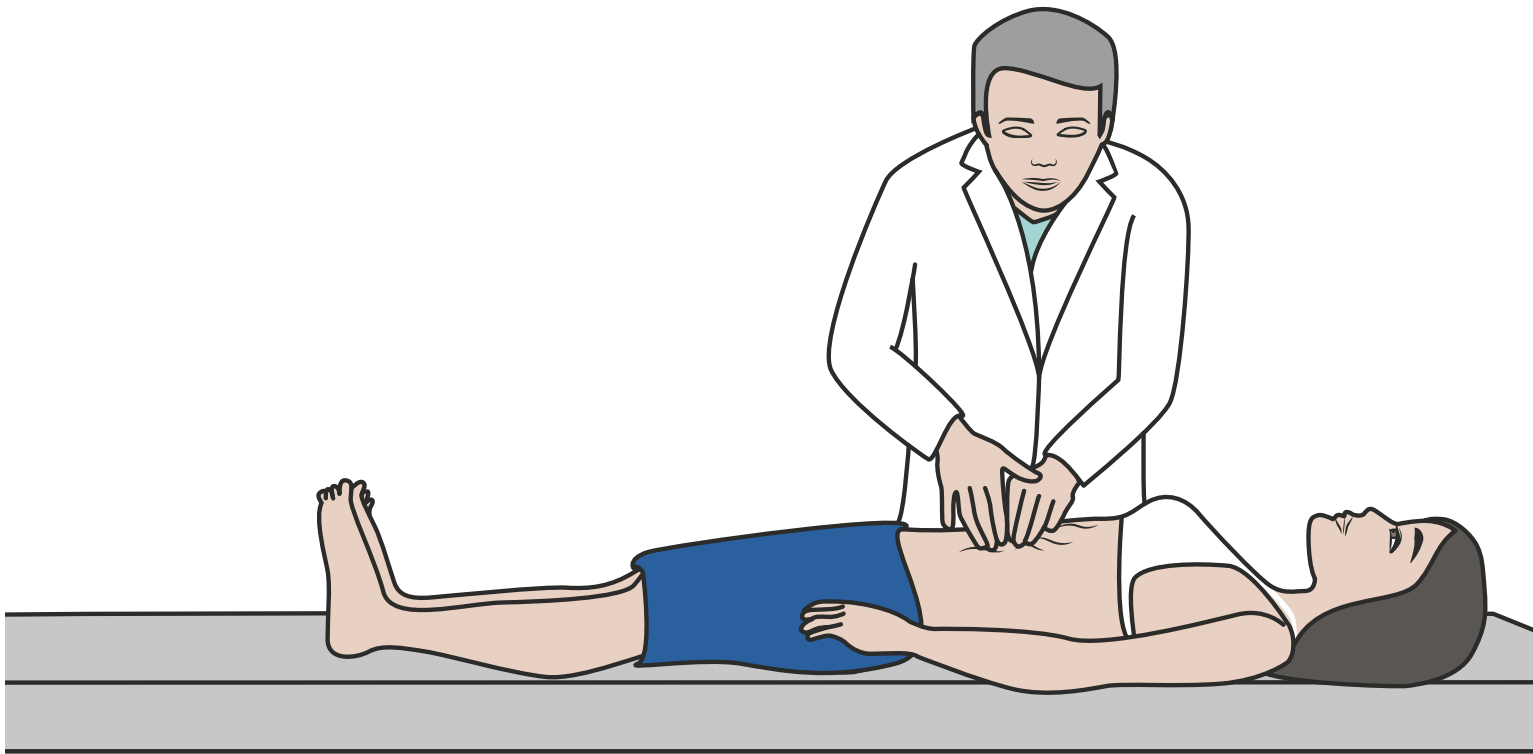


● Lying down



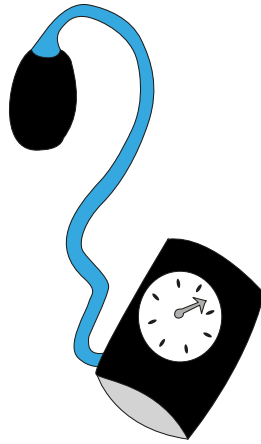
The doctor can touch me when looking for pain or a growth.

- He puts his hands on a part of my body.
- He can press hard.
- He asks if it hurts.

