Health Notes 2017 – 2018 – Chapter #1

**Vocabulary**

**HEALTH:** Combination of physical, mental/emotional, and social well-being.

**WELLNESS:** An overall state of well-being, or total health.

**PREVENTION:** Practicing health and safety habits to remain free of disease and injury.

**HEALTH EDUCATION:** The providing of accurate health information to help people make healthy choices.

**HEALTHY PEOPLE 2020 (Updated every 10 years):** Nationwide health promotion and disease prevention plan designed to serves as a guide for improving the health of all people in the United States. A government program that promotes healthy lifestyles and disease prevention on an individual family and community basis.

**HEALTH LITERACY:** A person’s capacity to learn about and understand basic health information and services and use these resources to promote his or her health and wellness.

**HEREDITY:** All the traits that were biologically passed on to you from your parents.

**ENVIRONMENT:** Sum of your surroundings, including family, neighborhood, school, job, and your life experiences.

**PEERS:** People of the same age who share similar interests.

**CULTURE:** The collective beliefs, customs, and behaviors of a group.

**MEDIA:** Various methods of communicating information.

**RISK BEHAVIORS:** Actions that can potentially threaten your health or the health of others.

**CUMULATIVE RISKS:** Related risks that increase in effect with each added risk.

**ABSTINENCE:** Avoiding harmful behaviors.

**Lifestyle Factors**

1. Getting 8 – 10 hours of sleep each night. On average nine hours of sleep each night.
2. Starting each day with a healthy breakfast
3. Eating a variety of nutritious foods each day. Eating the rainbow, the darker the vegetable the better.
4. Being physically active for at least 60 minutes most days of the week.
5. Maintaining a healthy weight
6. Avoiding tobacco, alcohol, and other drugs
7. Abstaining from sexual activity before marriage
8. Managing stress
9. Maintaining positive relationships.
10. Practicing safe behaviors to prevent injuries.

**A Health-literate individual needs to be:**

1. A critical thinker and problem solver
2. A responsible, productive citizen
3. A self-directed learner
4. An effective communicator

**The three elements of health are:**

1. Physical
2. Social
3. Mental/Emotional

**Influences on your Health**

1. Heredity
2. Environments
	1. Physical
	2. Social
		1. Peer
	3. Culture
3. Attitude
4. Behavior
5. Media
6. Technology

**Risk Behaviors –** Actions that can potentially threaten your health or health of others.

Health – Chapter #2

**Vocabulary**

**Health (life) Skills**: Specific tools and strategies that help you maintain, protect, and improve all aspects of your health.

**Interpersonal Communication:** The exchange of thoughts, feelings, and beliefs between two or more people.

**Refusal Skills**: Communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe or unhealthful, or that go against your values.

**Conflict Resolution:** Process of ending a conflict through cooperation and problem solving.

**Stress Management:** Ways to deal with or overcome the negative effects of stress.

**Advocacy:** Taking action to influence others to address a healthy-related concern or to support a health-related belief.

**Decision Making Skills:** Steps that enable you to make a healthful decision.

**Values:** Ideas, beliefs, and attitudes about what is important that help guide the way you live.

**Goal:** Something you aim for that takes planning and work.

**Short-term Goal:** A goal that you can reach in a short period of time.

**Long-term Goal:** A goal that you plan to reach over an extended period of time.

**Action Plan:** Multistep strategy to identify and achieve your goals.

**Character:** The distinctive qualities that describe how a person thinks, feels, and behaviors.

**Role Model:** Someone who success or behavior serves as an example for others.

**Health Skills**

1. Interpersonal Communication
	1. Communication Skill
	2. Refusal Skills
	3. Conflict Resolution
2. Self-Management
	1. Practice Healthful Behaviors
	2. Stress Management
3. Analyzing Influences
4. Accessing Information
5. Decision Making/Goal Setting
6. Advocacy

Effective Ways to Communicate

1. Clearly say what you mean. **“I” messages to state your position.**
2. Pay attention to how you say something. Use a respectful tone.
3. Be a good listener. Avoid interrupting the speaker.

Refusal Skills – Ways to say NO to things that go against your value or beliefs.

1. Stop and say NO in a firm voice.
2. Explain WHY. State your feelings. Suggest an alternative. Something you can do instead.
3. Leave if necessary. **JUST WALK AWAY!**

Conflict Resolution Skills = **NON VIOLENCE!**

Keys:

1. Take time to calm down and think through the situation.
2. Speak calmly and listen attentively.
3. Use a polite tone and ask questions when necessary.
4. Work to resolve the conflict peacefully.

**Practicing Healthful Solutions**

Managing Stress:

1. Physical activity
2. Listening to soothing music.
3. Managing time effectively
4. Taking a warm bath.

**Accessing Information:**

Peers and friends are NOT a good idea to seek advice from.

1. Parents or teacher library resources would be a great place to go.
2. Nonfiction books on science medicine, nutrition and fitness, validate the author!
3. Reliable internet sites
4. Newspaper and magazine articles. (Should be signed, most trusted .gov, .org, .edu)
5. Sources in the media (.com is major news)
6. Government agencies, health care providers, and heath organizations.

**Advocacy:** In support of something; a community action.

**Decision Making Skills**

Steps of the Decision Making Process

1. State the situation. What are you trying to solve?
2. List the Options. Different choices that you have.
3. Weigh the possible outcomes.
	1. **H**ealthful
	2. **E**thical
	3. **L**egal
	4. **P**arent Approval
4. Consider your Values.
5. Decide and Act.
6. Evaluate your decision.

**Goal**: Something you aim for in the short-term: short period of time and long-term: extended period of time. Have an action plan. Break them down to short term goals.

**Action Plan**: Multistep strategy to identify and achieve your goals

1. Set a specific, realistic goal, and write it down.
2. List the steps you will take to reach your goal.
3. Identify sources of help and support.
4. Set a reasonable time frame for reaching your goal.
5. Evaluate your progress by establishing checkpoints.
6. Reward yourself for achieving your goal.

**Traits to Good Character**

1. Trustworthiness - Honest
2. Respect – Considerate of Others
3. Responsibility – Think before you act
4. Fairness – Play by the Rules
5. Caring- Kind
6. Citizenship- Advocate for Community

**Demonstrate Good Character**

1. Make a difference at Home
2. Make a difference at School
3. Make a difference in your Community

**Chapter #3**

**Vocabulary**

**Health Consumer:** Anyone who purchases or uses health products or services.

**Media:** Various methods of communicating information.

**Advertising:** Written or spoken media message designed to interest consumers in purchasing a product or service.

**Comparison Shopping:** Method of judging the benefits of different products by comparing several factors, such as quality, features, and cost.

**Warranty:** Company’s or a store’s written agreement to repair a product or refund your money should the product not function properly.

**Online Shopping:** Using the internet to buy products and services.

**Health Care System:** All the medical care available to a nation’s people, the way they receive care, and the method of payment.

**Primary Care Physician:** Medical doctors who provide physical checkups and general care.

**Specialist:** Medical doctors trained to handle particular kinds of patients or medical conditions.

**Preventive Care:** Actions that prevent the onset of disease or injury.

**Health Insurance:** Plan in which private companies or government programs pay for part or all of a person’s medical costs.

**Medical History:** Complete and comprehensive information about your immunizations and any health problems you have had to date.

**Fraud:** Deliberate deceit or trickery.

**Health Fraud:** Sale of worthless products or services that claim to prevent diseases or cure other health problems.

**Malpractice:** Failure by a health professional to meet accepted standards.

**Consumer Advocate:** People or groups whose sole purpose is to take on regional, national, and even international consumer issues.

**Public Health:** A community-wide effort to monitor and promote the welfare of the population.

**Epidemiology:** Scientific study of patterns of disease in a population.

**UL:**  (Underwritten Laboratory): A product-safety testing and certification organization.

**Snell:** ANSI, American National Standards Institute, monitors safety standards for helmets and other protective equipment.

**Hidden Messages in Advertising**

**Bandwagon** – Group of people using a product or service – Everyone is using it, you should too

**Rich and Famous** – Product displayed in expensive home – It will make you feel rich and famous

**Free Gifts** – Redeemable coupons for merchandise – It's too good a deal to pass up

**Great Outdoors** – Scenes of Nature – If it's associated with nature, it must be healthy

**Good Times** – People smiling and laughing – The product will add fun to your life.

**Testimonial** – People for whom a product has worked – It worked for them, so it will for you, too

**Comparison Shopping**

1. Cost
2. Features
3. Quality
4. Warranty
5. Safety
6. Underwriters Laboratory (UL)
7. Snell (American National Standards Institute)
8. Recommendations

**Comparison Shopping**

1. Cost
2. Features
3. Quality
4. Warranty

**Your Consumer Rights**

1. The right to safety
2. The right to choose
3. The right to be informed
4. The right to be heard
5. The right to have problems corrected.
6. The right to consumer education

**Health Care Specialists**

**Allergist:**Allergies

**Dermatologist**: Skin Diseases

**Gynecologist**: Care of Female Reproductive System

**Neurologist**: Nervous System Problems

**Oncologist**: Cancer

**Ophthalmologist**: Care of Eyes

**Orthodontist:** Adjustments of teeth to improve bite and jaw alignment.

**Orthopedist**: Skeletal deformities or injuries

**Pediatrician**: Children’s Health

**Psychiatrist:** Mental Health

**Urologist**: Urinary Tract Problems

**Facilities for Health Care Services**

1. Private practices
2. Clinics
3. Group Practices
4. Emergency Room
5. Hospital
6. Urgent Care Centers
7. Hospice

**Trends in Health Care**

1. Birthing Centers
2. Drug treatment centers
3. Continuing care and assisted living facilities
4. Hospices
5. Telemedicine
6. **NCI (National Cancer Institute)**
7. **EPA (Environmental Protection Agency**
8. **OSHA (Occupation Safety and Health Administration**
9. **USDA (United States Department of Agriculture**
10. FSIS (Food Safety and Inspection Service
11. DHHS (Department of Health and Human Services)
12. CMS (Centers for Medicare and Medicaid Services (CMS)
13. FDA (Food and Drug Administration)
14. NIH (National Institutes of Health)
15. SAMHSA (Substance Abuse and Mental Health Services Administration)
16. **CDC (Centers for Disease Control and Prevention)**
17. FTC (Federal Trade Commission)

**Word Health Organization** is public health on a global scale.**Chapter #4 Vocabulary**

**Physical Activity:** Any form of movement that causes your body to use energy.

**Physical Fitness:** Ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands.

**Sedentary Lifestyle:** A way of life that involves little physical activity.

**Osteoporosis:** A condition characterized by a decrease in bone density producing porous and fragile bones.

**Metabolism:** The process by which your body gets energy from food.

**Elements of Fitness**

**Cardiorespiratory Endurance:** The ability of the heart, lungs, and blood vessels to utilize and send fuel and oxygen to the body’s tissues during long periods of moderate-to-vigorous activity

**Muscular Strength:** The amount of force a muscle can exert.

**Muscle Endurance:** The ability of the muscles to perform physical tasks over a period of time without becoming fatigued.

