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Health

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Health

Twenty-Second Edition

EDITOR

Richard Yarian

Richard Yarian is a health educator with extensive training in the area of biomedical health. He received a B.A. in biology from Ball State University. Before leaving Ball State University, he also received both an M.A. and an Ed.S. in the area of health education. He continued his academic training at the University of Maryland where he received a Ph.D. in biomedical health. Following completion of his doctoral program, he became an assistant professor at the University of Maryland and taught courses in the areas of personal health, stress management, drug abuse, medical physiology, and cardiovascular disease.

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Twenty-Second Edition

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Members of the Advisory Board are instrumental in the final selection of articles for each edition of ANNUAL EDITIONS. Their review of articles for content, level, currentness, and appropriateness provides critical direction to the editor and staff. We think that you will find their careful consideration well reflected in this volume.

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In publishing ANNUAL EDITIONS we recognize the enormous role played by the magazines, newspapers, and journals of the public press in providing current, first-rate educational information in a broad spectrum of interest areas. Many of these articles are appropriate for students, researchers, and professionals seeking accurate, current material to help bridge the gap between principles and theories and the real world. These articles, however, become more useful for study when those of lasting value are carefully collected, organized, indexed, and reproduced in a low-cost format, which provides easy and permanent access when the material is needed. That is the role played by ANNUAL EDITIONS.

America is in the midst of a health revolution that is changing the way millions of Americans view their health. Traditionally, most people delegated responsibility for their health to their physicians and hoped that medical science would be able to cure whatever ailed them. This approach to health care emphasized the role of medical technology and funneled billions of dollars into medical research. The net result of all this spending is the most technically advanced and expensive health care system in the world. In an attempt to rein in health care costs, the health care delivery system has moved from privatized health care coverage to what is termed managed care. While managed care has turned the tide regarding the rising cost of health care, it has done so by limiting the availability of many cutting edge technologies. In some instances, it has lowered the overall quality of care that is being given. Fortunately we live at a time in which chronic illnesses rather than acute illnesses are our number one health threat, and these illnesses often can be prevented or controlled by our lifestyle choices. The net result of these changes has prompted millions of individuals to assume more personal responsibility for safeguarding their own health. Evidence of this change in attitude can be seen in the growing interest in nutrition, physical fitness, dietary supplements, and stress management. If we as a nation are to capitalize on this new health consciousness, then we must devote more time and energy to educating Americans in the health sciences so that they will be better able to make informed choices about their health.

Health is such a complex and dynamic subject that it is practically impossible for anyone to stay abreast of all the current research findings. In the past most of us have relied on books, newspapers, magazines, and television as our primary source for medical/health information, but today, with the widespread use of personal computers connected to the "World Wide Web," it is possible to access vast amounts of health information any time of the day without ever leaving one's home. Unfortunately, quantity and availability does not necessarily translate into quality, and this is particularly true in the area of medical/health information. Just as the Internet is a great source for reliable timely information, it is also a vehicle for the dissemination of misleading and fraudulent information. Currently there are no standards or regulations regarding the posting of health content on the Internet, and this has led to a plethora of misinformation and quackery in the medical/health area. Given this vast amount of health information our task as health educators is twofold: (1) To provide our students with the most up-to-date and ac-

curate information available on major health issues of our time and (2) to teach our students the skills that will enable them to sort out fact from fiction in order to become informed consumers. *Annual Editions: Health 01/02* was designed to aid in this task. It offers a sampling of quality articles that represent the latest thinking on a variety of health issues, and it also serves as a tool for developing critical thinking skills.

The articles in this volume were carefully chosen on the basis of their quality and timeliness. Because this book is revised and updated annually, it contains information that is not generally available in any standard textbook. As such, it serves as a valuable resource for both teachers and students. This edition of *Annual Editions: Health* has been updated to reflect the latest thinking on a variety of contemporary health issues. We hope that you find this edition to be a helpful learning tool filled with information and presented in a user-friendly format. The 10 topic areas presented mirror those that are normally covered in introductory health courses: Health Behavior and Decision Making, Stress and Mental Health, Nutritional Health, Exercise and Weight Control, Drugs and Health, Human Sexuality, Current Killers, America's Health and the Health Care System, Consumer Health, and Contemporary Health Hazards. Because of the interdependence of the various elements that constitute health, the articles selected were written by naturalists, environmentalists, psychologists, economists, sociologists, nutritionists, consumer advocates, and traditional health practitioners. The diversity of these selections provides the reader with a variety of viewpoints regarding health and the complexity of the issues involved. This book also recommends *World Wide Web sites* that can be used to further explore topics addressed in the articles. These sites are cross-referenced by number in the *topic guide*.

Annual Editions: Health 01/02 is one of the most useful and up-to-date publications currently available in the area of health. Please let us know what you think of it by filling out and returning the postage-paid *article rating form* on the last page of this book. Any anthology can be improved. This one will be—annually.