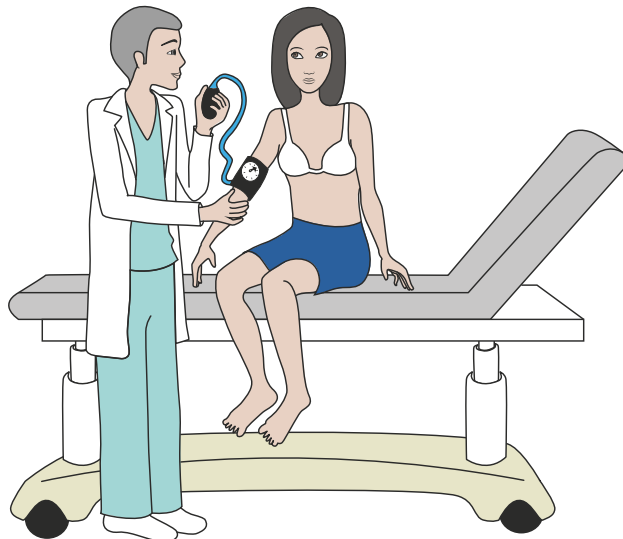


The doctor takes my blood pressure.

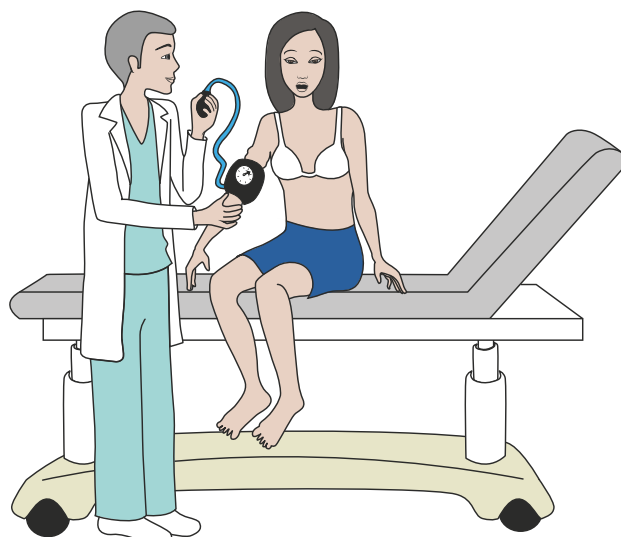
- **To take my blood pressure, the doctor uses a blood pressure monitor.**



- **I extend my arm and the doctor presses on the pump to inflate the armband.**



- **The armband tightens around my arm and it feels uncomfortable.**



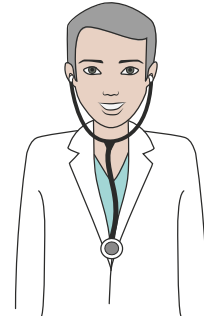
This lasts a few minutes, then the armband is deflated

The doctor examines me to listen for sounds in my body.

- To examine me the doctor uses a stethoscope.

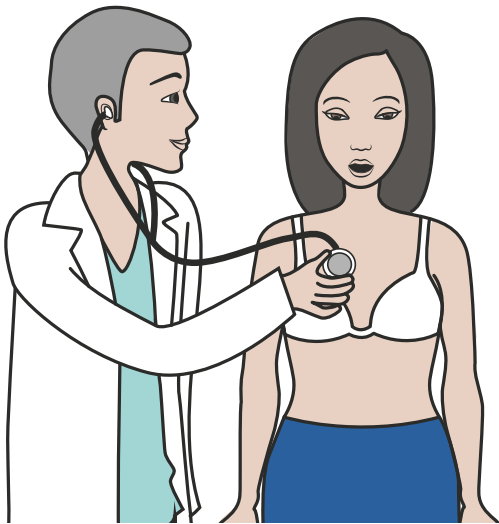


The doctor puts it in his ears.

