



Dianne Hales

*An Invitation to*

# HEALTH

BRIEF SECOND EDITION

You can track your own diet and exercise  
with the *Profile Plus* CD-ROM!  
Ask your bookstore for  
0-534-58973-1.

# **AN INVITATION TO HEALTH**

## **Brief**

### **Second Edition**

**Dianne Hales**

**WADSWORTH**  
★  
**THOMSON LEARNING**

---

Australia • Canada • Mexico • Singapore • Spain • United Kingdom • United States

Publisher: *Peter Marshall*  
Associate Editor: *April Lemons*  
Assistant Editor: *John Boyd*  
Editorial Assistant: *Andrea Kesterke*  
Marketing Manager: *Joanne Terhaar*  
Marketing Assistant: *Justine Ferguson*  
Advertising Project Manager: *Brian Chaffee*  
Project Manager: *Sandra Craig*  
Print/Media Buyer: *Barbara Britton*  
Permissions Editor: *Joohee Lee*

Production: *The Book Company*  
Text Designer: *Delgado Design*  
Photo Researcher: *Myrna Engler*  
Copy Editor: *Pat Brewer*  
Illustrator: *Impact Publications*  
Cover Designer: *Stephen Rapley*  
Cover Image: © 2001 *ImageState/David Epperson*  
Compositor: *Parkwood Composition*  
Printer: *Banta*

COPYRIGHT © 2002 Wadsworth Group. Wadsworth is an imprint of the Wadsworth Group, a division of Thomson Learning, Inc. Thomson Learning™ is a trademark used herein under license.

ALL RIGHTS RESERVED. No part of this work covered by the copyright hereon may be reproduced or used in any form or by any means—graphic, electronic, or mechanical, including photocopying, recording, taping, Web distribution, or information storage and retrieval systems—without the written permission of the publisher.

Printed in the United States of America

1 2 3 4 5 6 7 05 04 03 02 01

For permission to use material from this text, contact us by

**Web:** <http://www.thomsonrights.com>

**Fax:** 1-800-730-2215

**Phone:** 1-800-730-2214

ExamView® and ExamView Pro® are registered trademarks of FSCreations, Inc. Windows is a registered trademark of the Microsoft Corporation used herein under license. Macintosh and Power Macintosh are registered trademarks of Apple Computer, Inc. Used herein under license.

COPYRIGHT 2002 Thomson Learning, Inc. All Rights Reserved. Thomson Learning WebTutor™ is a trademark of Thomson Learning, Inc.

**Library of Congress Cataloging-in-Publication Data**

Hales, Dianne R., 1950–

An invitation to health / Dianne Hales.--Brief 2nd ed.

p. cm.

Includes bibliographical references and index.

ISBN 0-534-58941-3

1. Health. 2. Self-care, Health. I. Title.

RA776.H148 2001

613--dc21

2001026420

**WADSWORTH/THOMSON LEARNING**

10 Davis Drive  
Belmont, CA 94002-3098  
USA

For more information about our products, contact us:

**Thomson Learning Academic Resource Center**

1-800-423-0563

<http://www.wadsworth.com>

**International Headquarters**

Thomson Learning  
International Division  
290 Harbor Drive, 2nd Floor  
Stamford, CT 06902-7477  
USA

**UK/Europe/Middle East/South Africa**

Thomson Learning  
Berkshire House  
168-173 High Holborn  
London WC1V 7AA  
United Kingdom

**Asia**

Thomson Learning  
60 Albert Street, #15-01  
Albert Complex  
Singapore 189969

**Canada**

Nelson Thomson Learning  
1120 Birchmount Road  
Toronto, Ontario M1K 5G4  
Canada

**www.wadsworth.com**

Wadsworth.com is the World Wide Web site for Wadsworth and is your direct source to dozens of online resources.

At *wadsworth.com* you can find out about supplements, demonstration software, and student resources. You can also send email to many of our authors and preview new publications and exciting new technologies.

