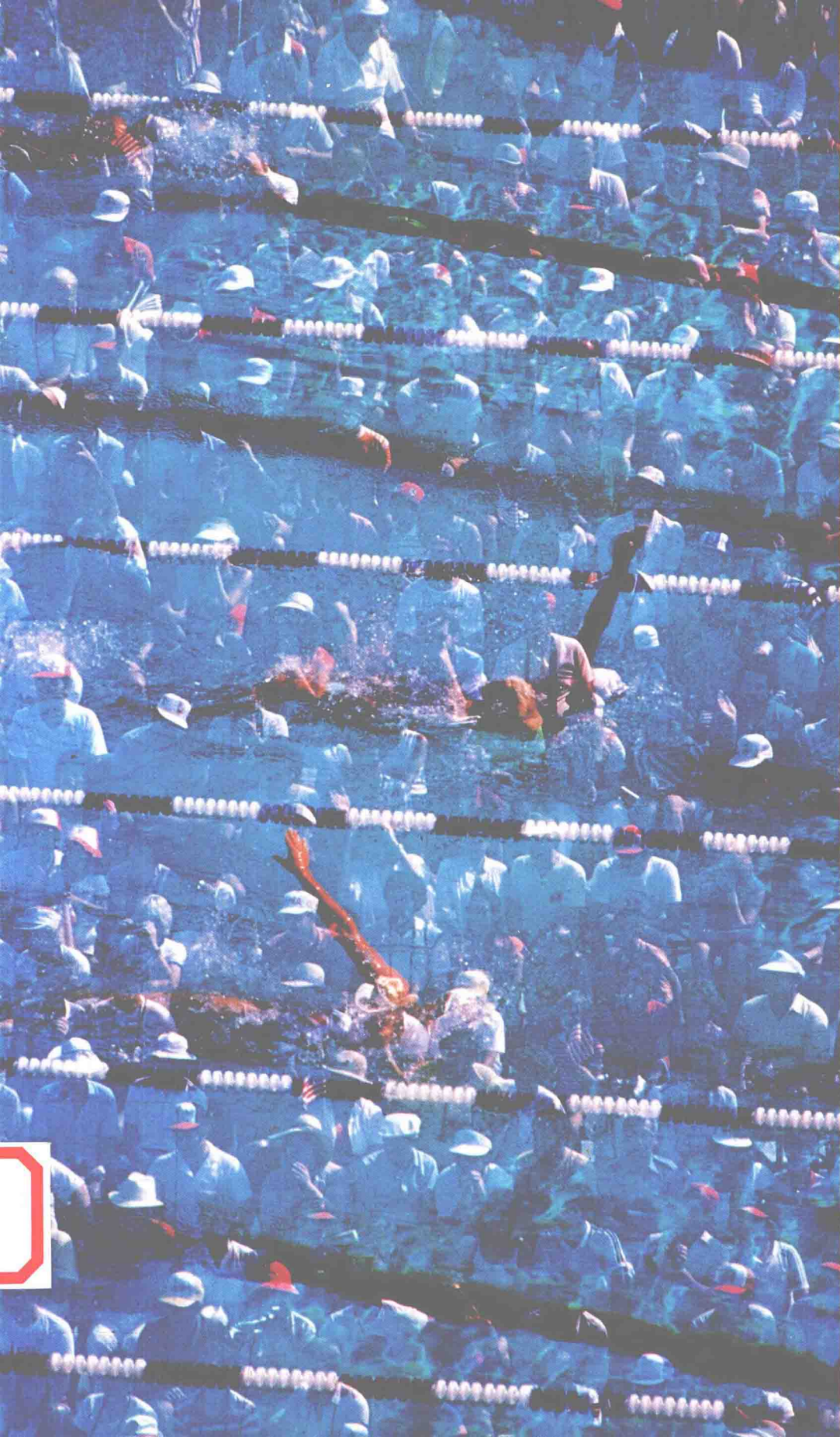


# ESSENTIALS OF LIFE & HEALTH

Fifth Edition



# ESSENTIALS OF **LIFE & HEALTH**

**FIFTH EDITION**

Marvin R. Levy  
*Temple University*

Mark Dignan  
*Bowman Gray School of Medicine,  
Wake Forest University*

Janet H. Shirreffs  
*Arizona State University, West Campus*

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# ESSENTIALS OF **LIFE & HEALTH**

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# Preface

**W**e live in a time of change—scientific, technological, social, economic, and political—and the pace of change is accelerating now as never before. In recent years one notable response to the faster tempo of life has been a renewed emphasis on self-reliance. Individuals are increasingly expected to come to grips with their rapidly changing environment on their own and to decide for themselves what changes they must make if they are to meet the challenges of modern life. As in all aspects of American life, this holds true in the area of personal health: Each of us must make our own behavioral decisions—and must make the changes we consider appropriate—in the light of advances in medicine and research revelations about the causes and cures of health problems.

This new edition of *Essentials of Life and Health* reflects this trend. It is specifically designed to help readers assess their health status and use those assessments to change the behaviors that contribute to an unhealthy lifestyle. We give readers all the information they need to understand important health issues—but then we go far beyond that: We also encourage readers to think about these issues, to explore their present attitudes toward health-related matters, and then to make informed decisions about choosing health-enhancing behaviors.