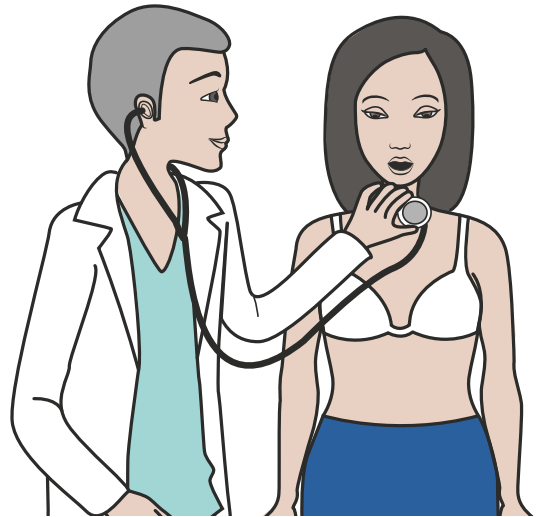


- He then places the stethoscope on :

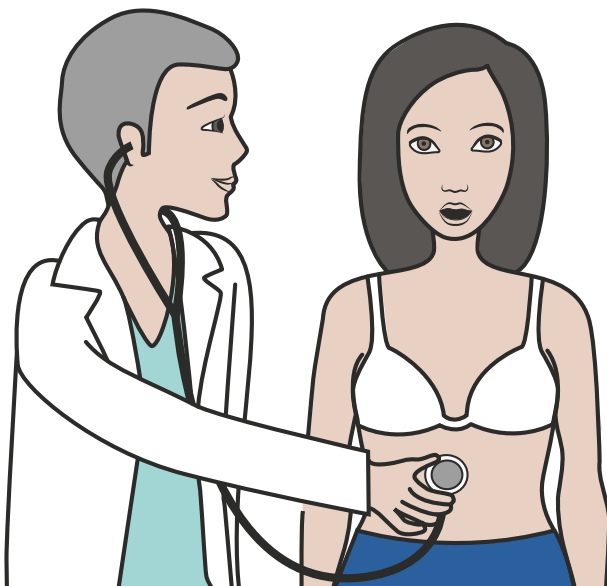
My chest



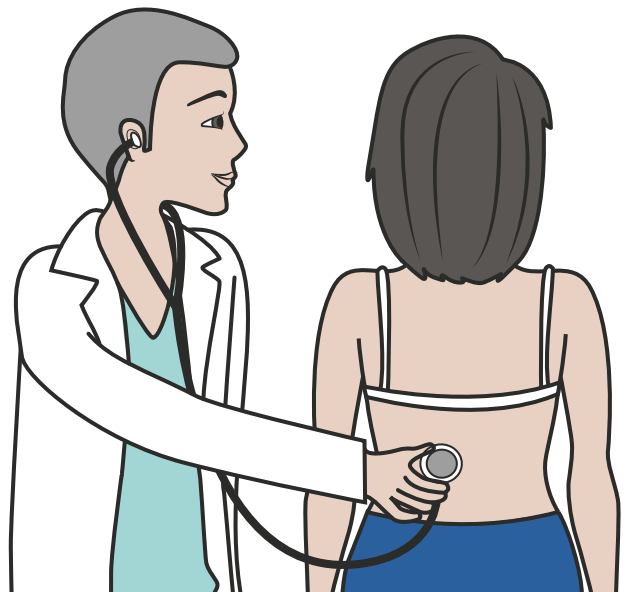
My neck



My stomach

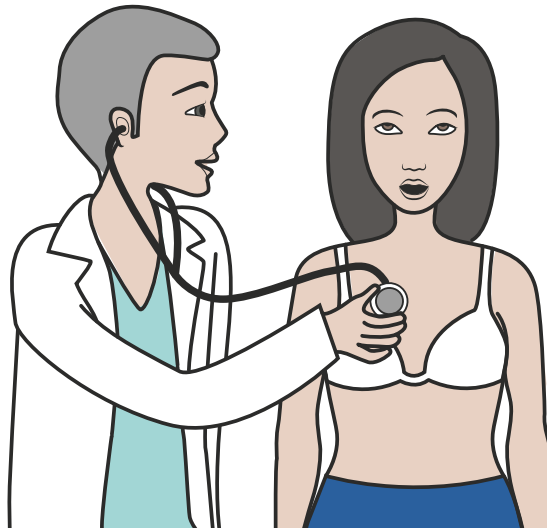


My back

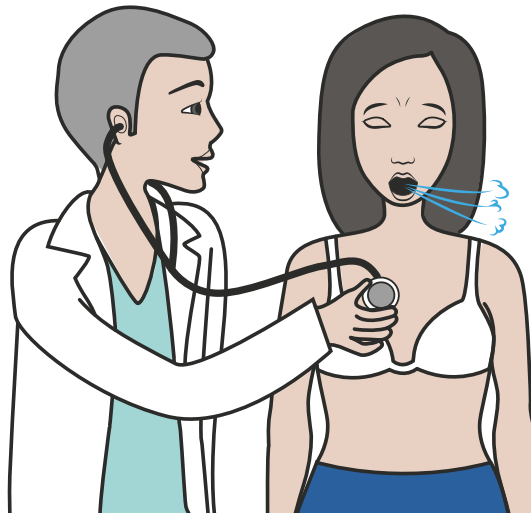


- The doctor can ask me to :