**Flexibility**: The ability to move a body part through a full range of motion.

**Body Composition:** The ratio of body fat to lean body tissue, including muscle, bone, water, and connective tissue such as ligaments, cartilage, and tendons.

**Exercise:** Purposeful physical activity that is planned, structured, and repetitive and that improves or maintains personal fitness.

**Aerobic Exercise:** Any activity that uses large muscle groups, is rhythmic in nature, and can be maintained continuously for at least 10 minutes three times a day or for 20 to 30 minutes at one time.

**Anaerobic Exercise:** Intense short burst of activity in which the muscles work so hard that they produce energy without using oxygen.

**Basics of a Physical Activity Program**

**Overload:** Working the body harder than it is normally worked.

**Progression:** The gradual increase in overload necessary to achieve higher levels of fitness.

**Specificity:** Particular exercises and activities improve particular areas of health-related fitness.

**Warm-Up:** An activity that prepares the muscles for work.

**Workout:** The part of an exercise program when the activity is performed at its highest peak.

**F.I.T.T.:** Frequency, Intensity, Time/Duration, Type of activity

**Cool-down:** An activity that prepares the muscles to return to a resting state.

**Resting Heart Rate:** The number of times your heart beats in one minute.

**Training Program:** A program of formalized physical preparation for involvement in a sport or another physical activity.

**Hydration:** Taking in fluids so that the body functions properly.

**Anabolic Steroids:** Synthetic substances that’s similar to the male hormone testosterone.

**Health Screening:** A search or check for diseases or disorders that an individual would otherwise not have knowledge of or seek help for.

**Overexertion:** Over working the body.

**Heat Cramps:** Muscle spasms that result from a loss of large amounts of salt and water through perspiration.

**Heatstroke:** A condition in which the body loses the ability to rid itself of excessive heat through perspiration.

**Frostbite:** A condition that results when body tissues become frozen.

**Hypothermia:** A condition in which body temperature becomes dangerously low.

**Muscle Cramp:** A spasm or sudden tightening of a muscle.

**Strain:** A condition resulting from damaging a muscle or tendon.

**Sprain:** An injury to the ligament surrounding a joint.

**Benefits of Physical Health**

1. Physical Activity
	1. Cardiovascular System
	2. Respiratory System
	3. Nervous System

 2. Benefits of Mental Health

* 1. Improves mood
	2. More self confidence
	3. Improves self concept
	4. Reduces mental fatigue
	5. Gives a can-do spirit
1. Benefits of Social Health
	1. Builds Self Confidence
	2. Gives opportunity to interact with others
	3. Helps managing stress

**Risks of Physical Inactivity**

1. Diabetes
2. Weight gain
3. Cardiovascular disease
4. Cancer

**\*\*Must Know\*\*:**

**F.I.T.T.:** Frequency, Intensity, Time/Duration, Type of activity

**Heat Related Risks**

1. Overexertion – Overheating of the body that results in cold, clammy skin and symptoms of shock.
2. Heat Exhaustion – Overheating of the body that results in cold clammy skin and shock. Symptoms include dizziness, headache, shortness of breath and nausea.
3. Heat Cramps – Muscle spasms that result from a loss of large amounts of salt and water through perspiration.
4. Heat Stroke – A condition in which the body loses the ability to rid itself of excessive heat through perspiration.

**Cold Weather Risks**

1. Frostbite – A condition that results when body tissues become frozen.
2. Hypothermia – A condition in which body temperature becomes dangerously low.

Protecting yourself from the sun and wind. Cover as much of the body with clothing. Use sunscreen for sun protection.

**Minor Injuries**

1. Muscle cramp – spasm or sudden tightening of a muscle
2. Muscle Strain
3. Muscle Sprain

**Major Injuries**

1. Fractures – break in the bone
2. Dislocations – bone is forced from its normal position
3. Tendonitis – tendons are stretched or torn from overuse
4. Concussion – Blows to the head and can cause swelling of the brain

**“PRICE” Procedure - Treatment of minor injuries**

1. **P**rotect
2. **R**est
3. **I**ce
4. **C**ompression
5. **E**levation

**Benefits to Physical Health**

1. Cardiovascular System
2. Respiratory System
3. Nervous System

**Chapter #5**

**Nutrition:** The process by which the body takes in and uses food.

**Calories**: KILOCALORIES are units of heat that measure the energy used by the body and the energy that foods supply to the body.

**Nutrients:** Substances in food that your body needs to grow, to repair itself, and to supply you with energy.

**Hunger:** A natural physical drive that protects you from starvation.

**Appetite:** A desire, rather than a need, to eat.

**Carbohydrate:** The starches and sugars present in food.

**Fiber:** An indigestible complex carbohydrate.

**Protein:** Nutrients that help build and maintain body cells and tissues.

**Lipid**: A fatty substance that does not dissolve in water.

**Vitamins:** **Compounds** that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients.

**Minerals:** Substances that the body cannot manufacture but that are needed for forming healthy bones and teeth and for regulating many vital body processes.

**Dietary Guidelines for Americans:** Guidelines are recommendations about food choices for all healthy Americans age 2 and over.

**MyPyramid:** USDA’s food pyramid and is a useful tool for making healthful food and activity choices. It is now replaced with MyPlate.

**Food Additives:** Substances intentionally added to food to produce a desired effect.

**Food Allergy:** A condition in which the body’s immune system reacts to substances in some foods.

**Food Intolerance:** A negative reaction to a food or part of food caused by a metabolic problem, such as the inability to digest parts of certain foods or food components.

**Foodborne Illness:** Also called Food poisoning; which may result from eating food contaminated with pathogens (disease causing organisms).

**Pasteurization:** The process of treating a substance with heat to destroy or slow the growth of pathogens.

**Cross-Contamination:** The spreading of bacteria or other pathogens from one food to another.

What influences your food choices

1. Appetite is a **desire**, not a need, to eat.
2. Hunger is the **need** for food. **\*\*Must know difference between Appetite and Hunger\*\***
3. Environment
	1. Family, friends, peers
	2. Cultural and ethnic background
	3. Convenience and Cost
	4. Advertising

One vegetable has all nine essential amino acids: Soy Bean

**Nutrients**

1. Carbohydrates – Main role it to produce energy
	1. Simple - Sugars
	2. Complex
		1. Starch
		2. Fiber
2. Protein
	1. Compete Protein - Animal Proteins (Soy Bean, animal products, milk cheese, etc) Contain all the nine essential amino acids, the only plant protein that is complete.
	2. Incomplete Protein
	3. There are 20 different amino acids that make up proteins. Your body can manufacture all but 9 of the 20 amino acids.
3. Fats (Lipids)
	1. Saturated
		1. Solid at room temperature
	2. Unsaturated
		1. Liquid at room temperature
		2. Mono-unsaturated
		3. Poly-unsaturated
4. Vitamins
	1. Water soluble vitamins
		1. Folic Acid
		2. B-Complex
		3. C
		4. B1
		5. B2
		6. B6
		7. B12
	2. Fat soluble vitamins
		1. A
		2. D
		3. E
		4. K
5. Minerals
	1. Calcium
	2. Phosphorous
	3. Magnesium
	4. Iron
6. Water

Making Smart Choices from Every Food Group

1. Wide variety of fruits.
2. Eat dark and leafy vegetables and orange vegetables.
3. Make half grains whole.
4. Eat calcium rich foods.
5. Go lean on meat protein and add more beans.

Balancing Food and Physical Activity

1. Aim for a healthy weight
2. Be physically active for at least 60 minutes almost every dat.
3. Increase the amount of time that you are physically active.

**Nutrition Facts**

1. Serving Size and Servings per Container
2. Calories and Calories from Fat
3. Nutrients Top and Bottom Section
4. Percent Daily Value
5. The Footnote
6. Ingredients List

**When Preparing Food**

1. Wash your hands before handling any foods.
2. Clean food-contact surfaces, fruits, and vegetables. To avoid spreading bacteria to other foods, meat and poultry should not be washed or rinsed.
3. Separate raw, cooked, and ready to eat foods while shopping, preparing or storing.
4. Cook meat, poultry, and fish to safe internal temperatures to kill microorganisms.
5. Chill perishable foods promptly and thaw foods properly.

**Chapter #6**   **Ms. Kiel's Notes**

**Body Image:** The way you see your body.

**Body Mass Index (BMI):** A ration that allows you to assess your body size in relation to your height and weight.

**Overweight:** A condition in which a person is heavier than the standard weight range for his or her height.

**Obesity:** Having an excess amount of body fat.

**Underweight:** A condition in which a person is less than the standard weight range for his or her height.

**Nutrient Dense Foods:** Foods that are high in nutrients as compared with their calorie content.

**Fad Diets:** Weight loss plans that are popular for only a short time.

**Weight Cycling:** The repeated pattern of loss and regain of body weight.

**Eating Disorder:** An extreme harmful eating behavior that can cause serious illness or even death.

**Anorexia Nervosa:** A disorder in which the irrational fear of becoming obese results in severe weight loss from self-imposed starvation.

**Bulimia Nervosa:** A disorder in which some form of purging or clearing of the digestive tract follows cycles of overeating.

**Binge Eating Disorder**: A disorder characterized by compulsive overeating.

**Electrolytes:** Minerals that help maintain the body’s fluid balance.

**Rehydration**: Restoring lost body fluids.

**Vegetarian:** A person who eats mostly or only plant foods.

**Vegan:** A vegetarian that eats only plant foods.

**Dietary Supplement:** A nonfood form of one or more nutrients.

**Megadose:** A very large amount of a dietary supplement.

**Herbal Supplement:** A chemical substance from plants that may be sold as a dietary supplement.

Body Mass Index (BMI): **Ratio that allows you to assess your body size in relations to your height and weight.**

Carbohydrates and proteins supply **four** calories per gram. Fats supply more than twice that number, **nine** calories per gram.

One pound of fat equals 3,500 calories.