**wadsworth.com**  
Changing the way the world learns®

*To my husband, Bob, and my  
daughter, Julia, who make  
every day an invitation to joy.*

# Preface

## To the Student

**A**n *Invitation to Health*, Brief Second Edition, is an invitation to you. What you learn in this course will have a direct impact on how you'll look, feel, and act—now and for decades to come.

Perhaps you are in good health and think that you know all that you need to know about how to take care of yourself. If so, take a minute and ask yourself some questions:

- How well do you understand yourself? Are you able to cope with emotional upsets and crises? Do you often feel stressed out?
- How nutritiously do you eat? Are you always going on—and off—diets? Do you exercise regularly?
- How solid and supportive are your relationships with others? Are you conscientious about birth control and safer-sex practices?
- Do you get drunk or high occasionally? Do you smoke?
- Are you a savvy health-care consumer? Do you know how to evaluate medical products and health professionals?
- How much do you know about complementary and alternative medicine?
- If you needed health care, do you know where you'd turn or how you'd pay? What do you know about your risk for infectious diseases, heart problems, cancer, or other serious illnesses?
- Have you taken steps to ensure your personal safety at home, on campus, on and off the road?
- What are you doing today to prevent physical, psychological, social, and environmental problems in the future?

As you consider these questions, chances are there are some aspects of health you've never considered before—and others you feel you don't have to worry about for years. Yet the choices you make and the actions you take now will have a dramatic impact on your future.

Your health is your personal responsibility. Over time, your priorities and needs will inevitably change,

but the connections between various dimensions of your well-being will remain the same: The state of your mind will affect the state of your body, and vice versa. The values that guide you through today can keep you mentally, physically, and spiritually healthy throughout your lifetime. Your ability to cope with stress will influence your decisions about alcohol and drug use. Your commitment to honest, respectful relationships will affect the nature of your sexual involvements. Your eating and exercise habits will determine whether you develop a host of medical problems.

*An Invitation to Health*, Brief Second Edition, is packed with information, advice, recommendations, and research, and provides the first step in taking full charge of your own well-being. An important theme of this book is prevention. Ultimately, the power of prevention belongs to you—and it's a lot easier than you might think. You might simply add a walk or workout to your daily routine. You might snack on fruit instead of high-fat foods. You might cut back on alcohol. You might buckle your seatbelt whenever you get in a car. These things may not seem like a big deal now, yet they may well make a crucial difference in determining how active and fulfilling the rest of your life will be.

This textbook is an invitation—an invitation to health in its broadest sense, to personal fulfillment, to life itself. Its pages provide the practical tools you need to work toward achieving your full potential. I hope that you keep this book and use it often as your personal health manual. I also hope that you accept this invitation in another sense—that you live what you learn and make the most of your life—now and through all the years and adventures the future may bring you.

May you live long and well,

Dianne Hales

## To the Instructor

**A**n *Invitation to Health*, Brief Second Edition, introduces students to a way of thinking about their health and their future that is informed by the most current research available. The text outlines the keys to preventing the major killers of Americans—heart disease, cancer, and accidents—and to preparing for a life of health in the fullest sense of the word. **Health** is defined in the broadest

possible way—not as an entity in itself, but as a process of discovering, using, and protecting all the resources within the individual, family, community, and environment. It is a subject that encompasses mind, body, and spirit, and the ninth edition brings this vision to life by providing students with the information and inspiration they need to make healthful decisions and changes.

## Features and Pedagogy

**F**AQ—*Frequently Asked Questions*, new to this edition, are found at the beginning of each chapter, immediately engaging students with commonly asked questions such as “Should I take vitamin supplements?” “What can help me relax?” “How can I reduce my cancer risk?” Page references are included after each question, and each corresponding heading is marked with an icon, signaling where the answer can be found.

*The X & Y Files*, new to this edition, are found throughout the text and present what scientific research has revealed about health-related differences between men and women. Much of this research is truly groundbreaking, since until very recently, most studies—since proven erroneous—were conducted on male subjects only (the assumption being that women were essentially smaller versions of men). Among the topics covered: differences in susceptibility to cancer; differences in stress vulnerabilities; differences in communication styles; differences in vulnerability to alcoholism and drug use; and more.