breathe in deeply with my mouth open



cough

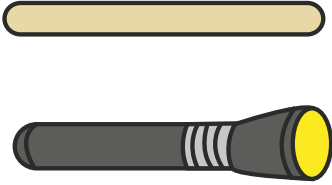


hold my breath



The doctor looks at my throat.

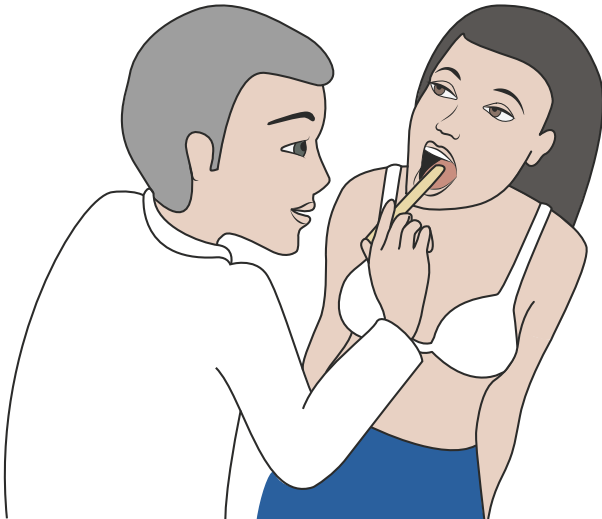
- He uses a tongue depressor and a light.



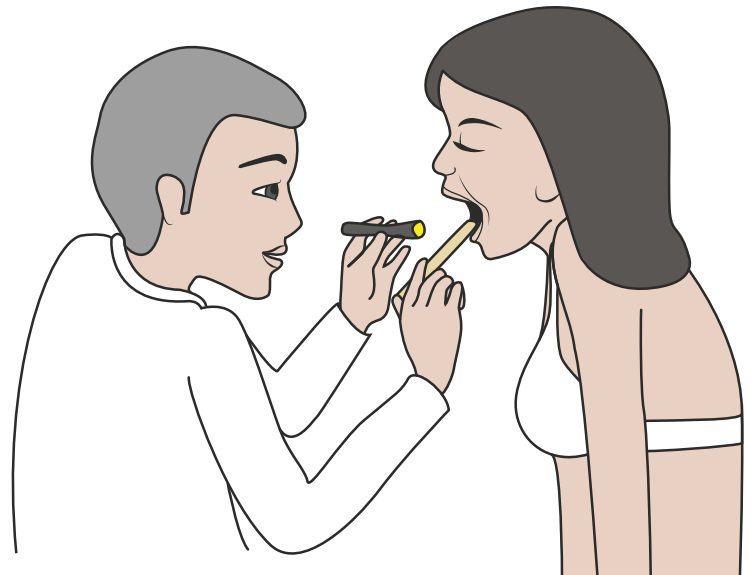
- He asks me to open my mouth.



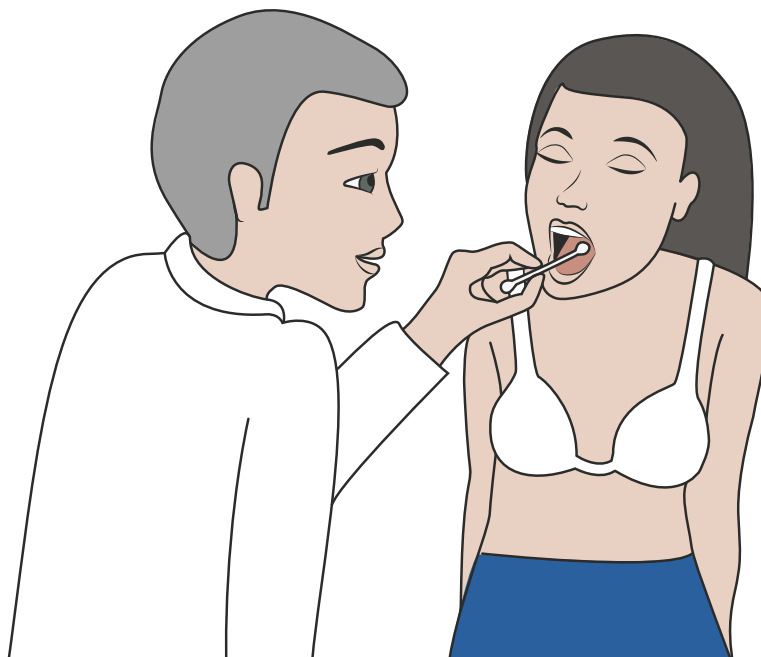
- He presses down on my tongue with the tongue depressor.