**Body Composition:** Ratio of body fat to lean body tissue.

**Overweight Health Risks**

1. Strain on Joints and muscles
2. Forces heart and lungs work harder
3. Risk of high blood pressure
4. Risk of high blood cholesterol
5. Increased risk of type 2 diabetes
6. Asthma
7. Cancers

**Healthful Ways to Manage Weight**

1. Target your appropriate weight
2. Set realistic goals
3. Personalize your plan
4. Put your goal and plan in writing
5. Evaluate your progress

**Healthful Weight-Loss Strategies**

1. Eat 1700-1800 calories daily to meet your body's energy needs.
2. Include your favorites in moderation.
3. Eat a variety of low-calorie, nutrient-dense foods.
4. Drink plenty of water.

**Healthful Weight-Gain Strategies**

1. Increase your calorie intake.
2. Eat often and take second helpings.
3. Eat nutritious snacks.
4. Build muscle.

Eating Disorders

1. Anorexia nervosa
	1. Stop Menstruating
	2. Loss of bone density
	3. Low body temperature
	4. Low blood pressure
	5. Slowed metabolism
	6. Reduction in organ size
	7. Serious heart problems
	8. Cardiac Arrest
	9. Sudden Deatt
2. Bulimia

a Dehydration

* + 1. Kidney damage
		2. Irregular heartbeat
		3. Destroys tooth enamel
		4. Dameges the tissues of the stomach, esophagus, and mouth

**Chapter #7 Ms Kiel’s Notes**

**Mental/Emotional Health:** The ability to accept yourself and others, adapt to and manage emotions, and deal with the demands and challenges you meet in life.

**Hierarchy of Needs:** A ranked list of those needs essential to human growth and development, presented in ascending order, starting with basic needs and building toward the need for reaching your highest potential.

**Self-Actualization:** The striving to become the best you can be.

**Personality:** A complex set of characteristics that make you unique.

**Modeling:** Observing and learning from the behaviors of those around you.

**Personal Identity:** Your sense of yourself as a unique individual.

**Development Assets:** The building blocks of development that help young people grow up as healthy, caring, and responsible individuals.

**Constructive Criticism:** Non hostile comments that point out problems and encourage improvement.

**Emotions:** Signals that tell your mind and body how to react.

**Hormone:** A chemical secreted by your glands that regulates the activities of different body cells.

**Empathy:** The ability to imagine and understand how someone else feels.

**Hostility:** The intentional use of unfriendly or offensive behavior.

**Defense Mechanisms:** Mental processes that protect individuals from strong or stressful emotins and situations.

**Suppression:** Holding back or retrain.

**People with good/positive mental health have the following characteristics**:

1. Positive Self Esteem
2. Sense of Belonging
3. Sense of Purpose
4. Positive Outlook
5. Autonomy

**Maslow’s Hierarchy of Needs**

**Pyramid**

1. Self-Actualization (Top of Pyramid)
2. Esteem Needs
3. Love and Belonging
4. Safety
5. Physical (Bottom of Pyramid)

Always start at the bottom of a pyramid. With this pyramid we start with physical, safety, love and belonging, esteem needs, and self-actualization.

Level 1: Physical, Need to satisfy basic needs of hunger, thirst, sleep and shelter.

Level 2: Safety: Need to be secure from danger.

Level 3: Belonging: Need to love and be loved, need to belong

Level 4: Esteem Needs: Need to achieve, need to be recognized.

Level 5: Self Actualization: Need for reaching potential

**Personality:** Complex set of characteristics that makes you unique.

**Personality – Influences on your personality**

1. Hereditary
2. Environment
3. Personal Behavior

**What makes your Personal Identity**

1. Your Interests
2. Your Likes and Dislikes
3. Your Talents and Abilities
4. Your Values and Beliefs
5. Your Goals

**Developmental Assets - Help us grow in to strong individuals**

1. Support
2. Empowerment
3. Boundaries and Expectations
4. Constructive Use of Time
5. Commitment to Learning
6. Positive Values
7. Social Competencies
8. Positive Identity

Develop a Purpose in your life

Form Meaningful Relationships

Contribute Back to the Community

Avoid Unhealthful Risk Behaviors

**Types of Emotions (Feelings)**

1. Happiness
2. Sadness
3. Love
	1. Family
	2. Friendship
	3. Significant Other
	4. Concept (like love of your country)
4. Empathy
5. Fear
6. Guilt
7. Anger

**Common Defense Mechanisms**

1. Repression - Involuntary pushing of memories out of the mind
2. Suppression - Conscious pushing of memories out of the mind
3. Rationalization - Making excuses to explain a situation
4. Regression - Reverting to behaviors of an earlier stage
5. Denial - Unconscious lack of acknowledgement of something that is obvious to others
6. Compensation - Making up for weakness and mistakes through extreme efforts
7. Projection - Attributing your own feelings or faults to another person
8. Idealization - See someone else as perfect, ideal, or more worthy than everyone else

**Chapter 8**  **Ms Kiel’s Notes**

**Stress:** The reaction of the body and mind to everyday challenges and demands.

**Perception:** The act of becoming aware through the senses.

**Stressor:** Anything that causes stress.

**Psychosomatic Response:** A physical reaction that results from stress rather than from an injury or illness.

**Chronic Stress:** Stress associated with long-term problems that are beyond a person’s control.

**Stress-Management Skills:** Skills that help an individual handle stress in a healthful effective way.

**Relaxation Response:** A state of calm that can be reached if one or more relaxation techniques are practiced regularly.

**Anxiety**: The condition of feeling uneasy or worried about what may happen.

**Depression:** A prolonged feeling of helplessness, hopelessness, and sadness.

**Resiliency:** The ability to adapt effectively and recover from disappointment, difficulty, or crisis.

**Protective Factors:** Conditions that shield individuals from the negative consequences of exposure to risk.

**Types of Stressors**

1. Biological – Illness, sickness
2. Environmental – Poverty, Pollution
3. Cognitive or thinking – The way you think and how it affects you
4. Personal Behavior – Negative reactions due to tobacco/alcohol/drugs
5. Life Situation – Death, divorce, etc.
6. Eustress – Good Stress - Excitement
7. Distress – Bad Stress – Death, Sadness, etc.

**Eustress:** Positive Stress

**Distress**: Negative Stress

**STRESS RESPONSE:**

1. Alarm Stage (Fight or Flight Stage) We perceive danger, the hypothalamus releases a hormone that acts on the pituitary gland. The pituitary then secretes a hormone that stimulates the adrenal glands. The adrenal glands secrete adrenaline.
2. Physical Symptoms of Alarm Stage
	1. Pupil Dilation
	2. Increase in perspiration
	3. Faster heart rate and pulse
	4. Rise in blood pressure
	5. Faster respiration rate
	6. Narrowing of arteries to internal organs and skin
	7. Increased blood flow to muscles and brain
	8. Increase in muscle tension
	9. Release of blood sugar, fats, and cholesterol
3. Resistance – Your body begins to fights or flees from the stressor. If your body wins it slowly returns to normal. If the body does not win against the stressor you end up in the fatigue stage.
4. Fatigue - In this stage, if the stressor is not overcome after a period of time, you will become exhausted.
	1. Physical Fatigue
	2. Psychological Fatigue
	3. Pathological Fatigue

**Strategies for Controlling the Effects of Stress**

1. Engage in physical activity
2. Look for support among our friends and family
3. Find a hobby or activity that relaxes you
4. Avoid using tobacco, alcohol, and other drugs

**Ways to Manage Stress**

1. Planning Ahead
2. Getting adequate sleep
3. Get regular physical activity
4. Eat nutritious food
5. Avoid Tobacco, Alcohol and other drugs

**Techniques to relieve stress**

1. Redirect your energy
2. Relax and laugh
3. Keep a positive outlook.
4. Seek out support
5. Express Yourself

**Depression:** A prolonged feeling of helplessness, hopelessness, and sadness that is more than just the blues.

**Types of Depression**

1. Reactive Depression – response of a stressful event.
2. Major or Clinical Depression – Could be a chemical imbalance in the brain or genetic tendency. Medical condition requiring treatment

**Chapter 9**  **Ms. Kiel’s Notes**

**Mental Disorder:** An illness of the mind that can affect the thoughts, feelings, and behaviors of a person, preventing him or her from leading a happy, healthful, and productive life.

1. **Organic Disorder:** Caused by a physical illness or injury that affects the brain.
2. **Functional Disorder:** Has a psychological cause and does not involve brain damage.

**Anxiety Disorder:** A condition in which real or imagined fears are difficult to control.

1. Phobias
2. Obsessive-compulsive
3. Panic disorders
4. Post-traumatic stress disorder
5. Bipolar Disorder
6. Eating Disorder

**Post-traumatic stress disorder:** A condition that may develop after exposure to a terrifying event that threatened or caused physical harm.

**Mood Disorder:** An illness, often with an organic cause, that involves mood extremes that interfere with everyday living. A Mood disorder has an organic cause that involves mood extremes that interfere with everyday living.

**Types of Mood disorder**

1. Clinical Depression – Major Depression, problems with brain chemistry. Seek medical help.
2. Bipolar Disorder – Manic Depressive Disorder, extreme mood changes, energy levels, and behavior.

**Conduct Disorder:** A pattern of behavior in which the rights of others or basic social rules are violated. Does not get along well with society.

**Schizophrenia:** Mental disorder in which a person loses contact with reality.

**Types of Mental Disorders**

1. Organic Disorder – caused by a physical illness or an injury
2. Functional Disorder – A psychological cause and does not involve brain damage.

**Personality Disorders –** how a person deals with relationships

1. Antisocial personality disorder
	1. Irritable, aggressive, impulsive, and violent. Unable to show remorse for their behavior.
2. Borderline personality disorder
	1. Series of troubled relationships. High-Risk activities, poor self-esteem. Fear abandonment, lash out violently at the people they need most.
3. Passive-aggressive personality disorder
	1. Uncooperative. Show their anger but only indirectly.

**Mental Disorders**

1. Anxiety Disorder – real or imagined fears are too difficult to control.
	1. Irrational fear of something specific
2. Obsessive Compulsive Disorder – pattern of repeated thoughts or behaviors.
3. Panic Disorder – Unexplained feelings of terror.
4. Post-Traumatic Stress Disorder – condition that may develop after exposure to a terrifying even that threatened or caused physical harm.