Richard Yarian
Editor

Contents

To the Reader
Topic Guide
Selected World Wide Web Sites

Overview

1. **How Does Your Life Measure Up?** Alice Lesch Kelly, *Walking*, March/April 1998. 8
Alice Lesch Kelly provides an opportunity to examine your ***lifestyle and health behaviors*** to see just how well you are doing in your efforts to achieve a long and healthy life.
2. **Bad Choices: Why We Make Them, How to Stop,** 13
Mary Ann Chapman, *Psychology Today*, September/October 1999.
Why is it that people continue to engage in ***negative health behaviors*** despite having knowledge that such behaviors could have serious repercussions concerning their health? Key factors seems to be ***the need for immediate gratification*** and our desire to take the path of least resistance. The author suggests how it is possible to change this pattern of thinking.
3. **Why Do Those #&*?! "Experts" Keep Changing Their Minds?** 16
University of California, Berkeley Wellness Letter, February 1996.
Every day it seems that a new discovery is made concerning our health, often contradicting a new finding of just a few weeks past. This article provides the reader with ***some sound ways to make informed decisions*** when confronted with conflicting evidence.
4. **Solving the Diet-and-Disease Puzzle,** 19
Bonnie Liebman, *Nutrition Action Healthletter*, May 1999.
The constant ***flip-flopping on medical advice*** is enough to make most people believe that the medical experts don't really know what they are talking about. Who is at fault, the medical experts, the media, or John Q. Public? Bonnie Liebman explores this issue by discussing some of the most celebrated reversals in the area of nutrition recommendations.
5. **Yet Another Study—Should You Pay Attention?** 25
Tufts University Health & Nutrition Letter, September 1998.
How do you interpret your ***risk level*** for various illnesses when reading reports of late-breaking news that could affect your health? This article presents four questions to ask yourself that will help you make ***informed decisions*** regarding your ***lifestyle choices***.

Overview

6. **How Stress Attacks You,** 28
Jerry Adler, *Newsweek*, June 14, 1999. 30
Stress is an essential element of life, and our bodies have developed a complex and highly efficient pattern of response to deal with it on a short-term basis. When chronic stressors activate this response pattern, significant bodily damage can occur. This article examines in detail ***how our bodies respond to stress*** and suggests some useful stress-reduction techniques.
7. **The Mind and the Heart: They Really Are Connected,** 34
Tufts University Health & Nutrition Letter, August 2000.
In the 1970s researchers believed that heart disease was linked to stress through one's personality, namely the Type A personality. Several recent studies support the connection between ***stress and heart disease***, but the salient factors appear to be hostility, lack of social support, and mental depression.



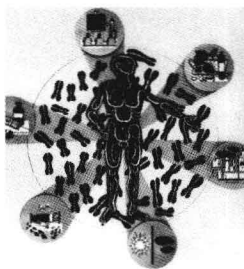
Health Behavior and Decision Making

Five articles examine how Americans make choices about controlling their health.



Stress and Mental Health

Four selections consider the impact of stress and emotions on mental health.



UNIT 3

Nutritional Health

Six articles discuss the effects of diet and nutrition on a person's well-being. Some of the topics addressed are dietary supplements, the importance of fiber, and dietary fat content.

8. **The Way We Worry**, Jane Shiyen Chou, *The Walking Magazine*, July/August 2000. 37
For most people the word "worry" has negative connotations; however, worry can also be viewed as a survival mechanism that helps us avoid trouble. In this article the author discusses both the positive and negative aspects of worry, and provides helpful suggestions on how to avert what he calls "**toxic worry**."
9. **C'mon Get Happy**, Judith Newman, *Health*, September 2000. 41
Optimism and pessimism reflect not only our expectations for the future, but the stories we construct to explain why things happen. According to Judith Newman, the good news is that **optimism is a skill that can be learned**, and with enough practice it can become as automatic as pessimism and it certainly makes life more enjoyable.

Overview

10. **New Dietary Guidelines Released**, Tufts University *Health & Nutrition Letter*, July 2000. 50
Every 5 years the USDA issues an update of its Dietary Guidelines. The new update issued in 2000 provides not only **dietary advice**, but stresses the importance of daily exercise and maintaining a healthy body weight.
11. **Disease-Fighting Foods? (Many Are Overhyped. But All Offer Important Lessons About Good Nutrition)**, *Consumer Reports on Health*, March 1999. 52
Just as some foodstuffs have been publicly rebuked by the experts as being bad for your health, others have received notoriety for their healthful benefits. **Which foods are the healthiest** and just how valid are the claims? This article examines the potential healthful benefits associated with specific foods.
12. **Are You Getting Enough Fat?** Colleen Pierre, *American Health for Women*, March 1998. 54
Over the past 10 years, Americans have been encouraged to restrict their **dietary fat content**. New findings suggest that the health risks associated with dietary fat may have more to do with the **type** rather than the **amount of fat consumed**.
13. **Fiber: Strands of Protection**, *Consumer Reports on Health*, August 1999. 58
During the last 15 years, the claims of **healthful benefits of dietary fiber have flip-flopped** several times, leading consumers to wonder what to believe. This noncaloric nutrient has been widely publicized for its ability to lower blood cholesterol, prevent certain cancers, and correct digestive disorders. What is the truth concerning dietary fiber?
14. **When (and How) to Take Your Vitamin and Mineral Supplements**, Tufts University *Health & Nutrition Letter*, March 1999. 63
Millions of Americans take **vitamin and mineral supplements** daily to ward off certain diseases or simply to bolster their inadequate diets. Do these supplements really help and, if so, how can you **maximize the benefits** derived from taking them? This article presents some practical advice concerning these questions.
15. **Snacks We Love**, Peter Jaret, *Health*, April 1999. 66
If you are like the majority of Americans, snacking is one of your favorite pastimes. If you are concerned about your weight and your health, what snack foods should you choose? This article presents **a positive approach to snacking** and suggests 10 foods that should satisfy cravings without destroying your waistline.