- He looks at the back on my mouth with his light.



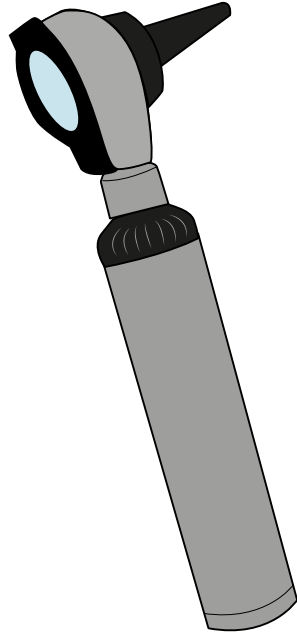
- Sometimes he puts a cotton swab deep in my throat



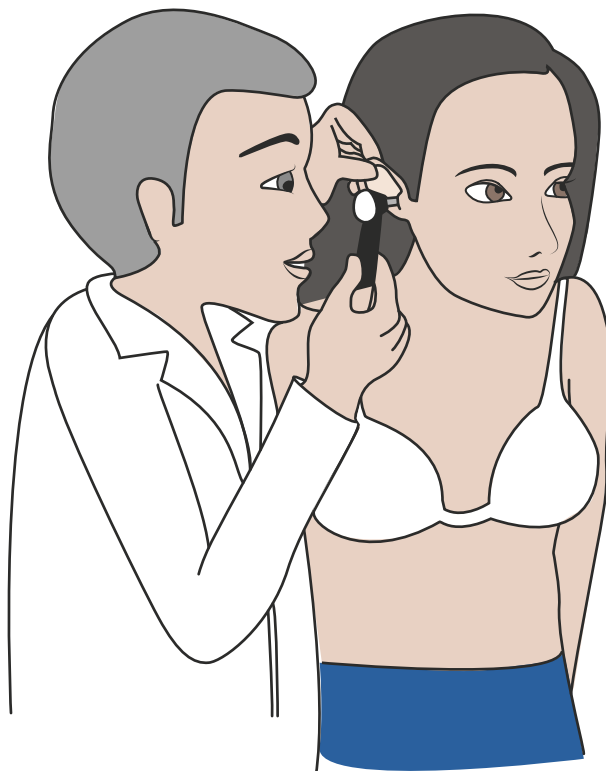
The doctor looks in my ears.

- **He uses a kind of a small funnel.**

It is called an otoscope.

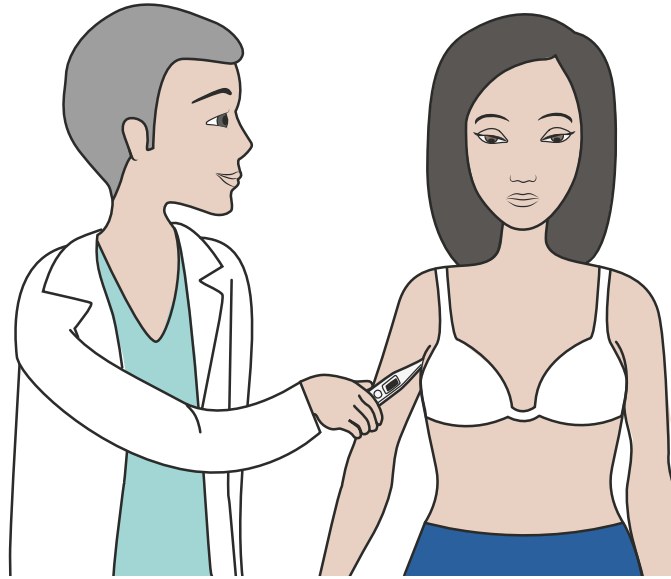


- **He puts the otoscope in my ear.**
- **The doctor is very close to my cheek.**
- **To see better, he gently pulls on my ear.**