**Alienation:** Feeling isolated and separated from everyone else.

**Suicide:** The act of intentionally taking one’s own life.

**Suicide Risk Factors**

1. Depression
2. Mental Disorder
3. Abuse of alcohol or drugs
4. History of physical or sexual abuse
5. Previous suicide attempts
6. Family history of emotional disorders or suicides

**Direct Statements of Suicide – Verbal Signs**

1. I want to die.
2. I don’t want to live anymore.
3. I wish I were dead.

**Indirect Statements of Suicide – Verbal Signs**

1. I won’t have to put up with this much longer.
2. I just want to go to sleep and never wake up.
3. They’ll be sorry when I’m gone.
4. Soon this pain will be over.
5. I can’t take it anymore.
6. Nothing matters.
7. I won’t be a problem for you much longer.
8. What’s the use.

Writing poems, song lyric, or diary entries.

Suicide threats or insinuations that are either direct or indirect

**Nonverbal Behavior and Signs of Suicide**

1. An unusual obsession with death.
2. Withdrawal from friends.
3. Dramatic changes in personality, hygiene, or appearance.
4. Substance abuse.

**Helping Others: CLUES**

**C** onnect – make contact.

**L** isten – Take time and pay attention.

**U** nderstand – Let the person know that you empathize with his or her feelings.

**E** xpress Concern – Say that you care and stay with the person.

**S** eek Help – Encourage the person to talk to an adult

**Cluster Suicide:** Series of suicides occurring within a short period of time and involving several people in the same school or community.

**When to get help:**

1. You feel trapped with no way out, or you worry all the time.
2. Your feelings affect your sleep, eating habits, school work, job performance, or relationships.
3. Your family or friends express concern about your behavior.
4. You are becoming involved with alcohol or other drugs.
5. You are becoming increasingly aggressive, violent, or reckless.

**Mental Health Professionals**

1. Psychiatrist – A physician who specializes in diagnosing and treating mental disorders and can prescribe medication.
2. Neurologist – A physician who specializes in organic disorders of the brain and nervous system.
3. Clinical Psychologist – A professional who diagnoses and treats emotional and behavioral disorders by means of counseling but cannot prescribe medications.
4. Counselor – A professional who works to help people with personal and educational matters.
5. Psychiatric Social Worker – A professional who provides guidance and treatment for clients with emotional problems, usually in the setting of a mental hospital, mental health clinic, or family service agency.
6. School Psychologist – A professional who specializes in the assessment of learning, emotional, and behavioral problems of schoolchildren.

**Therapy Methods**

1. **Psychotherapy**
	1. An ongoing dialogue between a patient and a mental health professional
2. **Behavior Therapy**
	1. A treatment process that focuses on changing unwanted behaviors through rewards and reinforcement.
3. **Cognitive Therapy**
	1. A treatment method designed to identify and correct distorted thinking patterns that can lead to feelings and behaviors that may be troublesome, self-defeating, or self-destructive.
4. **Group Therapy**
	1. Treating a group of people who have similar problems and who meet regularly with a trained counselor.
5. **Biomedical Therapy**
	1. The use of certain medications to treat or reduce the symptoms of a mental disorder.

**Coping:** Dealing successfully with difficult changes in your life.

**Grief Response:** An individual’s total response to a major loss.

**Mourning:** The act of showing sorrow or grief.

**Five Stages of Grief**

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

**Chapter #10 Ms. Kiel’s Notes**

**Relationship:** A bond or connection you have with other people.

**Types of Relationships**

1. Family
2. Friendships
3. Community - Citizenship

**Friendship:** A significant relationship between two people that is based on caring, trust, and consideration.

**Citizenship:** The way you conduct yourself as a member of the community.

**Communication:** Your ways of sending and receiving messages.

**Role:** Part you play in a relationship

**Communication Styles**

1. Passive Communication
	1. Do not stand up for themselves or defend their attitudes or beliefs.
2. Aggressive Communication
	1. Try to get their way through bullying and intimidation.
3. Assertive Communication
	1. Standing up for your thoughts and beliefs without hurting others.

**Cooperation:** Working together for the good of all.

**Compromise:** A problem solving method that involves each participant’s giving up something to reach a solution that satisfies everyone.

**“I” Message:** A statement in which a person describes how he or she feels by using the pronoun “I”.

**Active Listening:** Paying close attention to what someone is saying and communicating.

**Body Language:** Nonverbal communication through gestures, facial expressions, behaviors, and posture.

**Conflict:** Any disagreement, struggle, or fight.

**Common Causes of Conflict**

1. Power Struggles
2. Loyalty
3. Jealous/Envy
4. Property disputes
5. Territory and space

**Interpersonal Conflicts:** Disagreements between groups of any size, from two people to entire nations.

**Conflict Resolution:** The process of solving a disagreement in a manner that satisfies everyone involved.

**Negotiation:** The use of communication and often compromise to settle a disagreement.

**Mediation:** Process in which specially trained people help others resolve their conflicts peacefully.

**Confidentiality:** Respecting the privacy of both parties and keeping details secret.

**Peer Mediators:** Students trained to help other students find fair resolutions to conflicts and disagreements.

**The C’s of Marriage and other Relationships**

1. Communication – The Key to all relationships
2. Common Interests
3. Cooperation
4. Cuddling
5. Compromise
6. Commitment
7. Caring/Compassion
8. Consideration
9. Crisis
10. Children
11. Church
12. Cash
13. Chores
14. Careers
15. Community
16. College

**Speaking Skills**

1. Voice Volume
2. Tone of Voice
3. Tact – ability to say something without offending a person

**Techniques for Active Listening**

1. Reflective Listening – Rephrase or summarize what the other person has said
2. Clarifying – Involves asking the speaker what he or she thinks
3. Encouraging – Encourage the speaker when you signal that you are interested and involved
4. Empathizing – Able to imagine and understand how someone else feels

**Communication Barriers**

1. Image and identity issues
2. Unrealistic Expectations
3. Lack of Trust
4. Prejudice
5. Gender Stereotyping
6. Language
7. Culture

**Common Causes of Conflicts**

1. Power Struggles
2. Loyalty
3. Jealousy/Envy
4. Property Disputes
5. Territory and Space

**Strategies for Resolving a Conflict**

1. Take time to calm down and think over the situation
2. Take turns explaining each person's side of the conflict without interruption.
3. Ask for clarification.
4. Brainstorm solutions
5. Agree on a solution that benefits both sides.
6. Follow up to see whether the correct solution was chosen and works.

**Negotiation Steps**

1. Select a time and place suited to working out problems.
2. Work together toward a solution.
3. Keep an open mind.
4. Be flexible.
5. Take responsibility for your role in the conflict.
6. Give the other person an "out".

**Chapter 11 Ms. Kiel’s Notes**

**Family:** The basic unit of society; provides a safe and nurturing environment for its members.

**Extended Family:** It is your immediate family and other relatives such as grandparents, aunts, uncles, and cousin.

**Sibling:** A brother or sister.

**Affirmation:** Positive feedback that helps others feel appreciated and supported.

**Separation:** A decision between married individuals to live apart from each other.

**Divorce:** Legal end of a marriage contract

**Custody:** Legal decision about who has the right to make decisions affecting the children in a family and who has the responsibility of physically caring for them.

**Grief:** The sorrow caused by the loss of a loved one.

**Resiliency:** The ability to adapt effectively and recover from disappointment, difficulty, or crisis.

**Domestic Violence:** Any act of violence involving family members.

**Emotional Abuse:** A pattern of behavior that attacks the emotional development and sense of worth of an individual.

**Physical Abuse:** The intentional infliction of bodily harm or injury on another person.

**Sexual Abuse:** Any sexual contact that is forced upon a person against his or her will.

**Spousal Abuse:** Domestic violence directed at a spouse.

**Child Abuse:** Domestic abuse directed at a child.

**Neglect:** Failure to provide for a child’s physical or emotional needs.

**Cycle of Violence:** Pattern of repeating violent or abusive behaviors from one generation to the next.

**Crisis Center:** A facility that handles emergencies and provides referrals to an individual needing help.

**Foster Care:** A temporary arrangement in which a child is placed under the guidance and supervision of a family or an adult who is not related to the child by birth.

**Family Support Services:** Community resources that proved help for families facing difficulties

1. Al-Anon: Support for family members of people addicted to substances such as alcohol and other drugs.
2. Alateen: A support group for teens who live with someone addicted to alcohol or other drugs.
3. Conflict Resolution: Offers counseling, mediation, and training to help resolve conflict.
4. Family Resource Center: Provides support for families including counseling services.
5. Family Services: Provides counseling for individuals, couples, and families.
6. Teens in Transition: Offers resources for teens seeking help for difficult life problems, such as coping with divorce or death.

**Family Counseling:** Therapy to restore healthy relationships in a family.

**Mediator:**  A person who helps others resolve issues to the satisfaction of both parties.

**Ways to strengthen Family Relationships**

1. Demonstrate care and love
2. Show support, especially during difficult times
3. Demonstrate Trust
4. Express Commitment
5. Be Responsible
6. Spend time together
7. Respect Individuality
8. Work together to solve problems
9. Be sensitive to others' needs

**Changes in Family Structure**

1. Separation and Divorce
2. Remarriage
3. Death of a Family Member
4. Adoption

**Change in Family Circumstances**

1. Loss of a Job
	1. Financial Problems
2. Natural Disaster
3. Moving
4. Military Deployment
5. Family Illness of Disability
6. Abuse/Neglect
7. Drug/Alcohol Abuse

**Coping with Family Changes**

1. Dow hat you can to help
2. Be informed
3. Use stress management techniques

**Types of Abuse**

1. Emotional Abuse
2. Physical Abuse
3. Sexual Abuse

**Affects of Abuse**

1. An inability to trust or establish healthy personal relationships.
2. Chronic physical pain.
3. Neglect of or injury to oneself, including suicide attempts.
4. Depression, anxiety, sleep disorders, and eating disorders.
5. Abuse of alcohol and other drugs

**Avoiding Domestic Violence**

1. Recognize – Become aware of acts that are abusive
2. Resist – Resist abuse in any way you can
3. Report – Tell someone if you are being abused

**How to maintain Healthy Families**

1. Cooperate
2. Show Appreciation
3. Be a good Communicator
4. Offer Help
5. Be Empathetic
6. Work to Resolve Conflicts
7. Know when to get Outside Help

 Chapter 12 **Ms. Kiels Notes**

**Peers:**  People of similar age who share similar interests.

**Friendship:** A significant relationship between two people.

**Platonic Friendship:** A friendship with a member of the opposite gender in which there is affection but the two people are not considered a couple.

**Clique:** A small circle of friends, usually with similar backgrounds or tastes, who exclude people viewed as outsiders.

**Stereotype:** An exaggerated and oversimplified belief about an entire group of people, such as an ethnic or religious group or a gender.