*Campus Focus*, one of the text’s most popular features, uses pie charts, bar graphs, and tables to present data on college populations that relate to nearly every chapter topic in the text. Topics include student stress levels, mental health, fitness activity, prevalence of eating disorders, sexual activity, drug and alcohol use, and more. Campus data have been completely updated for this edition.

*Sites & Bytes* presents more engaging and reliable Internet resources than you will find in any other college textbook on the market. Appearing in every chapter is a list of web sites relevant to chapter topics (along with descriptions of each) and a suggested reading from the InfoTrac online library—a terrific way to have students research topics on the Internet from *trusted and credible* sources. Moreover, students can go to <http://health.wadsworth.com> to find link updates, over 500 additional health-related links (researched by a health professor), and additional suggested readings on InfoTrac, complete with review/discussion questions.

*Strategies for Change* appear throughout the text and provide practical, checklist-format behavioral change strategies for achieving better health.

*Strategies for Prevention* appear throughout the text and provide effective, checklist-format strategies for preventing health problems and reducing health risks.

*Consumer Health Watch*, new to this edition, focuses on consumer-related health topics and provides guidelines for being a savvy and informed health consumer. Topics include evaluating mind-mood medications like St. John’s Wort, selecting a personal trainer, evaluating weight-loss diets, online dating, bogus HIV tests, and more.

*Across the Lifespan*, new to this edition, appears throughout the text and focuses on health issues as they relate to aging, as well as on how health changes now can result in benefits later in life.

In addition:

- **Learning Objectives** open each chapter and outline the most essential information on which students should focus while reading.
- **Key Terms** are boldfaced when they first appear in the chapter and are listed at the end of each chapter with page references. They are also defined in the Glossary at the end of the book.
- **Critical Thinking Questions** are included at the end of each chapter and ask the students to consider some applications of the chapter’s coverage or weigh in on a health-related controversy.
- **CNN Video Discussion Question**, included at the end of each chapter, is designed to work in conjunction with the video of CNN health clips that has been developed with this edition. The CNN health video is complimentary with adoption of this textbook.

## Personal Health Self-Assessments and Health Almanac

Packaged free with each copy of this text, the detailed Wellness Inventory and 15 additional self surveys cover many topics such as diet, exercise, drinking, contraception, and more. These surveys encourage students to assess their behavior and provide helpful feedback on how to make changes in their behavior. Also included in this free bundle is the Hales Health Almanac. This valuable resource includes health information on the Internet, advice on what to do in

an emergency, a consumer guide to medical tests, tables for counting calories and fat in specific foods and a health directory.

## Ancillary Package

An extraordinary package of support materials is available for instructors and students using this textbook:

*Instructors Guide*—Contains chapter outlines, learning objectives, discussion questions, a video list, and more. Also includes a section for Canadian instructors.

*Test Bank*—Completely revised for this edition, the Test Bank contains hundreds of multiple-choice, fill-in-the-blank, and essay questions.

*ExamView® Computerized Test Bank*—Deliver and customize tests in minutes with this easy-to-use assessment and tutorial system. *ExamView®* guides you step-by-step through the process of creating print or online tests, and allows you to see the test you are creating on the screen exactly as it will print or display online. With ExamView's complete word processing capabilities, you can also enter an unlimited number of new questions or edit existing questions.

*Full-Color Transparency Acetates*—More than 100 transparency acetates are available with this text, consisting of text art as well as supplementary outlines.

*PowerPoint Presentations*—More than 100 PowerPoint slides are available, consisting of text art as well as supplementary outlines.

*HealthLink Presentation CD-ROM*—*HealthLink* is the perfect software tool to help you present dynamic lectures! It contains art, photos, and other resources designed to spark classroom discussion and enhance presentations. *HealthLink* may be used with PowerPoint or other electronic lecture programs and may also be used on the web.

*Chapter Quizzes*—A set of chapter quizzes with twenty multiple choice items per chapter is available to bundle with the text.