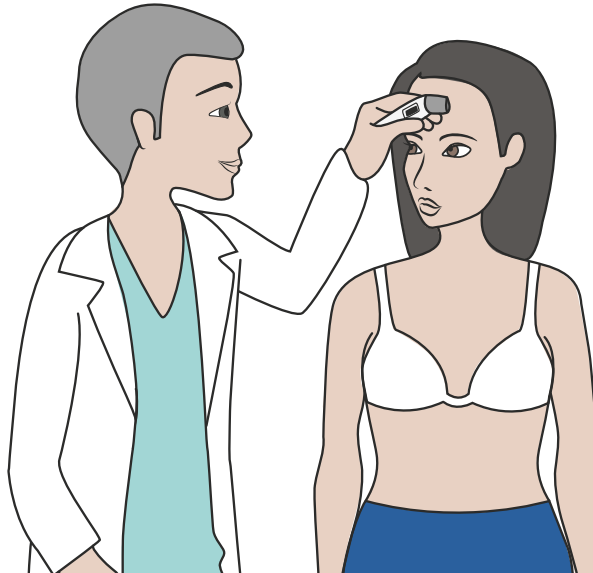


The doctor takes my temperature:

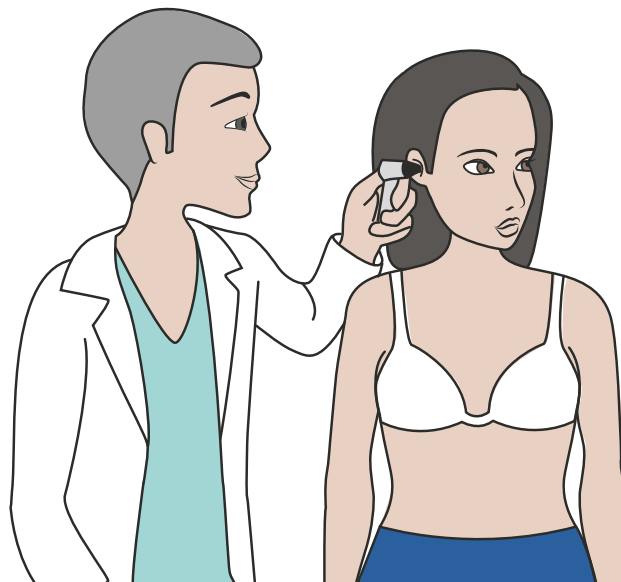
- under the arm



- or on my forehead



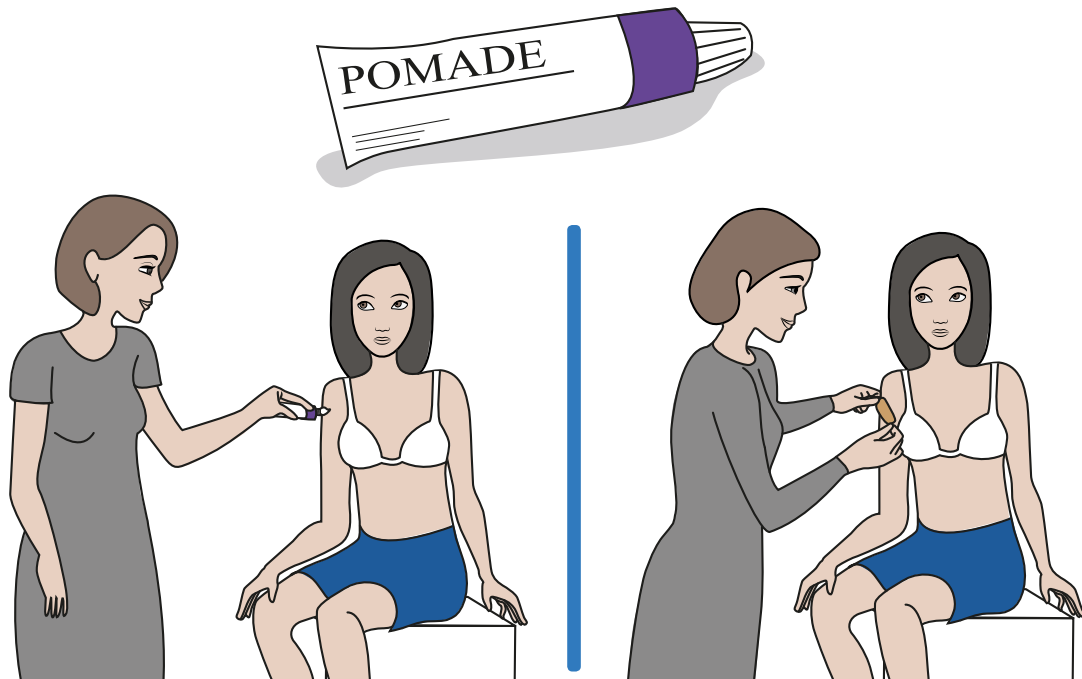
- or in my ear



The doctor can give me a vaccine shot.