**Peer Pressure:** The influence that people your age may have on you.

**Harassment:** Persistently annoying others.

**Manipulation:** An indirect, dishonest way to control or influence others.

**Assertive:** Standing up for your rights in a firm but positive way.

**Refusal Skills:** Communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe, unhealthy, or that go against your values.

**Passive:** A tendency to give up, give in, or back down without standing up for their own rights and needs.

**Aggressive:** People are overly forceful, pushy, hostile, or otherwise attacking in their approach.

**Infatuation:** Exaggerated feelings of passion for another person.

**Affection:** A feeling of fondness for someone.

**Curfew:** A set time at which you must be home at night.

**Abstinence:** A deliberate decision to avoid high-risk behaviors, including sexual activity before marriage and the use of tobacco, alcohol, and other drugs.

**Sexually Transmitted Disease (STD):** Infections spread from person to person through sexual contact.

**Priorities:** The goals, tasks, and activities that you judge to be more important than others.

**Self-Control:** Person’s ability to use responsibility to override emotions.

**Common Methods of Manipulation**

1. Mocking or teasing another person in a mean or hurtful way.
2. Using "guilt trips" to get desired results.
3. Bargaining – Offering to make a deal to get what one wants.
4. Using flattery or praise to influence another person.
5. Bribing – Promising money or favors if the person will not do what is asked.
6. Making Threats – Promising violence or some other negative consequence if the person does not do what is asked.
7. Using blackmail – Threatening to reveal some embarrassing or damaging information if the person does not do what is asked.

**Chapter 21 Ms. Kiel’s Notes**

**Addictive Drug:** A substance that causes physiological or psychological dependence.

**Nicotine**: The addictive drug found in tobacco leaves.

**Stimulant:** A drug that increases the action of the central nervous system, the heart, and other organs.

**Carcinogen:** A cancer-causing substance.

**Tar:** A thick, sticky, dark fluid produced when tobacco burns.

**Carbon Monoxide:** A colorless, odorless, and poisonous gas.

**Smokeless Tobacco:** Tobacco that is sniffed through the nose, held in the mouth, or chewed.

**Leukoplakia:** Thickened, white, leathery-looking spots on the inside of the mouth that can develop into oral cancer.

**Nicotine Withdrawal:** The process that occurs in the body when nicotine, an addictive drug, is no longer used.

**Nicotine Substitute:** A product that delivers small amounts of nicotine into the user’s system while he or she is trying to give up the tobacco habit.

**Environmental Tobacco Smoke (ETS):** Also known as second hand smoke is air that has been contaminated by tobacco smoke.

**Mainstream Smoke:** The smoke exhaled from the lungs of a smoker.

**Sidestream Smoke:** The smoke from the burning end of a cigarette, pipe, or cigar.

**Short Term Effects of Tobacco Use**

1. Changes in brain chemistry
2. Increased respiration and heart rate
3. Dulled taste buds and reduced appetite
4. Bad breath and smelly hair, clothes, and skin

**Long Term Health Risks of Tobacco Use**

1. Nervous System
	1. Addiction
	2. Increased risk of stroke
2. Respiratory System
	1. Coughing
	2. Increased risk of emphysema, lung cancer, and chronic bronchitis
3. Digestive System
	1. Increased risk of mouth, pharynx, larynx, and esophagus cancer
	2. Increased risk of gum recession, tooth decay, and tooth loss
	3. Nausea, vomiting, and diarrhea
	4. Increased risk of cancers of the stomach and pancreas
4. Cardiovascular System
	1. Increased heart rate and blood pressure
	2. Hardened arteries and decreased blood flow
	3. Increased risk of heart attack
5. Excretory System
	1. Increased risk of cancer of the bladder and kidneys

Second hand Smoke (ETS, Environmental Tobacco Smoke)

1. Mainstream Smoke – exhaled from lungs of the smoker
2. Sidestream Smoke – the smoke from the burning end of a cigarette, pipe, or cigar.

Third Hand Smoke – Residue on carpets/upholstery etc.

Tobacco smoke contains:

1. 4300 chemicals
	1. 1200 poisonous
	2. 69 carcinogens

**Chapter 22 – Alcohol Ms. Kiel’s Notes**

**Ethanol:** The type of alcohol in alcoholic beverages.

**Fermentation:** The chemical action of yeast on sugars.

**Depressant:** A drug that slows the central nervous system.

**Intoxication:** The state in which the body is poisoned by alcohol or another substance and the person’s physical and mental control is significantly reduced.

**Alcohol Abuse:** The excessive use of alcohol.

**Metabolism:** The process by which the body breaks down substances.

**Blood Alcohol Concentration (BAC):** The amount of alcohol in a person’s blood, expressed as a percentage.

**Binge Drinking:** Drinking five or more alcoholic drinks at one sitting.

**Alcohol Poisoning:** A severe and potentially fatal physical reaction to an alcohol overdose.

**Fetal Alcohol Syndrome:** A group of alcohol-related birth defects that include physical and mental problems.

**Alcoholism:** A disease in which a person has a physical or psychological dependence on drinks that contain alcohol.

**Alcoholic:** An addict who is dependent on alcohol.

**Recovery:** The process of learning to live an alcohol-free life.

**Sobriety:** Living without alcohol.

**Factors that determine intoxication:**

1. Body Size – A smaller person feels more than a larger person.
2. Gender – In **females** alcohol moves in to the bloodstream **faster.**
3. Food – Slows down passage of alcohol in to the bloodstream
4. Amount – How many, the more you drink the more intoxicated you become
5. Rate of intake – How quickly you drink
6. Any other drugs in your system can affect how intoxicated you become.

**Binge drinking** is four or more alcohol beverages in one sitting and binge drinking for a male is five or more alcohol beverages in one sitting

**Binge Drinking**

Male: drinking five or more alcoholic drinks at one sitting

Female: drinking four or more alcoholic drinks at one sitting

**Short term effects of alcohol**:

Nervous system – Brain, Memory, Judgment

Cardiovascular System – Heart, Blood Vessels

Digestive System – Stomach, liver, Kidneys

Respiratory System – Lungs, Breathing

**Long Term Effects of Drinking**

1. Changes in the Brain – Addiction, Loss of brain functions, brain damage
2. Cardiovascular Changes – Heart, Enlarged heart, high blood pressure
3. Liver Problems – Fatty Liver, Alcoholic hepatitis, Cirrhosis
4. Digestive System Problems – Irritation
5. Pancreas Problems – Lining of the pancreas (Pancreatitis)
6. DWI: Driving while intoxicated - .08 and above BAC
7. DWAI: Driving while ability impaired - .05 – 0.079 BAC
8. DUI: Driving under the influence - .08 BAC
9. BAC – Blood Alcohol Concentration: The amount of alcohol in a person’s blood, expressed as a percentage
	1. **BAC: Blood Alcohol Concentration**
	2. **BAC: Blood alcohol Content**
	3. **BAL: Blood alcohol Level**

**Consequence of drunk driving**

1. Harm to others
2. Severely restricted driving privileges and/or confiscation of driver’s license
3. Alcohol related injuries property damage and death
4. Living with regret and remorse
5. Loss of parental trust and respect
6. Arrest, jail time, court, heavy fine or bail
7. Police record and possible lawsuits
8. Higher insurance rates

Alcohol poisoning is a severe and potentially fatal physical reaction to an alcohol overdose.

**Effects of alcohol poisoning:**

1, Mental confusion, stupor, coma, inability to be roused, vomiting and seizures

2. Slow respiration – 10 seconds between breaths or fewer than 8 breaths a minute.

3. Irregular heartbeat

4. Hypothermia or low body temperature – pale or bluish skin color

5. Severe dehydration.

Do not drink when you are pregnant.

**Alcoholics have the following:**

Physical Dependence

Tolerance

Health, Family and legal problems

Alcoholism is a genetic and also could be a learned behavior.

**Stages of alcoholism:**

**Stage #1 – Abuse**

**Stage #2 – Dependence**

**Stage #3 – Addiction**

**Admission** is the person admitting to having a drinking problem and asks for help.

**Detoxification is a process in which the body adjusts to functioning without alcohol.**

**Counseling** is the person receives counseling to help him or her learn to live without alcohol.

**Recovery** is the process of learning to live an alcohol free life, the person takes responsibility for their own life.

**Four Steps to Recovery**

1. Admission – The person admits having a drinking problem and asks for help.
2. Detoxification – The person goes through detoxification, a process in which the body adjusts to functioning without alcohol
3. Counseling – The person receives counseling to help him or her learn to live without alcohol.
4. Recovery – The person takes responsibility for his or her own life.

**Sobriety is living without the use of alcohol.**

**Where to get Help with Alcohol Abuse**

**Al-Anon and Alateen,** and **Alatot** provides help for the family and friends of alcoholics. Al-Anon is for adults, Alateen is for teens.

**National Association for Children of Alcoholics** **and Adult for Children of Alcoholics** provides help for children of alcoholics. Usually adults.

**Alcoholics Anonymous** – provides help for alcohol users of all ages.

**National** **Clearinghouse for Alcohol and Drug** Information provides information about alcohol and other drugs.

**Chapter 23 Ms.**  **Kiel’s Notes**

\*\* Need to know\*\*

**\*\*Medicines:** Drugs that are used to treat or prevent disease or other conditions.

**\*\*Drugs:** Substances other than food that change the structure or function of the body or mind.

**Vaccine:** Preparation introduced into the body to stimulate an immune response.

**Side Effects:** Reactions to medicine other than the one intended.

**Additive Interaction:** Occurs when medicines work together in a positive way.

**Synergistic Effect:** Interaction of two or more medicines that results in a great effect than when the medicines are taken alone.

**Antagonistic Interaction:** The effect of one medicine is cancelled or reduced when taken with another medicine.

**Substance Abuse:** Any unnecessary or improper use of chemical substances for nonmedical purposes.

**Illegal Drugs:** Chemical substances that people of any age may not lawfully manufacture, posses, buy, or sell.

**Illicit Drug Use:** Use or sale of any substance that is illegal or otherwise not permitted.

**Overdose:** A strong, sometimes fatal reaction to taking a large amount of a drug.

**Psychological Dependence:** A condition in which a person believes that a drug is needed in order to feel good or to function normally.

**Physiological Dependence:** A condition in which the user has a chemical need for the drug.

**Addiction:** A physiological or psychological dependence on a drug.

**Marijuana:** Common name for the Indian hemp plant cannabis, is a plant whose leaves, buds, and flowers are usually smoked for their intoxicating effects.