*Alternative Medicine*—This handy supplement accompanies the Instructor's Guide and is also available shrinkwrapped with the text. It includes an Introduction to Alternative and Complementary

Medicine, Lesson in Complementary Medicine, and a Glossary of Medical Therapies.

*Web Tutor*—This web-based learning tool helps professors take the personal health course beyond classroom boundaries to an anywhere, anytime environment. Students have access to study tools that correspond chapter by chapter and topic by topic with the book, including flashcards, practice quizzes, and online tutorials. Professors can use *Web Tutor* to provide virtual office hours, post syllabi, set up threaded discussions, and track student progress on the practice quizzes. *Web Tutor* is easily customizable to specific course needs. *Available on Web CT or Blackboard.*

*Profile Plus Software*—The most comprehensive software package available with any health textbook, *Profile Plus* allows students to generate personalized fitness and wellness profiles, conduct self-assessments, analyze their diets, tailor exercise prescriptions to their individual needs, keep an exercise log, and much more!

*Diet Analysis Plus Software*—*Diet Analysis Plus* software allows students to determine the best ways to adjust their food intake and better meet their nutritional needs. Students create their own personalized profile based on height, weight, age, gender, and activity level, and input the type and serving size of foods they consume each day for up to seven days. The program then calculates Dietary Reference Intakes and Recommended Daily Allowances (RDAs/RDIs), goal percentages, and actual percentages of the essential nutrients, vitamins, and minerals consumed based on the student's personal profile. The software includes the newest Dietary Reference Intakes.

*The U.C. Berkeley Wellness Newsletter*—This respected newsletter imparts up-to-date consumer information related to health and wellness. Typical topics include the benefits of soy, butter vs. margarine, and reducing risks for heart disease.

*CNN Health Video*—Launch your lectures with riveting footage from CNN, the world's leading 24-hour global news television network. The *CNN Today: Health* video allows you to integrate the newsgathering and programming power of CNN into the classroom to show students the relevance of course topics to their everyday lives. Organized by topics introduced in the text, the clips are presented in short 2-to-5 minute segments, and a new video is available each year.

*“Trigger” Video Series*—These video complements to the text—one on stress, the other on fitness—are designed to promote or “trigger” class discussion on a variety of important topics related to stress and fitness. These 60-minute videos contain five 8–10 minute clips, followed by questions for discussion. Each segment is keyed to material in the text.

*Wadsworth Video Library for Health*—A comprehensive library of videos is available for adopters of this textbook. Contact your local Wadsworth/Thomson Learning representative for more information.

*InfoTrac College Edition*—The latest news and research articles online—updated daily and spanning four years! Choose to package *InfoTrac College Edition* with this text and you and your students will have four months of free access to an easy-to-use online database of reliable, full-length articles (not abstracts) from hundreds of top academic journals and popular sources. Ideal for launching lectures, igniting discussions, and opening whole new worlds of information and research for students.

*Web Site*—You will find both student and instructor resources for this text (including self-quizzes and web links for students and downloadable manuals and PowerPoint presentations for instructors), at <http://health.wadsworth.com>

*Personal Daily Log*—Contains an exercise pyramid, study and exercise tips, time management strategies, goal-setting worksheets, cardiorespiratory exercise record forms, strength training record form, a daily nutrition diary, and more.

*Wellness Worksheets*—Contains detachable wellness worksheets, a complete wellness inventory, and self-surveys.

*Health Explorer: Internet Resources*—A handy full-color trifold brochure containing dozens of useful health and wellness Internet links.