Overview

70

16. How Fitness Savvy Are You? *Consumer Reports on Health*, January 1998. 72

Each year millions of American start exercising, only to quit and rejoin the ranks of couch potatoes. Some quit because of injury, some from boredom, and some because they began exercising with misconceptions about what to expect. This article examines **some common myths and misunderstandings regarding exercise**.

17. Exploding Exercise Myths, Bonnie Liebman, *Nutrition Action Healthletter*, January/February 2000. 76

In this article, Bonnie Liebman challenges many commonly held beliefs regarding exercise, and in so doing provides information on how to **exercise smarter, not harder**. This is a must-read article for all who are interested in incorporating regular exercise into their lives.

18. Ten Tips for Staying Lean, Bonnie Liebman, *Nutrition Action Healthletter*, July/August 1999. 81

According to recent statistics, more than **97 million Americans are either overweight or obese** and the numbers are growing. Are you happy with your weight? Bonnie Liebman presents 10 useful tips for those who are interested in either losing a few pounds or merely maintaining their current weight.

19. The Pressure to Eat, Kelly Brownell and Bonnie Liebman, *Nutrition Action Healthletter*, July/August 1998. 86

1998 was the first time in our history that **over 50 percent of the population were overweight**. In a nation preoccupied with **avoiding dietary fat**, how could this happen? Kelly Brownell believes that the root cause is **a toxic environment**, defined as easy access to a poor diet that is low in cost, high in calories, good tasting, and heavily promoted.

20. A Guide to Rating the Weight-Loss Websites, *Tufts University Health & Nutrition Letter*, Special Supplement, July 2000. 90

Statistics suggest that while many people attempt to lose weight on their own, approximately half rely on formal weight-loss programs such as Weight Watchers or Jenny Craig. With the growth of the Internet has come a third option—"Cyber Weight-Loss Programs." This article examines several of these **weight-loss Web sites** and rates them on both the quality of information and the support services they provide.

Overview

94

21. Mind Over Medicine, Howard Brody, *Psychology Today*, July/August 2000. 96

It has been said that while drugs may help to fight some diseases, only the body can heal itself. Howard Brody argues that much of the therapeutic value attributed to drugs is actually a manifestation of the **body's own inner pharmacy** at work.

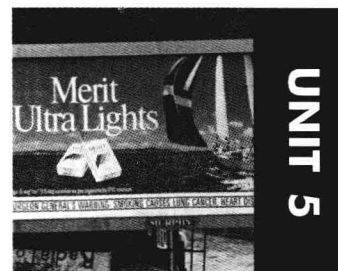
22. Herbal Rx: The Promises and Pitfalls, *Consumer Reports*, March 1999. 102

The number of Americans **taking herbal preparations in search of better health**, or to treat specific diseases, is growing rapidly. Just how effective are these herbal preparations? Are there any risks associated with using them? This article examines these questions and provides the reader with useful information for making an informed decision regarding their use.



Exercise and Weight Control

Five articles examine the influences of exercise and diet on health. Topics discussed include the value of working out, choosing the right exercise, and body weight.



Drugs and Health

Four articles examine how drugs affect our lives. Subjects discussed include the dangers of tobacco and alcohol, prescription drugs, and over-the-counter medications.



UNIT 6

Human Sexuality

Five articles discuss the most recent research on human reproduction and sexuality. The selections consider birth control, STDs, and emotions.

- 23. Governments and Drugs: The Netherlands—Let's Be Realistic**, Herbert P. Barnard, *The World & I*, October 1998. **106**

In this article, Herbert Barnard **presents the Netherlands' harm-reduction approach to controlling illicit drug use** in its efforts to control drug usage.

- 24. Governments and Drugs: Germany—A Strict Approach**, Eduard Lintner, *The World & I*, October 1998. **109**
The efforts at **controlling illicit drug use** in Germany focus on an increased emphasis on stopping or preventing illicit drug use through interdiction and incarceration. Edward Lintner **presents Germany's legalistic approach** in this article.

Overview **112**

- 25. Prescription for Passion**, David M. Buss, *Psychology Today*, May/June 2000. **114**

By most accounts, jealousy is viewed as a negative emotion that can ignite rage and destroy relationships. However, David Buss views **jealousy** as a form of evolutionary glue that serves to strengthen the bonds that hold couples together.

- 26. The Battle for Birth Control**, Sophia Cariati, *American Health*, January 1999. **118**

American women lag behind women in other countries when it comes to advances in contraceptive methods. How can this be in a country that leads the world in medical research and development? Sophia Cariati discusses how **litigation against contraceptive manufacturers has stifled contraceptive research and development in the United States**.

- 27. Condoms: Barriers to Bad News**, Tamar Nordenberg, *FDA Consumer*, March/April 1998. **120**

It is generally acknowledged that, besides abstinence, the **male condom** and, to a lesser degree, the female condom are the primary **weapons** we have in the battle **against STDs**. Tamar Nordenberg explains under what circumstances condoms are most likely to fail and what we can do to achieve maximum protection through their use.

- 28. The Pill Arrives**, Nancy Gibbs, *Time*, October 9, 2000. **123**

After more than 20 years of debate and research, the FDA has finally approved RU-486. Now that it has been approved, will women use it and will doctors prescribe it to their patients if they fear that doing so may threaten their medical practice?

- 29. America: Awash in STDs**, Gracie S. Hsu, *The World & I*, June 1998. **127**

Americans contract **STDs** at the rate of 12 million new cases each year, and two-thirds of these cases are among **individuals under age 25**. Gracie Hsu discusses the **long-term dangers** of STDs and the difficulties **in combating the spread** of STDs among America's youth.

