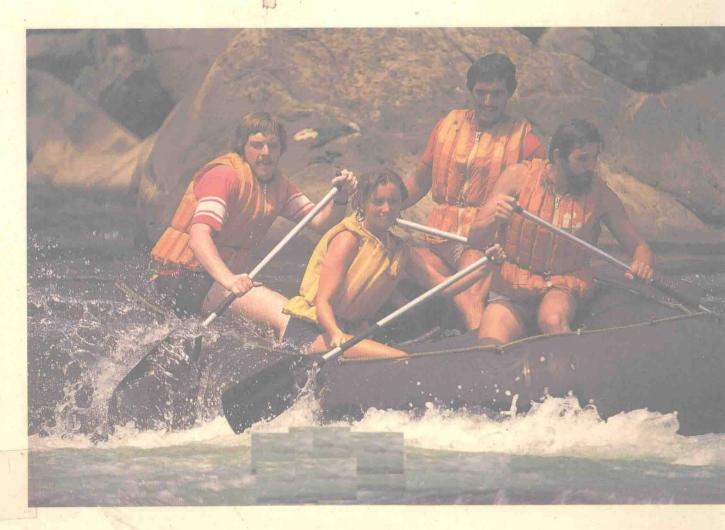
# Health through Discovery



George B. Dintiman Jerrold S. Greenberg

# Tealth through Discovery



**New York** 

#### Fourth Edition

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# ealth through Discovery

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o the memory of Donald B. Rose, Rosa Elena Chico-Garcia, and David Greenberg



During the twentieth century great advances have been made in the prevention and cure of disease. Infectious diseases that were of serious concern to early generations—such as polio, tuberculosis, smallpox, diphtheria, and measles—have been virtually eliminated or are treated successfully with medicines. The health problems that concern us now are much more likely to be self-inflicted than to be ills over which we have no control. Heart disease, cancer, and stroke—the three leading killers of American adults-have been shown to be closely related to life-style factors (among them nutritional patterns, smoking, drug use, exercise or the lack of it, and stress), as well as personality factors. These are all areas over which we as individuals have a great deal of control. Life-style changes have already been associated with a decline in the incidence of heart disease and stroke in the United States. Clearly, disease prevention, longevity, and wellness during the next decades will result not from medical discoveries but from adopting more healthy life-styles.

The potential for good health rests in large measure with each of us and the health-related decisions we make every day of our lives. We believe that the responsibility for each person's health rests primarily with that individual. To become healthy, a person must be informed about healthrelated issues; equally important, that person needs to make conscious decisions about a variety of behaviors that can make a difference in his or her health status. Our book is intended both to increase students' knowledge about health and to enable them to analyze their own attitudes and behaviors and, if necessary, alter them. The title we have chosen, Health Through Discovery, is intended to focus attention on the need for individuals to arrive at their own informed conclusions about how to take responsibility for their health. Consequently, we have provided scales, questionnaires, and other means of actively involving the reader with the content presented. We know people learn best when actively involved in this way and that interest in reading this book will be enhanced.

#### New To This Edition

Several new features have been added to this Fourth Edition of *Health Through Discovery:* 

1. Inclusion of the National Health Objectives. The health of the individual is not the only aspect of health on which this fourth edition focuses. Consistent with the national initiative of identifying and achieving national health objectives, the fourth edition describes the process by which the federal government, in collaboration with health professionals and organizations, have decided upon health objectives for the nation and the activities they have engaged in to achieve these objectives. National objectives for the year 1990 are cited and the process of developing objectives for the year 2000 described. Then, at appropriate points throughout the book, specific national objectives that pertain to the content being presented are cited and discussed. The reader is aided in locating these discussions of national health objectives by the following logo placed in the text:

NHO

If the 1970s was the "Me" generation, the 1980s and 1990s might be described as the "We" generation.

This fourth edition recognizes the importance of our collective health while still being responsive to concerns regarding the reader's individual health.

- 2. New Chapter on Cardiovascular Disease and Cancer. A separate chapter describing the etiology, incidence, nature of, and treatment for both cardiovascular diseases and cancer allows for greater coverage of these conditions. Emphasis, however, is placed on prevention; recognizing that these degenerative diseases are significantly affected by lifestyle.
- 3. New Chapter on Sexually Transmitted Diseases. The recent societal concern regarding AIDS and the continuing concern about other sexually transmitted diseases warranted a more extensive study of this health area and, consequently, a separate chapter was developed for this edition. The causes of sexually transmitted diseases, their prevention and cure (when one exists), and standard means of treatment are discussed for a variety of STDs.
- 4. New "Issues In Health" and "Ethics Alert" Boxes. Feedback from users of previous editions of Health Through Discovery have highlighted the relevance of the "Issues In Health" and the "Ethics Alert" boxes. We have been told these boxes provide interesting, educational, and stimulating discussion topics for instructors desiring to go beyond the mere dissemination of health infor-

- mation. Consequently, these learning aids have been maintained in this fourth edition, with many being updated, some deleted, and others added. We expect these boxes to be even more effective than in previous editions because of this revision.
- 5. Updating. The health science content presented in this edition has been updated and made the most current available. Sources are timely and clearly referenced for the reader who might want to read more about the topic. In this regard, an extensive bibliography is presented at the conclusion of this book to provide further study sources for instructors and/or students.
- 6. Additional Topics. Several additional topics have been included in this edition of Health Through Discovery. Examples of this new information are the National Health Objectives, stress in the workplace, cocaine abuse, AIDS, designer drugs, frequently asked questions and controversies about sex, inhibited sexual desire, estrogen replacement therapy, new methods of contraception, the government's response to new family structures and the increase in the number of working women, the increased recognition of the prevalence of chlamydia, the latest on exercise and fitness recommendations, and new threats to the health of consumers.
- 7. The New Look: Design and Color. To make this new edition more interesting to read and, thereby, more effective in helping readers learn about health, full color has been added and a new design has been implemented. These format changes not only make the book visually exciting but also make it easier for students to read and use. We are especially proud of the appearance of this fourth edition; not only because it represents us well in looks, but because it will result in a better job of health education for our readers.

#### Teaching/Learning Aids

A valuable collection of supplementary educational and enrichment materials accompanies the text. The *Resource*, *Planning*, *and Testing Manual* includes outlines, objectives, classroom activities, laboratory activities, supplemental readings, supplemental films, *and* agencies from which resource information can be obtained for each of the 20 chapters in the book. The comprehensive *Test Bank* has over 2000 test items that have been statistically analyzed for effectiveness in testing the students' command of facts and concepts. A com-

puterized testmaker is available and includes all of the true-false, multiple-choice, full-in-the-blank, and matching questions from the printed *Test Bank*.

Upon adoption of the text, the instructor will receive a unique teaching resource—"The Big Book," which contains the text along with all the accompanying reference information and test questions in a convenient looseleaf binder. Videotapes featuring contemporary health issues are also available on adoption. Please contact your local Random House Sales Representative for details.

#### Acknowledgments

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Lastly, our families provided the support that all authors need. They were there to bounce ideas off of, to console and cajole (whichever happened to be needed at the time), and to provide a haven of love to which we could retreat. We have come to expect this from our families, but nevertheless still appreciate their support. We don't tell them that often enough, so when we have the opportunity such as we do here, we want to announce it loudly for all to hear: Thanks for being there!



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# Basic Health Concepts

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