## TO ORDER

To adopt *An Invitation to Health*, Brief Second Edition, or to receive additional review copies of this book, contact your local Thomson Learning representative. You may also send your request on department letterhead to:

Wadsworth Publishing Company  
Health Marketing Manager  
10 Davis Dr.  
Belmont, CA 94002

Or send in your request via our web site at <http://www.wadsworth.com>

## ACKNOWLEDGMENTS

This book reflects the talents and efforts of many people. I am indebted to a great team at Wadsworth, headed by Peter Marshall and April Lemons. They have provided expertise, guidance and support in every way. Denise Simon once again proved an exceptional and invaluable developmental editor. I applaud Sandra Craig and Dusty Friedman of the Book Company, miracle-workers who meet the highest standards of excellence under the tightest of deadlines. My admiration as well as appreciation go to Stephen Rapley for his stunning cover design and Delgado Design for their creative vision for the text. I owe special thanks to Joanne Terhaar for her creative and enthusiastic marketing efforts and for her work on the promotional materials. Thanks also to copy editor Pat Brewer and Andrea Kesterke for assisting on this project.

---

Finally, let me express my thanks to the reviewers whose input has been so valuable in completing this Brief Second Edition. I thank the following for their helpful assistance:

M. Betsy Bergen, Kansas State University  
Ralph E. Burns, Fayetteville State University  
Lisa Farley, Butler University  
Terry-Ann Spitzer Gibson, Boise State University  
Mary Iten, University of Nebraska at Kearney  
Sandy Neal, Middle Tennessee State University

Lorette S. Oden, Western Illinois University  
June P. Robinson, Hampton University  
Kim Seddon, Niagara County Community College  
Gayle Strang, Rockford College  
Beverly J. Zeakes, Radford University

For their recent help with the Ninth edition of the longer book—and suggestions which influenced the Brief Second Edition as well, I offer my gratitude to:

*Ghulam Aasef*, Kaskaskia College  
*Andrea Abercrombie*, Clemson University  
*Judy Baker*, East Carolina University  
*M. Betsy Bergen*, Kansas State University  
*Nancy Bessette*, Saddleback College  
*Patti Cost*, Weber State University  
*Maxine Davis*, Eastern Washington University  
*Robert Dollinger*, Florida International University  
*Mary Gress*, Lorain County Community College  
*Ashok Malik*, College of San Mateo  
*Miguel Perez*, University of North Texas

*Pamela Pinahs-Schultz*, Carroll College  
*Ron Heinrichs*, Central Missouri State University  
*Kim Hyatt*, Weber State University  
*Dee Jacobsen*, Southeastern Louisiana University  
*John Janowiak*, Appalachian State University  
*Peggy Jarnigan*, Rollins College  
*David Langford*, University of Maryland, Baltimore County  
*Norbert Lindskog*, Harold Washington College  
*Rick Madson*, Palm Beach Community College  
*Andrew Shim*, Southwestern College  
*Steve Singleton*, Wayne State University

## About the Author

Dianne Hales, one of the most widely published and honored health journalists in the country, is a contributing editor for *Parade* and *Ladies Home Journal* and has written more than 1,000 articles for national publications. Her trade books include *Just Like a Woman: How Gender Science Is Redefining What Makes Us Female* and the award-winning compendium of mental health information, *Caring for the Mind: The Comprehensive Guide to Mental Health* and co-authorship of *The Mind-Mood Pill Book* with Robert Hales. Dianne Hales is one of the few journalists to be honored with national awards

for excellence in magazine writing by both the American Psychiatric Association and the American Psychological Association. She also has won the “EMMA” (Exceptional Media Merit Award) for health reporting from the National Women’s Political Caucus and Radcliffe College, and numerous writing awards from various organizations, including the Arthritis Foundation, California Psychiatric Society, CHAAD, Council for the Advancement of Scientific Education, National Easter Seal Society, and the New York City Public Library.

# **Brief Contents**

## **CHAPTER 1**

An Invitation to Health for the Twenty-First  
Century 2

## **CHAPTER 2**

Managing Stress 22

## **CHAPTER 3**

Emotional and Mental Health 40

## **CHAPTER 4**

The Joy of Fitness 66

## **CHAPTER 5**

Nutrition for Life 86

## **CHAPTER 6**

Eating Patterns and Problems 110

## **CHAPTER 7**

Communication and Sexuality 128

## **CHAPTER 8**

Reproductive Choices 154

## **CHAPTER 9**

Consumerism, Complementary/Alternative  
Medicine, and the Health-Care System 190