Overview

132

30. **Shaped by Life in the Womb**, Sharon Begley, *Newsweek*, September 27, 1999. 134

Over the last 30 years, genetic and lifestyle factors have received considerable attention as two of the major determinants of our health. Some scientists now believe that a third determinant, **life in the womb**, may be the most powerful determinant of all when it comes to our health, Sharon Begley reports.

31. **New Clue to an Old Killer**, Paul Ridker, *Nutrition Action Healthletter*, September 2000. 140

New evidence is surfacing that **atherosclerosis is an inflammatory disease** in the same way that arthritis and lupus are inflammatory diseases. This finding helps to explain why individuals who appear to be at low risk according to standard risk factors may actually be high-risk candidates for sudden heart attacks.

32. **Breast Cancer: Clearing Up the Confusion**, *Consumer Reports on Health*, July 1999. 143

The biggest health fear among women is breast cancer. This fear, coupled with **conflicting reports on breast cancer** by the American Cancer Society, the American Medical Association, and the National Cancer Institute, **has women confused as to how they may best prevent the disease**. This article sorts through the controversy surrounding breast cancer and provides the reader with a summary of helpful tips on how best to prevent this dreaded disease.

33. **Strategies for Minimizing Cancer Risk**, Walter C. Willett, Graham A. Colditz, and Nancy E. Mueller, *Scientific American*, September 1996. 148

In 1996 alone, more than 550,000 Americans died of **cancer**. Approximately 50 percent of these deaths might have been avoided through **primary prevention** and **early detection**.

34. **A Revolution in Medicine**, Geoffrey Cowley and Anne Underwood, *Newsweek*, April 10, 2000. 153

With the successful **mapping of the human genome**, medical scientists believe that we are rapidly approaching the day when we are not only able to assess accurately one's risk of developing a particular illness, but also can develop pharmaceuticals that will target the cause of a disease rather than just the symptoms.

Overview

156

35. **When Naggging Symptoms Should Trigger a Doctor's Visit**, *Tufts University Health & Nutrition Letter*, July 2000. 158

Some people run to the doctor for every little ache and pain while others avoid doctors like the plague. How do you decide when a **symptom** is serious enough to **warrant a visit to the doctor**? This article presents practical advice on how to decide.

36. **Don't Be a Wimp in the Doctor's Office**, Maureen Boland, *American Health*, April 1999. 161

When it comes to physicians, many people, especially women, are afraid to assert themselves. Rather than being turned off by your expression of needs, research shows that **physicians and caregivers are more responsive and provide better care to individuals who take an active role in the health care process**. This article provides several useful suggestions on ways in which you can have a positive impact on the quality of the health care that you receive from your doctor.



UNIT 7

Current Killers

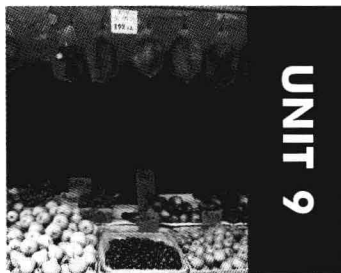
Five selections examine the major causes of death in the Western world. Genetics, cancer, and inflammatory disease are discussed.



UNIT 8

America's Health and the Health Care System

Five selections discuss the current state of health care in today's society by focusing on self-care, health care costs, and the health care industry.



Consumer Health

Five selections examine how food labeling Internet research, and health foods relate to consumer health.

37. **Avoiding Hospital Blunders**, *Consumer Reports on Health*, June 2000. 165

America has some of the best health care in the world, but if hospital errors occur, and they frequently do, they can prove deadly. **Hospital errors** are currently the eighth leading cause of death in the United States, ahead of car accidents, breast cancer, and AIDS. This article discusses what you as a patient can do to protect yourself.

38. **HELP!** Alexis Jetter, *Health*, July/August 2000. 169

According to a recent report in the *Journal of the American Medical Association*, physicians under managed care have such little time with patients that only 1 patient in 10 is given enough information by their physician to make an informed medical decision. This article provides tips on **getting the most out of the time that you spend with your doctor**, and on strengthening your doctor-patient relationship in the process.

39. **Alternative Medicine—The Risks of Untested and Unregulated Remedies**, Marcia Angell and Jerome P. Kassirer, *The New England Journal of Medicine*, September 17, 1998. 174

This editorial takes a critical look at **the standards by which alternative medicine is judged**. The authors—both of whom are physicians—suggest that it is time for the proponents of alternative medicine to be held to the same standards as conventional medicine when it comes to making medical claims.

Overview 178

40. **How to Research a Medical Topic**, *Consumer Reports on Health*, October 2000. 180

Where do you go for **medical information**? Millions of Americans are turning to the Internet as a primary source, and while the available information is vast, much of it is either too technical for the lay public or is geared to promote a particular product or service for financial gain. This article offers some practical suggestions **on using Internet resources effectively** when searching for medical information.

41. **5 Hot Topics That Might Truly Spell Better Health . . . And 5 Hot Topics Not Worth Their Hype**, *Tufts University Health & Nutrition Letter*, Special Supplement, February 1999. 184

For every nutritional finding that is born out of a controlled research study, there is a piece of nutritional news that isn't worth the paper it is written on. Unfortunately, the latter may get just as much publicity and fanfare as the former. This article discusses five nutritional items that preliminary evidence suggests may yield **significant positive benefits** to your health and five highly publicized items that **lack any substance** to back up their claims.