**Paranoia:** An irrational suspiciousness of distrust of others.

**Inhalants:** Substances whose fumes are sniffed and inhaled to achieve a mind-altering effect.

**Anabolic-androgenic steroids:** Synthetic substances that are similar to the male sex hormone testosterone.

**Psychoactive Drugs:** Chemicals that affect the central nervous system and alter activity in the brain.

**Stimulants:** Drugs that speed up the central nervous system.

**Euphoria:** A feeling of intense well-being or elation.

**Depressants:** Drugs that tend to slow down the central nervous system.

**Narcotics:** Specific drugs that are obtainable only by prescription and are used to relieve pain.

**Hallucinogens:** Drugs that alter moods, thoughts, and sense perceptions including vision, hearing, smell, and touch.

**Designer Drugs:** Synthetic substances meant to imitate the effects of hallucinogens and other dangerous drugs.

**Drug-Free School Zones:** Areas within 1,000 feet of schools and designated by signs, within which people caught selling drugs receive especially severe penalties.

**Drug Watches:** Organized community efforts by neighborhood residents to patrol, monitor, report, and otherwise try to stop drug deals and drug abuse.

**Classification of Medicines**

**Medicine** – Drugs that are used to treat or prevent disease or other conditions.

**\*\*\*Must know the following FOUR classifications of Medicines\*\*\***

1. Help prevent disease
2. Fight pathogens, or infectious agents that cause disease
3. Relieve pain
4. Help maintain or restore health and regulate the body’s system (Maintains Homeostasis)

**Examples**

1. **Help prevent disease** – Chicken Pox, Measles, Mumps
	1. **Vaccine** is a preparation introduced into the body to stimulate an immune response.
	2. **Antitoxin:** The extracts of blood fluids contain antibodies and act more quickly than vaccine
2. Medicines That Fight pathogens, or infectious agents that cause disease – Kills Bacteria
	1. **Antiviral and Antifungals**
3. Medicines That Relieve Pain – Morphine is the most powerful in the USA
	1. **Analgesics - pain relievers = Aspirin \*\* MUST KNOW\*\***
4. Helps maintain or restore health and regulate the body’s systems (**Maintain Homeostasis**).
	1. Ex: Diabetes, Heart Problem, Asthma Inhalers, Anti-Depressants, Insulin, Cancer Treatments, HIV/Aids Medicines

**\*\*\*Medicine Interactions – Must Know\*\*\***

1. **Additive interaction** – occurs when medicines work together in a positive way. For example: both an anti-inflammatory and a muscle relaxant may be prescribed to treat joint pain.
2. **Synergistic effect -** An interaction of two or more medicines that results in a greater effect than when the medicines are taken alone – one medicine increases the strength of the other. One medicine may boost the rate of digestion, for example, enabling a second medicine to be absorbed faster. Also called the Multiplier Effect.
3. **Antagonistic interaction** - occurs when the effect of one medicine is canceled or reduced when take with another medicine. For example, someone who receives an organ transplant must take antirejection medicines. If the person is diabetic and takes insulin, the antirejection medicine may decrease the effectiveness of the insulin.

**Health Risks of Marijuana**

1. Hallucinations and Paranoia
2. Impaired short-term memory, reaction time, concentration, and coordination
3. Distorted sense of time, sight, touch, and sound
4. Decreased initiative and ambition
5. Bloodshot Eyes
6. Dry Mouth
7. Lung irritation, coughing
8. Heart and lung damage
9. Increased risk of lung cancer
10. Weakened immunity
11. Increased appetite
12. In pregnant females, increased risk of still birth and birth defects
13. Change in hormonal levels
14. In females, increased testosterone levels and risk of infertility
15. In males, lowered sperm count and testosterone levels

**Health Risks of Psychoactive Drugs**

1. Stimulants
	1. Cocaine
	2. Crack
	3. Amphetamines
	4. Methamphetamine
2. Depressants
	1. Barbiturates
	2. Tranquilizers
	3. Rohypnol
	4. GHB
3. Narcotics
	1. Opium
	2. Morphine
	3. Heroin
	4. Codeine
4. Hallucinogens
	1. PCP
	2. LCD
	3. Ecstasy
	4. Ketamine

**Warning Signs of Drug Use**

1. Gets drunk or high regularly, often hung over
2. Lies about drugs being using, constantly talks about drugs
3. Stops participating in activities that were once important
4. Changes in eating or sleeping habits, rapid weight loss
5. Takes unnecessary risks, unsafe behaviors
6. Gets in trouble with authorities
7. Seems withdrawn, depressed, tired
8. Had re-rimmed eyes and runny nose not related to a cold
9. Has "blackouts" and forgets what was done under the influence
10. Difficulty concentrating

**Addiction Cycle**

1. Tolerance
2. Psychological Dependence
3. Addiction

**Tolerance** is a condition in which the body becomes used to the effect of a medicine.

**Withdrawal** occurs when a person stops using a medicine on which he or she has a chemical dependence.

**Prescription Medicines:** Some medicines are available only by means of a doctor’s written instructions and can be dispensed only by a licensed pharmacist.

**Over-The-Counter (OTC) medicines:** This group includes a wide variety of medicines that you can buy without a prescription.

**Substance Abuse** – any unnecessary or improper use of chemical substances.

**Types of drug treatment centers include:**

**Outpatient Drug-Free Treatment**: These programs usually do not include medications and often consist of individual or group counseling.

**Short-Term Treatment (usually 28 days**): These centers can include residential, medication, and outpatient therapies.

**Maintenance Therapy**: Intended for heroin addicts, this treatment usually includes medication therapy. Give Methadone to wean off of heroin.

**Therapeutic Communities:** These are residences for people with a long history of drug abuse. The centers include highly structured programs that usually last from 6 to 12 months.

**Methods of introducing drugs in to the body**

1. Injection
	1. Intravenous “in to the vein”
	2. Intramuscular “In to the muscle”
	3. Subcutaneous “under the skin”
2. Orally – by mouth and most convenient
3. Inhalation – very quick
4. Transdermal – Absorbed through the skin

**Chapter 26 Ms. Kiel’s Notes**

**Non-communicable** **Disease**: Disease that is not transmitted by another person, a vector, or the environment.

**Cardiovascular** **Disease (CVD):** Disease that affects the heart or blood vessels.

**Hypertension:** High Blood Pressure

**Atherosclerosis:** The process in which plaques accumulate on artery walls.

**Angina pectoris**: Chest pain that results when the heart does not get enough oxygen.

**Arrhythmias:** Irregular heartbeats

**Cancer:**  Uncontrollable growth of abnormal cells

**Tumor:** An abnormal mass of tissue that has no natural role in the body

**Malignant:** Cancerous

**Benign:** Noncancerous

**Metastasis:**  The spread of cancer from the point where it originated to other parts of the body

**Carcinogen:**  A cancer causing substance

**Allergy:** Specific reaction of the immune system to a foreign and frequently harmless substance.

**Histamines:** Chemicals that can stimulate mucus and fluid production in an area

**Asthma:** An inflammatory condition in which the small airways in the lungs become narrowed causing difficulty in breathing

**Diabetes:**  Chronic disease that affects the way body cells convert food into energy

**Autoimmune Disease:** A condition in which the immune system mistakenly attacks itself, targeting the cells, tissues, and organs of a person’s own body

**Arthritis:** Group of more than 100 different diseases that cause pain and loss of movement in the joints

**Osteoarthritis:** Disease of the joints in which cartilage breaks down

**Rheumatoid Arthritis:**  Disease characterized by the debilitating destruction of the joints due to inflammation

**Disability:**  Any physical or mental impairment that limits normal activities, including seeing, hearing, walking, or speaking

**Profound Deafness:** Hearing loss so severe that a person affected cannot benefit from mechanical amplification, such as a hearing aid

**Mental Retardation:**  The below-average intellectual ability present from birth or early childhood and associated with difficulties in learning and social adaptation.

**Americans with Disability Act:**  a law prohibiting discrimination against people with physical or mental disabilities in the workplace, transportation, public accommodations, and telecommunications

**Types of Cardiovascular Disease (CVD):**

1. High Blood Pressure – Hypertension (The silent killer)
	1. Normal Blood Pressure 120/80
	2. High Blood Pressure 140/90
2. Atherosclerosis – The thickening of the artery wall by plaque
3. Arteriolosclerosis – Hardening of the artery wall

**Diseases of the Heart**

1. Angina Pectoris – Chest pain when the heart does not get enough oxygen
2. Arrhythmias – irregular heartbeats
3. Heart Attack – Myocardial Infarction
	1. Warning Signs of a Heart Attack
		* 1. Pressure, fullness, squeezing, or aching in the chest area
			2. Discomfort spreading to the arms, neck, jaw, upper abdomen, and back
			3. Chest discomfort with shortness of breath, lightheadedness, sweating, nausea, and vomiting
	2. Congestive Heart Failure – results of high blood pressure, atherosclerosis, a heart valve defect, or other factors.
	3. Stroke – interrupts the flow of blood to the brain.

**Controlled factors of Cardiovascular Disease:**

1. Tobacco Use
2. High Blood Pressure
3. High Cholesterol
4. Physical Inactivity
5. Excess Weight
6. Stress
7. Drug and Alcohol Use

**Uncontrollable factors of cardiovascular disease:**

1. Heredity
2. Gender, early in life heart attacks are prominent in men between 35 and 55
3. Age
4. Race

**Diagnostic Tools**

1. EKG: Electrocardiogram
2. MRI: Magnetic resonance imaging
3. Radionuclide Imaging
4. Angiography

**Treatment Options**

1. Internal Defibrillator
2. Medications
3. Pacemaker
4. Angioplasty
5. Coronary Bypass

**CANCER**

**Warning Signs:**

**Use CAUTION:**

C – Change in bowel habits (Either loose stools or constipation), bladder issues

A – A sore that does not heal

U – Unusual bleeding or discharge (as from the uterus, bladder, bowels, nipple, or with coughing)

T – Thickening or a lump in the breast or elsewhere (Let your health care provider decide what the lump means)

I – Indigestion or difficulty swallowing

O – Obvious change in a wart or mole

N – Nagging cough or hoarseness

Other symptoms include fatigue and unexplained weight loss.