## **CHAPTER 10**

Defending Yourself from Infectious Diseases 208

## **CHAPTER 11**

Lowering Your Risk of Major Diseases 238

## **CHAPTER 12**

Drug Use, Misuse, and Abuse 266

## **CHAPTER 13**

Alcohol and Tobacco Use, Misuse, and Abuse 294

## **CHAPTER 14**

Protecting Yourself Against Injury and  
Violence 326

## **CHAPTER 15**

Environmental Health 344

# Contents

## **1 An Invitation to Health for the Twenty-First Century 2**

### **The Dimensions of Health 4**

Physical Health 4  
Psychological Health 4  
Spiritual Health 5  
Social Health 6  
Intellectual Health 7  
Environmental Health 7

### **Health for the New Millennium 7**

What Is the Average Life Expectancy? 7  
Is U.S. Health the Best in the World? 7  
Healthy People 2010 8  
Diversity and Health 10  
Can Race Affect Health? 10  
Closing the Minority Health Gap 11  
How Healthy Are College Students? 11

### **Becoming All You Can Be 13**

Understanding Health Behavior 13  
Making Decisions 15  
How Can I Change a Bad Health Habit? 15  
Successful Change 16

### **A New Era in Health Education 17**

The Power of Prevention 17  
The Potential of Protection 17  
The Human Genome and Genetic Risks 18  
Assessing Risks 19

### **Across the Lifespan: Longer, Healthier Lives 19**

*Sites and Bytes* 20  
*Key Terms* 21

*Critical Thinking Questions* 21  
*References* 21

## **2 Managing Stress 22**

### **What Is Stress? 24**

### **What Causes Stress? 24**

### **Stress and the Student 25**

Test Stress 28  
Minorities and Stress 28

### **Other Personal Stressors 30**

Job Stress 30  
Illness and Disability 30

### **Societal Stressors 31**

Discrimination 31  
Violence 31

### **Coping with Stress 32**

What Can Help Me Relax? 32

### **Escape from the Time Trap 34**

How Can I Better Manage My Time? 34  
Overcoming Procrastination 35

### **Effects of Stress on the Mind 35**

Adjustment Disorders 36  
Posttraumatic Stress Disorder 36

*Sites and Bytes* 37

*Key Terms* 38

*Critical Thinking Questions* 38  
*References* 38

**3 Emotional and Mental Health 40****What Is Psychological Health? 42**

Positive Psychology 43  
 What is Emotional Intelligence? 43  
 What is Spiritual Intelligence? 43  
 Caring for the Soul 45  
 Doing Good 45

**Feeling in Control 45**

Developing Autonomy 45  
 Asserting Yourself 45

**Connecting with Others 46**

Overcoming Loneliness 46  
 Facing Social Anxieties 47

**What Is Mental Health? 48**

What Is a Mental Disorder? 48  
 Does Mental Health Affect Physical Health? 48  
 Diversity and Mental Health on Campus 48

**Anxiety Disorders 50**

Phobias 50  
 Panic Attacks and Panic Disorder 50  
 Generalized Anxiety Disorder 51  
 Obsessive-Compulsive Disorder 51

**Depressive Disorders 52**

Major Depression 52  
 Bipolar Disorder (Manic Depression) 53

**Suicide 53**

What Leads to Suicide? 54

**Attention Disorders 56****Schizophrenia 56****Overcoming Problems of the Mind 58**

Where Can I Turn for Help? 58  
 Types of Therapists 58  
 Options for Treatment 59  
 Psychodynamic Psychotherapy 59  
 Interpersonal Therapy (IPT) 60

Cognitive-Behavioral Therapy 60  
 Psychiatric Drug Therapy 60  
 Alternative Mind-Mood Products 61

**Across the Lifespan: Psychological Well-Being in Middle and Old Age 61**

*Sites and Bytes* 62  
*Key Terms* 63  
*Critical Thinking Questions* 63  
*References* 63

**4 The Joy of Fitness 66****What Is Physical Fitness? 68****Why Should I Exercise? 70****How Much Exercise Do I Need? 73****Cardiovascular or Aerobic Fitness 74**