So it doesn't hurt, I can numb my skin two hours before by putting on :

- some anesthetic pomade

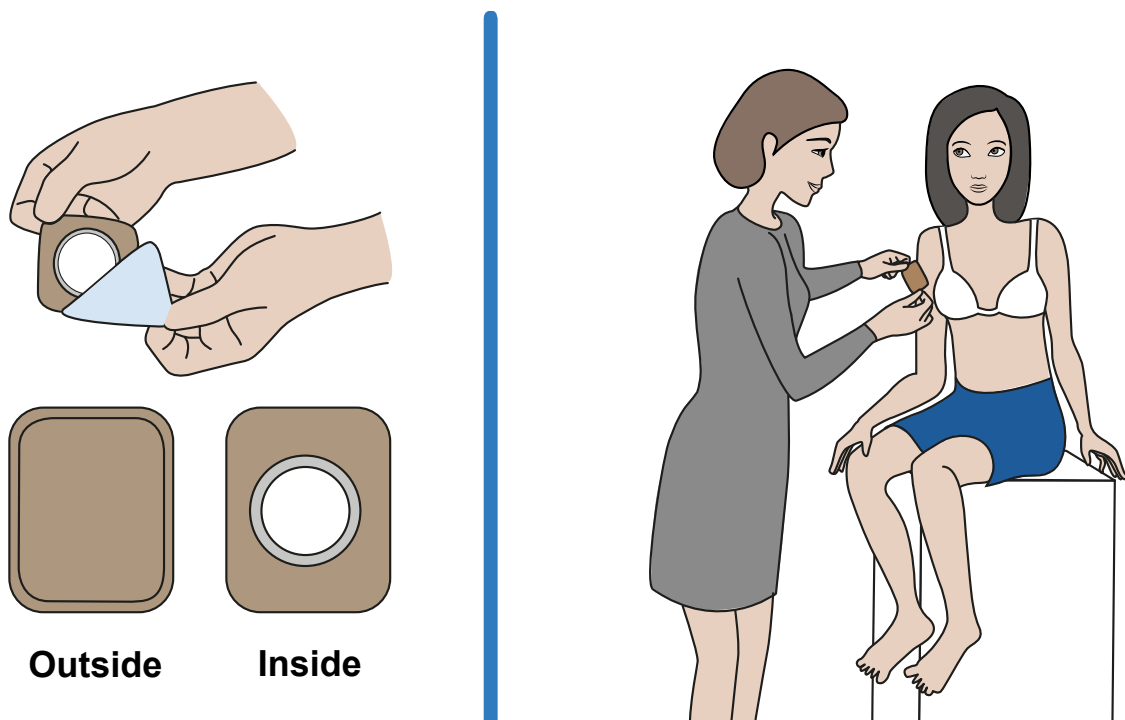


I put on the pomade.

I cover it with a bandage.

- or an anesthetic patch.

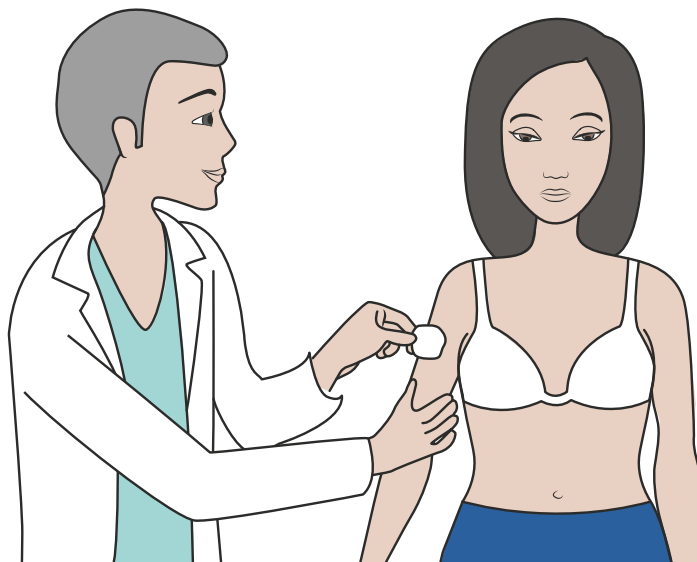
It is like a large bandage.