42. **An FDA Guide to Dietary Supplements**, Paula Kurtzweil, *FDA Consumer*, September/October 1998. 189

The "Dietary Supplement Health and Education Act of 1994" gave dietary supplement manufacturers more freedom to market their products and to provide information about their products' benefits. In the wake of all the marketing hype, this article presents the **FDA's recommendations** regarding labeling and the **safe and responsible use of dietary supplements**.

43. Functional Foods, Beth Brophy and David Schardt, *Nutrition Action Healthletter*, April 1999. **197**

The hottest items in the food industry today are what are termed **"functional foods."** These are foods that **provide a medicinal value in addition to their nutritional value.** Iodized salt is a common example that has been around for years. What makes functional foods so exciting to so many is the idea that you can turn foods into medicines by simply adding supplements during the manufacturing process. Just how safe and effective these new functional foods are remains to be seen.

44. Are Health Food Stores Better Bets Than Traditional Supermarkets? *Tufts University Health & Nutrition Letter*, May 1999. **201**

All the publicity concerning the impact that diet can have on one's health appears to have spawned a new trend in supermarkets—**"the natural food" supermarket.** These stores specialize in organic fruits and vegetables as well as whole grains and nutritional supplements. The philosophy underlying these stores suggests that purchasing your groceries there will provide you with higher quality foods. The truth is, the only thing that is likely to be higher is your grocery bill.

Overview **204**

45. Trying to Look SUNsational? Complexity Persists in Using Sunscreens, Larry Thompson, *FDA Consumer*, July/August 2000. **206**

Scientific studies linking skin cancer to sunburn have prompted millions of Americans to lather themselves up with **sunscreen lotions.** But do sunscreens really prevent skin cancer? Larry Thompson provides the reader with the most current thinking regarding the usefulness of sunscreens and how best to protect your skin from the damaging effects of the sun.

46. Germ Crazy, Deborah Franklin, *Health*, May/June 1998. **211**

Based on the number of antibacterial products on the market today, some scientists are becoming increasingly concerned that **excessive use of antibacterial products could produce resistance** in the germs themselves.

47. Magic Bullets Under Siege: When Antibiotics Stop Working, Glenn Morris, *Nutrition Action Healthletter*, May 2000. **215**

Over the last few years the medical community has voiced concern that **our reliance on antibiotics has created strains of superbugs** that are resistant to the most commonly prescribed antibiotics. Physicians, farmers, and consumers must all assume a more responsible manner of antibiotic usage if we are to preserve their dwindling effectiveness, according to Glenn Morris, who is interviewed by Bonnie Lieberman in this article.

48. Irradiation: A Safe Measure for Safer Food, John Henkel, *FDA Consumer*, May/June 1998. **220**

John Henkel reports that the FDA has added **red meat irradiation** to its long list of foods approved for the process. But not many of these foods can be found on supermarket shelves. Store owners and food producers alike are afraid that consumers will not buy the products, based on misgivings about radiation.

Index	225
Test Your Knowledge Form	228
Article Rating Form	229



Contemporary Health Hazards

Four articles examine hazards that affect our health and are encountered in today's world.

Health

Twenty-Second Edition

EDITOR

Richard Yarian

Richard Yarian is a health educator with extensive training in the area of biomedical health. He received a B.A. in biology from Ball State University. Before leaving Ball State University, he also received both an M.A. and an Ed.S. in the area of health education. He continued his academic training at the University of Maryland where he received a Ph.D. in biomedical health. Following completion of his doctoral program, he became an assistant professor at the University of Maryland and taught courses in the areas of personal health, stress management, drug abuse, medical physiology, and cardiovascular disease.

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Topic Guide

This topic guide suggests how the selections in this book relate to the subjects covered in your course.

The Web icon (🌐) under the topic articles easily identifies the relevant Web sites, which are numbered and annotated on the next two pages. By linking the articles and the Web sites by topic, this ANNUAL EDITIONS reader becomes a powerful learning and research tool.