Your Target Heart Rate 74  
 Walking 75  
 Jogging and Running 76  
 Other Aerobic Activities 77

**Muscular Strength and Endurance 78**

Exercise and Muscles 79  
 How Do I Design a Muscle Workout? 79

**Flexibility 80****Sports Safety 81**

How Can I Prevent Sports Injuries? 81  
 Overtraining 82

**Across the Lifespan: Turning Back the Clock 83**

*Sites and Bytes* 84  
*Key Terms* 84  
*Critical Thinking Questions* 85  
*References* 85

**5 Nutrition for Life 86****Eating for Good Health 88**

Food Portions and Servings 88  
 Breads, Cereals, Rice, and Pasta  
 (6–11 servings a day) 90

Vegetables (3–5 servings a day)	91
Fruit (2–4 servings a day)	91
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts (2–3 servings a day)	91
Milk, Yogurt, and Cheese (2–3 servings a day)	92
Fats, Oils, and Sweets (small amounts each day)	92

## **DRIs, RDAs and Daily Values 93**

### **Knowing What You Eat 96**

What Should I Look for on Nutrition Labels?	96
What Should You Look For?	98

### **The Way We Eat 98**

Dietary Diversity	98
What Should I Know About Vegetarian Diets?	102
Fast Food: Nutrition on the Run	102

### **Food Safety 103**

Pesticides, Processing, and Irradiation	103
Additives: Risks Versus Benefits	104
What Causes Food Poisoning?	105
Food Allergies	105
Nutritional Quackery	106

## **Across the Lifespan: Changing Nutritional Needs 106**

<i>Sites and Bytes</i>	107
<i>Key Terms</i>	108
<i>Critical Thinking Questions</i>	108
<i>References</i>	109

## **6 Eating Patterns and Problems 110**

### **Body Image 112**

#### **What Should I Weigh? 112**

Body Mass Index (BMI)	112
How Many Calories Do I Need?	113
Hunger, Satiety, and Set Point	114

### **Unhealthy Eating Behavior 115**

Disordered Eating in College Students	115
Extreme Dieting	116
Compulsive Overeating	116
Binge Eating	117

### **Eating Disorders 117**

Anorexia Nervosa	118
Bulimia Nervosa	118

### **Being Overweight or Obese 119**

Waist-Hip Ratio: Apples Versus Pears	119
What Causes Obesity?	120
The Dangers of Obesity	120
How Can I Overcome a Weight Problem?	121

### **A Practical Guide to Weight Management 122**

A Customized Weight-Loss Plan	122
How Can I Avoid Diet Traps?	122
Exercise: The Best Solution	125

### *Sites and Bytes 126*

### *Key Terms 126*

### *Critical Thinking Questions 126*

### *References 127*

## **7 Communication and Sexuality 128**

### **Personal Communication 130**

Communicating Feelings	130
Nonverbal Communication	131

### **Forming Relationships 132**

I, Myself, and Me	132
Friendship	132
Dating	133
What Causes Romantic Attraction?	133

### **Intimate Relationships 134**

Mature Love	135
When Love Ends	135
Is Living Together a Good Idea?	135

### **Committed Relationships 136**

Marriage	136
Divorce	139
Diversity Within Families	139

**Women's Sexual Health 139**

- Female Sexual Anatomy 139
- What Is the Menstrual Cycle? 141
- Toxic Shock Syndrome (TSS) 143

**Men's Sexual Health 143**

- Male Sexual Anatomy 143
- What Is Circumcision? 144

**Across the Lifespan: Sexual Behavior 145**

**Sexual Diversity 145**

- Bisexuality 145
- Homosexuality 145

**Sexual Activity 146**

- Celibacy 147
- Abstinence 147
- Sex in Cyberspace 148
- Masturbation 148
- Intercourse 149
- Oral-Genital Sex 149
- Anal Stimulation and Intercourse 150
- Cultural Variations 150