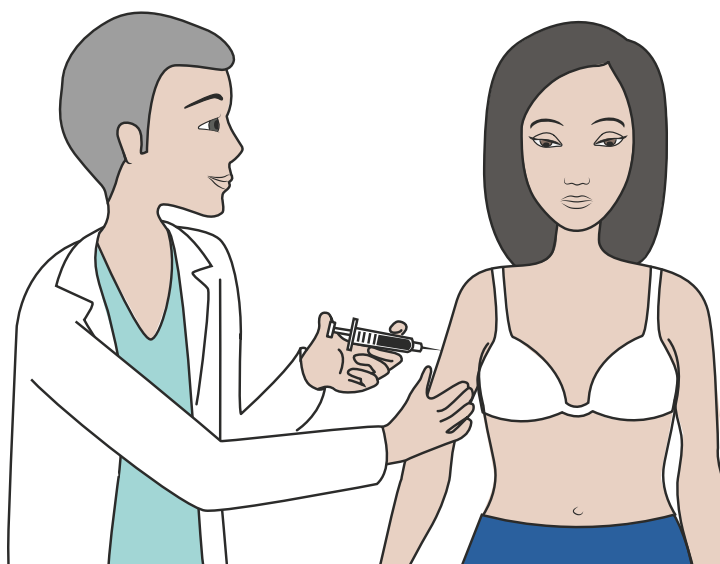
Outside

Inside

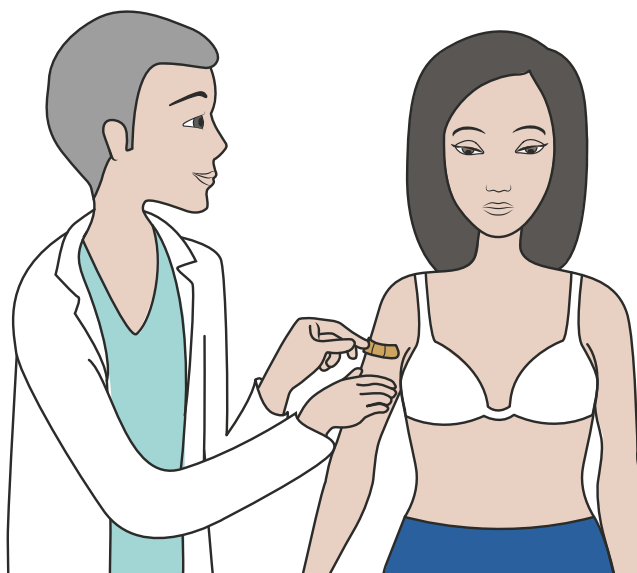
- The doctor cleans my skin with a cotton swab.



- He gives me the shot.



- The doctor puts on a bandage.



The exam is over

I get dressed and the doctor explains everything to me.



The doctor can give me :

- A prescription for medication
- A letter to see a specialist
- A sick leave notice
- A request for medical exams

Everything I say to the doctor remains a secret between us.

- I can say anything.



SantéBD Multilingual is a project supported by the Orange Foundation.



Where can I find SantéBD booklets?

- **On the internet:**

Visit the website: <http://www.santebd.org>



- **On my tablet or smartphone:**

Download the SantéBD app from:



All SantéBD booklets are free.

SantéBD is a project by the NGO CoActis Santé.
contact@coactis-sante.fr

SantéBD booklets are produced in partnership with different participants from the world of healthcare and working with disabilities. Illustrations by Frédérique Mercier.

All rights of reproduction, representation and modification reserved for any medium worldwide. Any use other than for educational and information purposes, and any commercial use is prohibited. ©CoActis Santé

The creation of this tool was made possible with the support of:

FONDATION HANDICAP
MALAKOFF MÉDÉRIC
Groupe malakoff médéric humanis



MAIRIE DE PARIS



This document was proofread by people with learning disabilities and respects the European Easy-to-Read Guidelines. These guidelines make information available for everyone.

© Logo European Easy-to-Read: Inclusion Europe. For more information, visit the website www.easy-to-read.eu