**Cancer:** Abnormal cells that grow out of control.

**Risks of Cancer**

1. Sexually Transmitted Disease
2. Dietary Factors
3. Radiation (Radon)

**Tumor:** A mass of abnormal cells with no purpose

1. Benign: Noncancerous
2. Malignant: Cancerous and can spread

**Four Types of Cancer**

1. Lymphomas – Immune System
2. Leukemia – Blood Forming Organs - most commonly found in children
3. Carcinoma – Glands and Body Linings including skin - most common type of cancer
4. Sarcoma – Connective Tissue, bones, ligaments, and muscle

**What reduces the risk of cancer?**

1. Be Physically Active
2. Abstinence
3. Eat nutritious Food
4. Protect skin from ultraviolet radiation
5. Avoid Tobacco and alcohol
6. Recognize the warning signs of cancer

**Treating Cancer:**

1. Surgery – removes some or all of the cancerous masses from the body
2. Radiation Therapy – radiation kills the cells and shrinks the cancerous mass.
3. Chemotherapy – uses chemicals to destroy cancer cells.
4. Immunotherapy – activates a person’s immune system to recognize specific cancers and destroy them.
5. Hormone Therapy – involves using medicines that interfere with the production of hormones. These treatments kill cancer cells or slow their growth
6. Genetic Engineering – White blood cells are genetically modified to become killer cells
7. Combination Therapy – uses chemo and radiation to shrink the cancer and then uses surgery to remove it.

**Allergies, Asthma, Diabetes, and Arthritis**

**Allergy** – a specific reaction of the immune system to a foreign and frequently harmless substance.

Our body produces histamines. Histamines are chemical that can stimulate mucus and fluid production in an area. Allergens: Dander, Pollen, Dust, Food Additives, Gluten, Nuts, Shellfish

**Histamines** - Chemicals that can stimulate mucus and fluid production in an area.

**Asthma** – an inflammatory condition in which the small airway sin the lungs become narrowed causing difficulty in breathing. Triggers: Air pollution, pet dander, tobacco smoke, mold, pollen, and dust mites, exercise and stress.

**Diabetes** – a chronic disease that affects the way body cells convert food into energy. There are two types of diabetes I and II. There is also **gestational diabetes** that happens to women that are pregnant. **Diabetes I** is an autoimmune and less common. Also known as juvenile on-set diabetes.

The spleen produces insulin. **Diabetes II** – lifestyle factors (Diet and Exercise)

**Symptoms of Diabetes**

1. Frequent Urination

2. Excessive Thirst

3. Unexplained Weight Loss

4. Extreme Hunger

5. Sudden Vision Changes

6. Tingling in hands or feet

7. Frequent Fatigue

8. Very Dry Skin

9. Sores that are slow to heal

10. More infections than usual

**Arthritis** – is a group of more than 100 different diseases that cause pain and loss of movement in the joints. **Osteoarthritis** – a disease of the joints in which cartilage breaks down, most commonly in the knees and hips. **Rheumatoid Arthritis** – Debilitation of joints due to inflammation. This is an autoimmune disease.

**Disability** - Any physical or mental impairment that limits normal activities, including seeing, hearing, walking, or speaking. **Profound Deafness** is a hearing loss so severe that a person affected cannot benefit from mechanical amplification.

**Physical Challenges**

1. Sight Impairment
	1. Macular Degeneration
	2. Glaucoma
	3. Cataracts
2. Hearing Impairment
3. Physical Disability
4. Mental Challenges
	1. Mental Retardation - below-average intellectual ability
		1. Genetic Disorder
		2. Fetal Alcohol Syndrome

Americans with Disabilities Act – law prohibiting discrimination against people with physical or mental disabilities in the work place, transportation, public accommodations, and telecommunications.

**Chapter 24 Ms. Kiel’s Notes**

**Communicable Disease**: A disease that is spread from one living thing to another or through the environment.

**Pathogen**: An organism that causes disease.

**Infection: A condition that occurs when pathogens enter the body, multiply, and damage body cells.**

**Virus**: Pieces of genetic material surrounded by a protein coat**.**

**Bacteria**: Single-celled microorganisms

**Toxin**: A substance that kills cells or interferes with their functions**.**

**Vector**: An organism usually an arthropod such as a tick that carries and transmits pathogens to humans or other animals.

**Immune System:** Network of cells, tissues, organs, and chemicals that fights off pathogens.

**Inflammatory Response: Reaction to tissue damage caused by injury or infection. The injury becomes hot, swollen, red, and painful. (Blood bringing white blood cells and platelets to start repairing the damage)**

**Phagocyte:** A white blood cell that attacks invading pathogens.

**Antigen: Substance that is capable of triggering an immune response.**

**Immunity:** State of being protected against a particular disease.

**Lymphocyte:** Specialized white blood cell that coordinates and performs many of the functions of specific immunity.

**Antibody:** Protein that acts against a specific antigen.

**Vaccine:** A preparation of dead or weakened pathogens that are introduced into the body to stimulate an immune response.

**Pneumonia:** An infection of the lungs in which the air sacs fill with pus and other liquid.

**Jaundice:** A yellowing of the skin and eyes.

**Emerging infection:**  A communicable disease whose incidence in humans has increased within the past two decades or threatens to increase in the near future.

**Common Types of Diseases by Type of Pathogen**

1. Virus
	1. Types of viruses DNA (normal) and RNA (retro)
2. Bacteria
3. Fungi
	1. Ringworm, athlete’s foot
4. Protozoans
	1. Giardia
5. Rickettsia – resembles bacteria
	1. Associated with insects like fleas or lice

**How Communicable disease are transmitted:**

1. Direct Contact: Ex. Sneezing and Coughing
2. Indirect Contact: Contaminated Objects, Vectors, Contaminated Water, sharing drinks
3. Contact with someone else’s blood
4. Vectors: Arthropod (Mosquito)
5. Sexual Contacts
6. Water and Food: Salmonella

**Other Prevention Strategies**

1. Eat a balanced diet
2. Avoid sharing utensils
3. Prepare and store food safely
4. Avoid contact with people who are ill
5. Take care of yourself when you are ill
6. Use mosquito repellant
7. Practice abstinence from sexual activity
8. Learn to manage stress

**Physical/Chemical Barriers for preventing disease**

**The Immune Response**

1. Pathogens invade the body.
2. Macrophages engulf the pathogen.
3. Macrophages digest the pathogen and T cells recognize antigens of the pathogen as an invader.
4. T cells bind to the antigens.
5. B cells bind to antigens and helper T cells
6. B cells divide to produce plasmacells.
7. Plasma cells release antibodies into the bloodstream
8. Antibodies bind to antigens to help other cells identify and destroy the pathogens.

**The Immune System**

1. Skin
2. Saliva
3. Mucous Membranes
4. Gastric Juice – Hydrochloric Acid
5. Tears
6. Cilia
7. Ear Wax
8. Sebum (skin oil)
9. Pores – Oil and Sweat (containing sodium) Secretions

**Immune Systems nonspecific response**

1. Phagocytes attack invading pathogens
2. The cells release a chemical called interferon that stops viruses from reproducing
3. Rising body temperature kill some pathogens.

**Inflammatory Response**

1. The non-specific or general response that is a reaction to tissue damage caused by injury or infection.

**Vaccines to aid the body’s defenses:**

Live-virus vaccines

Killed-virus vaccines

Toxoids

New and second-generation vaccines

**Common Communicable Disease**

Respiratory Infections

Common Cold

 Influenza

Pneumonia

Strep Throat

Tuberculosis

**Hepatitis**

Hepatitis A – Unsanitary Conditions

Hepatitis B

Hepatitis C - Incurable

**Emerging Infections**

Transport across borders – example SARS

Population movement

Resistance to antibiotics

Changes in food technology

Agents of bioterrorism

**Antibody:** Protein that acts against a specific antigen.

**Specific Defenses**

**Lymphocyte:** Specialized white blood cell that coordinates and performs many of the functions of specific immunity.

**Thymus Gland –** located above the heart

**Types of Lymphocytes**

**T cells and B cells**

**T cells – identify the pathogen and activate immune system**

1. **Helper T cells trigger the production of B cells and killer T cells**
2. **Killer T cells attack and destroy infected body cells.**
3. **Suppressor T cells – coordinate the activities of other T cells. They “turn off” or suppress helper T cells when the infection has been cleared.**
4. **B cells produce antibodies which attack and destroy pathogens**

**Specific Defenses**

1. Antigen
2. Lymphocytes
	1. T-Cells
		1. Helper T Cell – calls Killer T cells and B-Cells
		2. Killer T Cell – kills any human cell that has been infected by a pathogen
		3. Suppressor T Cell – commands T-cells and B-cells what to do
	2. B-Cells – produce antibodies to destroy pathogen

**Memory Cell** – Some T cells and B cells that have been activated by antigens become memory cells. These cells are found in the spleen.

**Types of Immunity**

1. Active Immunity
	1. Vaccination
	2. Get sick
2. Passive Immunity
	1. Through a host – temporary
	2. Mother to Child through breast milk

**Vaccine:** A preparation of dead or weakened pathogens that are introduced into the body to stimulate an immune response.

**Types of Vaccines**

1. Live-Virus Vaccine - Best
	1. Live-virus vaccines are made from pathogens grown under special conditions. Although they are weakened the organism can still stimulate the production of antibodies
2. Killed-Virus Vaccine
	1. Killed-virus vaccines are inactivated pathogens. Even though they are dead, the organism still stimulates an immune response and antibodies are produced.
3. Toxoids – Not traditional
	1. Toxoids are inactivated toxins from pathogens. They are used to stimulate the production of antibodies.
4. New and second generation vaccines are developed by scientists using new technologies.
5. Genetically altered yeast cells.

**Passive Immunity**

Your body produces its own antibodies.

**Lymphatic System** – is part of your immune system. This system transports lymph, or tissue fluid

**Lymph nodes** – can become enlarged when your body is fighting an infection

**Lymphocytes** – produced by lymph nodes

**Care of the immune system**

Sensible eating plan

Rest

Exercise

Immunization for ALL! Vaccines help prevent the spread of communicable disease by reducing the number of people who may become infected.

**Respiratory Infections**

**1.Symptoms of cold**

1. Runny or stuffy nose
2. Sneezing
3. Sore throat
4. Headache

**2.Symptoms of flu**

1. High Fever
2. Chills
3. Dry Cough
4. Muscle or joint pain
5. Runny Nose
6. Sore throat
7. Extreme fatigue

**Chapter 25 – The Risks of STD’s Ms. Kiel’s Notes**

**Sexually Transmitted Disease:** Infectious diseases spread from person to person through sexual contact. Also known as **Sexually Transmitted Infections.**

**Epidemics:** Occurrences of diseases in which many people in the same place at the same time are affected.

**Abstinences:** The deliberate decision to avoid harmful behaviors, including sexual activity before marriage and the use of tobacco, alcohol, and other drugs.