**Sexual Response 150**

**Sexual Concerns 151**

- Sites and Bytes* 151
- Safer Sex 152

*Key Terms* 152

*Critical Thinking Questions* 152

*References* 153

**8 Reproductive Choices 154**

**Conception 156**

**The Basics of Birth Control 157**

- How Do I Choose a Birth Control Method? 158
- Abstinence and "Outercourse" 160
- Hormone-Based Contraceptives 160
- Barrier Contraceptives 164
- The Intrauterine Device (IUD) 171

Sterilization 172

Methods Based on the Menstrual Cycle (Fertility Awareness Methods) 173

What Is the "Morning-After" Pill? 175

**Abortion 176**

- Thinking Through the Options 176
- Medical Abortion 177
- Other Abortion Methods 177
- Psychological Responses After Abortion 178
- The Politics of Abortion 178

**Pregnancy 179**

- Preconception Care: A Preventive Approach 179
- How a Woman's Body Changes During Pregnancy 180
- How a Baby Grows 180
- Emotional Aspects of Pregnancy 182
- Complications of Pregnancy 182

**Childbirth 184**

- Preparing for Childbirth 184
- What Is Childbirth Like? 184

**Infertility 186**

*Sites and Bytes* 187

*Key Terms* 188

*Critical Thinking Questions* 188

*References* 188

**9 Consumerism, Complementary/Alternative Medicine, and the Health-Care System 190**

**Becoming a Savvy Health-Care Consumer 192**

- Self-Care 192
- How Can I Evaluate Online Medical Advice? 193
- Evaluating Health News 194

**Your Medical Rights 195**

- Your Right to Information 195
- Your Medical Records 195

## **Complementary and Alternative Medicine 196**

- Why People Use Complementary and Alternative Therapies 196
- Is Alternative Medicine Effective? 197
- Chiropractic 198
- Herbal/Botanical Medicine 198
- Acupuncture 201
- Other Alternative Treatments 201
- Evaluating Complementary and Alternative Medicine 202

## **Health-Care System 202**

- What Is Managed Care? 203
- Government-Financed Insurance Plans 205
- The Uninsured 205

*Sites and Bytes* 206

*Key Terms* 206

*Critical Thinking Questions* 207

*References* 207

## **10 Defending Yourself from Infectious Diseases 208**

### **Understanding Infection 210**

- How Do You Catch an Infection? 210
- The Process of Infection 210

### **How Your Body Protects Itself 210**

- Immune Response 212
- Immunity and Stress 212

### **Immunization: The Key to Prevention 213**

#### **Infectious Diseases 214**

- Who Is at Highest Risk of Infectious Disease? 214
- The Common Cold 214
- Influenza 216
- Meningitis 216
- Hepatitis 217
- The Threat of Emerging and Re-emerging Infectious Diseases 218

## **Reproductive and Urinary Tract Infections 218**

- Vaginal Infections 218
- Urinary Tract Infections (UTIs) 218

## **Sexually Transmitted Diseases (STDs) 219**

- STDs in Adolescents and Young Adults 219
- Prevention and Protection 223
- Chlamydia 224
- Pelvic Inflammatory Disease (PID) 224
- Gonorrhea 225
- Nongonococcal Urethritis (NGU) 226
- Syphilis 226
- What Is Herpes? 227
- Human Papilloma Virus Infection (Genital Warts) 228
- Chancroid 229
- Pubic Lice and Scabies 229

## **HIV/AIDS 230**

- The Spread of HIV 230
- Reducing the Risk of HIV Transmission 231
- HIV Infection 231
- HIV Testing 233
- AIDS 234
- What Progress Has Been Made in Treating HIV/AIDS? 234

*Sites and Bytes* 235

## **Across the Lifespan: Safe Sex and the Senior Citizen 236**

*Key Terms* 236

*Critical Thinking Questions* 236

*References* 237

## **11 Lowering Your Risk of Major Diseases 238**

### **How the Heart Works 240**

#### **Preventing Heart Problems 240**

- Physical Activity 241
- What Kind of Diet Is Best for a Healthy Heart? 241