To get readers involved in thinking about their health behaviors, we present 38 pencil-and-paper activities, of two types:

- *Exploring Your Health.* These activities, which appear within the chapters, ask readers to assess some aspect of their current health status, including their attitudes and behaviors. For example, in Chapter 4 readers can work through an assessment questionnaire that explores the extent to which their use of drugs may be causing problems in their lives. In Chapter 14 readers can learn how

to analyze and modify their eating behavior by keeping a food diary.

- *Making Changes.* These activities, which appear at the end of every chapter, invite students to set up and carry out a plan for actual change in some health behavior. For example, the “Making Changes” activity in Chapter 3 invites students to reduce their stress by devising a plan for managing their time more efficiently; in Chapter 5 the “Making Changes” activity helps students consider alternative ways they might behave at parties where alcohol is served. These activities are never prescriptive. They do not insist that readers make changes immediately; nor do they dictate the changes to be made. Rather, the “Making Changes” activities guide readers through the steps they must take to think the situation through and find the way of dealing with it that is most appropriate and comfortable for them *if* they decide that they do want to change.

We have thoroughly revised the text in an effort to provide readers with the information that they need to make responsible health choices and decisions. This edition presents highly readable, up-to-date, thoroughly documented discussions of topics of great interest to today’s college students, such as:

- A new, chapter-length appendix on safety, accident prevention, and the basics of first aid
- A new emphasis on safety throughout the text, with pertinent safety material signaled by the phrase “Playing It Safe”
- Recreational drugs—marijuana, cocaine and crack, “designer drugs,” alcohol, tobacco
- AIDS and other STD’s
- Changes in family life—two-career families, marriage at later ages, smaller families, higher rates of divorce
- Advances in cancer research and treatment and what individuals can do to detect the disease early



- Factors associated with cardiovascular disease and the steps individuals can take to reduce their risk of heart attack
- Issues and controversies concerning diet and nutrition—fad diets, fast foods, anorexia nervosa
- The role of physical fitness and weight management in promoting health
- A totally reconceptualized environmental health chapter that includes new material on acid rain, nuclear waste, radiation poisoning, nuclear winter, and the Chernobyl nuclear accident
- “Healthful Aging” has been separated from “Death and Dying” to accommodate the recent explosion of information on aging, including the most recent findings about the physiological basis of aging and about how health habits can affect the aging process

To go along with its new personal-health orientation, *Life and Health* has a new look.

- The book has been redesigned and is now more open and accessible to student readers than ever.
- The text is profusely illustrated, with many new color and black-and-white photographs, charts, and drawings. Each illustration has been chosen for its effectiveness in making a pedagogical point. Thus, the diet and nutrition chapter (13) contains a two-page “poster” summarizing the principles of a balanced diet; the self-care chapter (16) has a drawing that shows how to measure temperature; the physical fitness chapter (15) has illustrations demonstrating safe stretching exercises.
- Throughout the text we present words of advice to students on important facts they should know or preventive steps they can take. These pointers are set off from the text by distinctive ornaments—as, for example, in Chapter 5, “Alcohol”:

○ One bottle or can of beer contains as much alcohol as a glass of wine or a shot of whiskey. (And “light” beer contains as much alcohol as regular beer; it’s called “light” only because it has fewer calories.) ○

In Chapter 14, “Weight Management”:

○ It is not wise to lose more than two pounds a week unless you are under a doctor’s care. If, for example, you are thirty pounds overweight, aim toward shedding that weight gradually, over the course of a year. Don’t expect to lose it in just a few weeks. ○

In Chapter 16, “Health and the Consumer”:

○ You should try to get into a group health-insurance plan if at all possible, because group plans offer the same basic coverage as individual plans, but are usually cheaper. ○

- We have also included a number of boxes on specific health issues and on practical ways the reader can deal with such matters as: how to deal with test anxiety; how to host a party sensibly so that guests do not drive home drunk; how to use home medical self-test kits; how to avoid contracting or communicating sexually transmitted diseases; how to recognize the signs of a heart attack and the seven warning signs of cancer; how to talk to a terminally ill person.
- Full documentation is provided for all the findings discussed in the text. Bibliographical notes appear at the back of the book.
- A glossary of the key terms used in each chapter (set in bold type where first used and defined in the text) appears at the back of the book, along with a complete index.
- A full assortment of supplementary materials, including: Instructor’s Manual with Test Bank; Self-Assessment and Behavior Change Manual; Health RAP, a computerized self-assessment of health status; 15 illustrations of body systems, available as either transparency acetates or slides; and Apple and IBM Testmaker of CTS tests.

We could not have undertaken such a thorough revision of this important textbook without a great deal of help, and we are grateful for the uniformly high quality of the assistance we received. Our thanks go to the reviewers who did so much to guide us in orienting the text toward personal health and who gave us invaluable advice in revising the individual chapters:

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MARVIN R. LEVY  
MARK DIGNAN  
JANET H. SHIRREFFS

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