TOPIC AREA	TREATED IN	TOPIC AREA	TREATED IN
AIDS (Acquired Immune Deficiency Syndrome)	27. Condoms: Barriers to Bad News 29. America: Awash in STDs 🌐 1, 2, 4, 18, 19, 21, 22, 24, 26, 29, 34	39. Alternative Medicine 41. 5 Hot Topics That Might Truly Spell Better Health 42. FDA Guide to Dietary Supplements 🌐 4, 11, 12, 13, 14	
Alcohol	4. Solving the Diet-and-Disease Puzzle 11. Disease-Fighting Foods? 32. Breast Cancer: Clearing Up the Confusion 33. Strategies for Minimizing Cancer Risk 🌐 1, 4, 6, 18, 19, 20, 33	Drugs/Drug Addiction	23. Netherlands—Let's Be Realistic 24. Germany—A Strict Approach 🌐 4, 18, 19, 20
Alternative Medicine	22. Herbal Rx 39. Alternative Medicine 🌐 30	Environmental Health Hazards	33. Strategies for Minimizing Cancer Risk 41. Trying to Look SUNsational? 46. Germ Crazy 47. Magic Bullets Under Siege 48. Irradiation 🌐 3, 33
Birth Control (Contraception)	26. Battle for Birth Control 27. Condoms: Barriers to Bad News 33. Strategies for Minimizing Cancer Risk 🌐 3, 22, 24	Exercise and Fitness	1. How Does Your Life Measure Up? 2. Bad Choices 10. New Dietary Guidelines Released 12. Are You Getting Enough Fat? 16. How Fitness Savvy Are You? 17. Exploding Exercise Myths 19. Pressure to Eat 32. Breast Cancer: Clearing Up the Confusion 33. Strategies for Minimizing Cancer Risk 🌐 4, 15, 16, 17, 32
Blood Fats/Serum Cholesterol	4. Solving the Diet-and-Disease Puzzle 12. Are You Getting Enough Fat? 13. Fiber: Strands of Protection 14. When (and How) to Take Your Vitamin and Mineral Supplements 15. Snacks We Love 16. How Fitness Savvy Are You? 31. New Clue to an Old Killer 🌐 2, 4, 11, 12, 13, 14, 27, 28	Food Safety	10. New Dietary Guidelines Released 48. Irradiation 🌐 1, 11, 12, 13
Cancer	3. Why do those #&*?@! "Experts" Keep Changing Their Minds? 4. Solving the Diet-and-Disease Puzzle 6. How Stress Attacks You 11. Disease-Fighting Foods? 12. Are You Getting Enough Fat? 13. Fiber: Strands of Protection 22. Herbal Rx 30. Shaped by Life in the Womb 32. Breast Cancer: Clearing Up the Confusion 33. Strategies for Minimizing Cancer Risk 41. 5 Hot Topics That Might Truly Spell Better Health 45. Trying to Look SUNsational? 🌐 1, 2, 3, 5, 25, 29, 33	Genetics	19. Pressure to Eat 30. Shaped by Life in the Womb 32. Breast Cancer: Clearing Up the Confusion 33. Strategies for Minimizing Cancer Risk 34. Revolution in Medicine 🌐 1, 2, 6
Cardiovascular Disease	See Heart Disease	Health Behavior and Decision Making	1. How Does Your Life Measure Up? 2. Bad Choices 3. Why do Those #&*?@! "Experts" Keep Changing Their Minds? 4. Solving the Diet-and-Disease Puzzle 5. Yet Another Study 6. How Stress Attacks You 15. Snacks We Love 18. Ten Tips for Staying Lean 29. America: Awash in STDs 32. Breast Cancer: Clearing Up the Confusion 33. Strategies for Minimizing Cancer Risk 35. When Nagging Symptoms Should Trigger a Doctor's Visit 40. How to Research a Medical Topic 🌐 4, 5, 6
Dietary Fat	1. How Does Your Life Measure Up? 2. Solving the Diet-and-Disease Puzzle 11. Disease-Fighting Foods? 12. Are You Getting Enough Fat? 15. Snacks We Love 18. Ten Tips for Staying Lean 31. New Clue to an Old Killer 32. Breast Cancer: Clearing Up the Confusion 41. 5 Hot Topics That Might Truly Spell Better Health 🌐 4, 11, 12, 13, 14	Health Care Issues	36. Don't be a Wimp in the Doctor's Office 37. Avoiding Hospital Blunders 38. HELPI 39. Alternative Medicine 46. Germ Crazy 🌐 4, 16, 28, 29, 30, 32, 33
Dietary Supplements	4. Solving the Diet-and-Disease Puzzle 33. Strategies for Minimizing Cancer Risk		

TOPIC AREA	TREATED IN	TOPIC AREA	TREATED IN
Health Risk Assessment	1. How Does Your Life Measure Up? 3. Why do Those #&?@! "Experts" Keep Changing Their Minds? 29. America: Awash in STDs ☉ 1, 2, 3, 16, 28, 29, 33, 34	44. Are Health Food Stores Better Bets Than Traditional Supermarkets? ☉ 11, 12, 13, 14, 17, 30, 32	
Heart Disease	1. How Does Your Life Measure Up? 4. Solving the Diet-and-Disease Puzzle 7. Mind and the Heart 9. C'mon Get Happy 13. Fiber: Strands of Protection 16. How Fitness Savvy Are You? 17. Exploding Exercise Myths 30. Shaped by Life in the Womb 31. New Clue to an Old Killer ☉ 1, 2, 3, 5, 15, 16, 17, 27, 28, 29, 33	Obesity	2. Bad Choices 6. How Stress Attacks You 19. Pressure to Eat 32. Breast Cancer: Clearing Up the Confusion ☉ 4, 15, 16, 17
Herbal Medicine	22. Herbal Rx 42. FDA Guide to Dietary Supplements 43. Functional Foods ☉ 11, 12, 13, 14, 30	Osteoporosis	4. Solving the Diet-and-Disease Puzzle 11. Disease Fighting Foods? 14. When (and How) to Take Your Vitamin and Mineral Supplements ☉ 5, 15, 16, 17, 23, 24, 28, 29
Hypertension	6. How Stress Attacks You ☉ 27, 28, 29	Radiation	33. Strategies for Minimizing Cancer Risk 45. Trying to Look SUNsational? 48. Irradiation ☉ 2, 25, 26, 28, 29
Immunity	6. How Stress Attacks You 8. Way We Worry 14. When (and How) to Take Your Vitamin and Mineral Supplements 31. New Clue to an Old Killer 34. Revolution in Medicine 46. Germ Crazy 47. Magic Bullets Under Siege ☉ 1, 2, 4, 28, 29, 31	Sexual Behavior	25. Prescription for Passion 27. Condoms: Barriers to Bad News 29. America: Awash in STDs 33. Strategies for Minimizing Cancer Risk ☉ 21, 22, 23, 24
Medical Concerns and Ethics	20. Guide to Rating the Weight-Loss Websites 23. Governments and Drugs: The Netherlands—Let's Be Realistic 26. Battle for Birth Control 28. Pill Arrives 34. Revolution in Medicine 37. Avoiding Hospital Blunders 38. HELPI 39. Alternative Medicine 47. Magic Bullets Under Siege ☉ 1, 3, 5, 17, 28, 29, 33	Sexually Transmitted Diseases (STDs)	27. Condoms: Barriers to Bad News 29. America: Awash in STDs ☉ 21, 22, 23, 24, 26, 34
Mental Health and Depression	6. How Stress Attacks You 7. Mind and the Heart 8. Way We Worry 9. C'mon Get Happy ☉ 7, 8, 9, 10, 31	Stress	1. How Does Your Life Measure Up? 6. How Stress Attacks You 7. Mind and the Heart 8. Way We Worry 9. C'mon Get Happy ☉ 7, 8, 9, 10, 24, 27
Nutrition	4. Solving the Diet-and-Disease Puzzle 11. Disease-Fighting Foods 12. Are You Getting Enough Fat? 13. Fiber: Strands of Protection 14. When (and How) to Take Your Vitamin and Mineral Supplements 15. Snacks We Love 22. Herbal Rx 32. Breast Cancer: Clearing Up the Confusion 33. Strategies for Minimizing Cancer Risk 41. 5 Hot Topics That Might Truly Spell Better Health 43. Functional Foods	Tobacco and Health	1. How Does Your Life Measure Up? 2. Bad Choices 3. Why do Those &#*&@! "Experts" Keep Changing Their Minds? 4. Solving the Diet-and-Disease Puzzle 33. Strategies for Minimizing Cancer Risk ☉ 1, 3, 5, 6, 18, 25
		Vitamins	See Nutrition
		Weight Control	1. How Does Your Life Measure Up? 10. New Dietary Guidelines Released 12. Are You Getting Enough Fat? 14. When (and How) to Take Your Vitamin and Mineral Supplements 17. Exploding Exercise Myths 18. Ten Tips for Staying Lean 19. Pressure to Eat 20. Guide to Rating the Weight-Loss Websites 33. Strategies for Minimizing Cancer Risk ☉ 15, 16, 17, 24, 27