**Human Papillomavirus (HPV):** A virus that can cause genital warts or asymptomatic infection.

**Chlamydia:** A bacterial infection that affects the reproductive organs of both males and females.

**Genital Herpes:** An STD caused by the herpes simplex virus. Type one usually causes cold sores and Type two usually causes genital sores.

**Gonorrhea:** A bacterial STD that usually affects mucous membranes.

**Trichomoniasis:** An STD caused by a microscopic protozoan that results in infections of the vagina, urethra, and bladder.

**Syphilis:** An STD that attacks many parts of the body and is caused by a small bacterium called a spirochete.

**Acquired Immune Deficiency Syndrome (AIDS):** A disease in which the immune system of the patient is weakened.

**Human Immunodeficiency Virus (HIV):** A virus that attacks the immune system.

**Opportunistic Infections:** Infections that occur in individuals who do not have healthy immune systems.

**EIA:** A test that screens for the presence of HIV antibodies in the blood.

**Western Blot:** The most common confirmation test for HIV in the United States.

**Pandemic:** A global outbreak of infectious disease.

Sources and transmission is from humans as they are the only natural source. Transmissions are through various types of sexual contact.

Gonorrhea – infects mucous membranes. Gonorrhea in male is inflammation of urethra. Gonorrhea in the female may produce no painful symptoms.

Herpes Simplex Virus – transmitted through sexual contact – no cure.

Chlamydia – most common STD

**Common Ways STD’s are transmitted**

1. Being sexually active with more than one person
2. Engaging in unprotected sex
3. Selecting high-risk partners
4. Using alcohol and other drugs

**STDS**

1. **Chlamydia** – bacterial affecting reproductive organs, urethra, anus
2. Genital Warts – Growths in genital area
3. Genital Herpes – Viral – painful blisters
4. **Trichimoniasis** – Protozoan Trichomonas vaginalis
5. Gonorrhea – bacterial affecting mucous membranes, especially genital area
6. Syphilis – bacterial affecting many parts of the body, comes in four stages
7. **Hepatits B** – disease affecting the liver
8. Pubic Lice and Scabies
9. Chancroid - similar to stage one of syphilis
10. HIV/AIDS - HIV is the virus causing AIDS

**HIV is spread by:**

1. Blood
2. Semen
3. Vaginal Fluids
4. Breast Milk
5. Sweat
6. Saliva

**Methods of Transmission**

* 1. Transfusion
	2. Unprotected Sex
	3. Sharing of needles
	4. Infected mother to fetus

**Symptoms**

1. **Swollen Glands**
2. Extreme tiredness with dizziness and headache
3. Fever and night sweats
4. Weight loss of more than ten pounds
5. **Shortness of breath**
6. Continued bouts of diarrhea
7. **Dry Cough**
8. Thrush
9. Purple or discolored skin
10. Bruising more easily than normal
11. Disorientation, forgetfulness
12. Unexplained bleeding from any body opening

**Chapter 18 Ms Kiel’s Notes**

**Endocrine Glands:** Ductless or tubeless organs or groups of cells that secrete hormones directly into the bloodstream.

**Hormones:** Chemical substances that are produced in glands and help regulate many of your body’s functions.

**Pituitary Gland:** Regulates and controls the activities of all of the other endocrine glands.

**Thyroid Gland:** Produces hormones that regulate metabolism, body heat, and bone growth.

**Parathyroid Gland:** Produces a hormone that regulates the body’s calcium and phosphorus balance.

**Pancreas:** Gland that serves both the digestive and the endocrine systems.

**Gonads:** Another name for ovaries and testes.

**Adrenal Glands:** Glands that help the body recover from stress and respond to emergencies.

**Reproductive System:** The system of organs involved in producing offspring.

**Sperm:** The male reproductive cells.

**Testosterone:** The male sex hormone.

**Testes:** Also called testicles, are two small glands that produce sperm.

**Scrotum:** An external skin sac.

**Penis:** A tube-shaped organ that extends from the trunk of the body just above the testes.

**Semen:** A thick fluid containing sperm and other secretions from the male reproductive system.

**Sterility:** The inability to reproduce.

**Ova:** Stored female reproductive cells.

**Uterus:** A hollow, muscular, pear-shaped organ inside a female’s body.

**Ovaries:** The female sex glands that store the ova and produce female sex hormones.

**Ovulation:** The process of releasing a mature ovum into the fallopian tube each month.

**Fallopian Tubes:** A pair of tubes with fingerlike projections that draw in the ovum.

**Vagina:** A muscular, elastic passageway that extends from the uterus to the outside of the body.

**Cervix:** The opening to the uterus.

**Menstruation:** Shedding of the uterine lining.

**Endocrine Glands – Ductless Glands**

1. Hypothalamus - links endocrine with nervous system
2. Pineal Gland - secretes melatonin
3. Pituitary Gland - controls activities of other endocrine glands
4. Thymus Gland- regulates development of the immune system
5. Adrenal Glands - regulates the body's salt and water balance, controls body's emergency response system
6. Pancreas – regulates the level of glucose in the blood
7. Thyroid - Growth and Metabolism
8. Parathyroid Glands- Regulates calcium and phosphorus, muscle contraction
9. Testes - Male Reproductive Glands
10. Ovaries - Female Reproductive Glands
	1. FSH – Follicle-stimulating hormone
	2. LH – luteinizing hormone

Problems of the Endocrine System

1. Diabetes
2. Grave's Disease (Hyperthyroidism)
3. Cushing's Disease
4. Goiter
5. Growth Disorders

**Care of Male Reproductive System**

1. Get regular check ups
2. Bathe Regularly
3. Wear Protective Equipment
4. Perform regular self-examinations
5. Practice Abstinence

**Chapter 19 Ms. Kiel’s Notes**

**Fertilization:** Also known as conception, the union of a male sperm cell and a female egg cell.

**Implantation:** The process by which the zygote attaches to the uterine wall.

**Embryo:** The cluster of cells that develop between the third and eighth weeks of pregnancy.

**Fetus:** The developing group of cells after about the eighth week.

**Amniotic Sac:** The thin fluid like membrane that surrounds and protects the developing embryo.

**Umbilical Cord:** A ropelike structure that connects the embryo and the mother’s placenta.

**Placenta:** A thick, blood-rich tissue that lines the walls of the uterus during pregnancy and nourishes the embryo.

**Labor**: The final stage of pregnancy in which the uterus contracts and pushes the baby out of them mother’s body.

**Prenatal Care:** Steps that a pregnant female can take to provide for her own health and the health of her baby.

**Birthing Center:** A facility in which women with low-risk pregnancies can deliver their babies in a homelike setting.

**Fetal Alcohol Syndrome:** A group of alcohol-related birth defects that includes both physical and mental problems.

**Miscarriage:** The spontaneous expulsion of a fetus that occurs before the twentieth week of a pregnancy.

**Stillbirth:** A dead fetus expelled from the body after the twentieth week.

**Heredity:** The passing of traits from parents to their children.

**Chromosomes:** Threadlike structures found within the nucleus of a cell that carry the codes for inherited traits.

**Genes:** The basic units of heredity.

**DNA:** The chemical unit that makes up chromosomes.

**Genetic Disorders:** Disorders caused partly or completely by a defect in genes.

**Amniocentesis:** A procedure in which a syringe is inserted through a pregnant female’s abdominal wall into the amniotic fluid surrounding the developing fetus.

**Chronic villi sampling or CVS:** A procedure in which a small piece of membrane is removed from the chorion, a layer of tissue that develops into the placenta.

**Gene Therapy:** The process of inserting normal genes into human cells to correct genetic disorders.

**Developmental Tasks:** Events that need to happen in order for a person to continue growing toward becoming a healthy, mature adult.

**Autonomy:** The confidence that a person can control his or her own body, impulses, and environment.

**Scoliosis:** An abnormal lateral, or side-to-side, curvature of the spine.

**Common Genetic Disorders**

1. Sickle-Cell Anemia – Sickle shaped red blood cells and clump together
2. Tay-Sachs Disease – Destruction of nervous system
3. Cystic Fibrosis – Mucus clogs many organs
4. Down Syndrome – Varying degrees of mental retardation
5. Hemophilia – Failure of blood to clot
6. PKU – An inability to process a specific protein

**Chapter 20 Ms. Kiel’s Notes**

**Adolescence:** Period from childhood to adulthood.

**Puberty:** The time when a person begins to develop certain traits of adults of his or her own gender.

**Hormones:** Chemical substances that are produced in glands and that help regulate many of your body’s functions.

**Sex Characteristics:** Traits related to a person’s gender.

**Gametes:** Reproductive cells. Female: Eggs, Male: Sperm

**Cognition:** The ability to reason and think out abstract solutions.

**Physical Maturity:** The state at which the physical body and all its organs are fully developed.

**Emotional Maturity:** The state at which the mental and emotional capabilities of an individual are fully developed.

**Emotional Intimacy:** The ability to experience a caring, loving relationship with another person with whom you can share your innermost feelings.

**Commitment:** A promise or a pledge

**Marital Adjustment:** How well a person adjusts to marriage and to his or her spouse.

**Adoption:** The legal process of taking a child of others parents as one’s own.

**Self-Directed:** Able to make correct decisions about behavior when adults are not present to enforce rules.

**Unconditional Love:** Love without limitation or qualification.

**Transitions:** Critical changes that occur at all stages of life.

**Integrity:** A firm adherence to a moral code.

**Lesson 28 Ms Kiels Notes**

**First Aid:** The immediate, temporary care given to an ill or injured person until professional medical care can be provided.

**Universal Precautions:** Actions taken to prevent the spread of disease by treating all blood and other body fluids as if they contained pathogens.

**Chain of Survival:** A sequence of actions that maximize the victim’s chances of survival.

**Defibrillator:** A device that delivers an electric shock to the heart to restore its normal rhythm.

**Cardiopulmonary Resuscitation (CPR):** A life saving first-aid procedure that combines rescue breaths with chest compressions, supplying oxygen to the body until normal body functions can resume.

**Shock:** A failure of the cardiovascular system to keep an adequate supply of blood circulating to the vital organs of the body.

**Fracture:** A break in the bone.

**Unconsciousness:** A condition in which a person is not alert and aware of his or her surroundings.

**Concussion:** A jarring injury to the brain that affects normal brain function.

**Poison:** Any substance-solid, liquid, or gas-that causes injury illness, or death when introduced into the body.

**Venom:** A poisonous substance secreted by a snake, spider, or other creature.