● AE: Health

The following World Wide Web sites have been carefully researched and selected to support the articles found in this reader. The sites are cross-referenced by number and the Web icon (●) in the topic guide. In addition, it is possible to link directly to these Web sites through our DUSHKIN ONLINE support site at <http://www.dushkin.com/online/>.

The following sites were available at the time of publication. Visit our Web site—we update DUSHKIN ONLINE regularly to reflect any changes.

General Sources

1. U.S. National Institutes of Health (NIH)

<http://www.nih.gov>

Consult this site for links to extensive health information and scientific resources. Comprised of 24 separate institutes, centers, and divisions, the NIH is one of eight health agencies of the Public Health Service, which, in turn, is part of the U.S. Department of Health and Human Services.

2. U.S. National Library of Medicine

<http://www.nlm.nih.gov>

This huge site permits a search of a number of databases and electronic information sources such as MEDLINE. You can learn about research projects and programs, and peruse the national network of medical libraries here.

3. World Health Organization

<http://www.who.int>

This home page of the World Health Organization will provide links to a wealth of statistical and analytical information about health around the world.

Health Behavior and Decision Making

4. Columbia University's Go Ask Alice!

<http://www.goaskalice.columbia.edu/index.html>

This interactive site provides discussion and insight into a number of personal issues of interest to college-age people and those younger and older. Many questions about physical and emotional health and well-being are answered.

5. National Institute on Aging (NIA)

<http://www.nih.gov/nia/>

The NIA, one of the institutes of the U.S. National Institutes of Health, presents this home page to lead you to a variety of resources on health and lifestyle issues on aging.

6. The Society of Behavioral Medicine

<http://www.sbmweb.org>

This site provides listings of major, general health institutes and organizations as well as discipline-specific links and resources in medicine, psychology, and public health.

Stress and Mental Health

7. The Anxiety-Panic Internet Resource

<http://www.algy.com/anxiety/panic.html>

Information on the symptoms and causes of various anxiety and panic disorders is provided on this site. Links to many related articles are available, and psychopharmacology and other issues are addressed.

8. Dr. Ivan's Depression Central

<http://www.psychom.net/depression.central.html>

This extensive site describes itself as the "Internet's central clearinghouse for information on all types of depressive disorders and on the most effective treatments," and it lives up

to the billing. Students of mental health are likely to turn to this site and its links again and again.

9. National Mental Health Association (NMHA)

<http://www.nmha.org/index.html>

The NMHA is a citizen volunteer advocacy organization that works to improve the mental health of all individuals. The site provides access to guidelines that individuals can use to reduce stress and improve their lives in small yet tangible ways.

10. University of Sheffield Medical School/Center for Psychotherapeutic Studies

<http://www.shef.ac.uk/~psysc/psychotherapy/>

Access to *The Online Dictionary of Mental Health* may be gained here. "A global information resource and research tool" covering all of the disciplines contributing to an understanding of mental health is described. The site also provides information about psychotherapy.

Nutritional Health

11. University of Pennsylvania Library

<http://www.library.upenn.edu/resources/websitest.html>

This vast site is rich in links to information about virtually every subject in health studies. Its extensive population and demography resources address such concerns as family planning and nutrition in various world regions.

12. University of Pennsylvania School of Medicine Nutrition Education and Prevention Program

<http://www.med.upenn.edu/~nutrimed/>

The aim of the Nutrition Education and Prevention Program is to engage medical students in active learning about nutrition and medicine through interdisciplinary study. This home page provides links to many related Web sites.

13. U.S. Department of Agriculture (USDA)/Food and Nutrition Information Center (FNIC)

<http://www.nal.usda.gov/fnic/>

Use this site to find nutrition information provided by various USDA agencies, to find links to food and nutrition resources on the Internet, and to access FNIC publications and databases.

14. Vegetarian Pages

<http://www.veg.org/veg/>

The Vegetarian Pages are intended to be an independent, definitive Internet guide for vegetarians, vegans, and others.

Exercise and Weight Control

15. American Society of Exercise Physiologists (ASEP)

<http://www.css.edu/users/tboone2/asep/toc.html>

The ASEP is devoted to promoting people's health and physical fitness. This extensive site provides links to publications related to exercise and career opportunities in exercise physiology.

16. Health Links

<http://www.hslib.washington.edu>

Open this site to find links to international health statistics, journals, public health topics, library services, and so on.

17. U.S. Department of Health and Human Services

<http://www.os.dhhs.gov>

This site has extensive links to information on such topics as the health benefits of exercise, weight control, and prudent lifestyle choices.

Drugs and Health

18. National Institute on Drug Abuse (NIDA)

<http://165.112.78.61/>

Use this site index for access to NIDA publications and communications, information on drugs of abuse, and links to other related Web sites.

19. University of California at San Francisco/Drug Dependence Research Center (DDRC)

<http://itsa.ucsf.edu/~ddrc/about.html>

The DDRC studies the pharmacology, physiology, and psychology of drugs in humans. This site provides information on the DDRC's profile of medical marijuana users, its research into the cardiac effects of cocaine, and other topics.

20. University of Chicago

<http://pcg.bsd.uchicago.edu>

Gain access to a wide variety of information related to psychopharmacology on this site, with its links to specific drug sites and to specific disorders.

Human Sexuality

21. Men's Health

<http://www.menshealth.com/new/guide/index.html>

This resource guide from Men's Health presents many links from AIDS/STDs, to back pain, to impotence and infertility, to vasectomy, plus discussions of family issues.

22. Planned Parenthood

<http://www.plannedparenthood.org>

This home page provides links to information on contraceptives (including outercourse and abstinence) and to discussions of other topics related to sexual health.

23. Sex and Gender

<http://www.bioanth.cam.ac.uk/pip4amod3.html>

Use the syllabus, lecture titles, and readings noted in this site as a jumping-off point to explore more about sexual differentiation in human cultures as well as the genetics of sexual differentiation and the biology of sex roles in nonhumans.

24. University of Maryland/Women's Studies

<http://www.inform.umd.edu/EdRes/Topic/WomensStudies/>

This site provides a wealth of resources related to women's physical and emotional well-being, topics as body image, comfort with sexuality, and relationships.

Current Killers

25. American Cancer Society

<http://www.cancer.org>

Open this site and its various links to learn the concerns and lifestyle advice of the American Cancer Society. It provides information on tobacco and alternative cancer therapies.

26. Body Health Resources Corporation

<http://www.thebody.com/cgi-bin/body.cgi>

From this site it is possible to access "The Body: A Multimedia AIDS and HIV Information Resource" to learn about treatments, to exchange information in forums, to gain insight from experts, and to help and get help.

27. Heart Information Network

<http://www.heartinfo.org>

This Web site, founded by a heart patient and a physician, offers every kind of educational information about heart disease. Sections include a Nutrition Guide, Patients' Stories, Heart Attack and Hypertension Guides, Preventive Cardiology, and much more.

America's Health and the Health Care System

28. Agency for Health Care Policy and Research

<http://www.ahrp.gov>

The aim of the AHCPR is to improve health care quality through education and research. Open this site to find information on consumer health, U.S. health care policy and trends, clinical research, and managed care.

29. American Medical Association (AMA)

<http://www.ama-assn.org>

The venerable AMA offers this site for consumers and health practitioners to find up-to-date medical information, peer-reviews resources, discussions of such topics as HIV/AIDS and women's health, examination of issues related to managed care, and important publications.

Consumer Health

30. Alt-MEDMarket

http://www.medmarket.com/index.cfm?id=alt_health

This commercial site bills itself as "the Internet guide to alternative therapies and products." Click on the "Alternative Health E-Mall" for an alternative medicine directory and herbal information center, alternative medicine providers listed by geographic area and specialty, a listing of articles, and herbs with their corresponding treatments.

31. Mental Health Net

<http://mentalhelp.net>

This site and its many links are geared to providing information on mental disorders, with an emphasis on self-help. Aging, dementia and Alzheimer's disease, and topics from cancer to depression are described.

32. Sympatico

<http://www1.sympatico.ca/Contents/health/>

This Canadian site meant for consumers will lead you to many links related to general and reproductive health.

Contemporary Health Hazards

33. Centers for Disease Control and Prevention

<http://www.cdc.gov>

The CDC offers this page, from which you can learn about travelers' health, data and statistics related to disease control and prevention, and general health information.

34. Sexual Assault Information Page

<http://www.cs.utk.edu/~bartley/saInfoPage.html>

This invaluable site provides links to information and resources on a variety of topics, from child sexual abuse, to date rape, to incest, to secondary victims, to offenders.

We highly recommend that you review our Web site for expanded information and our other product lines. We are continually updating and adding links to our Web site in order to offer you the most usable and useful information that will support and expand the value of your Annual Editions. You can reach us at: <http://www.dushkin.com/annualeditions/>.