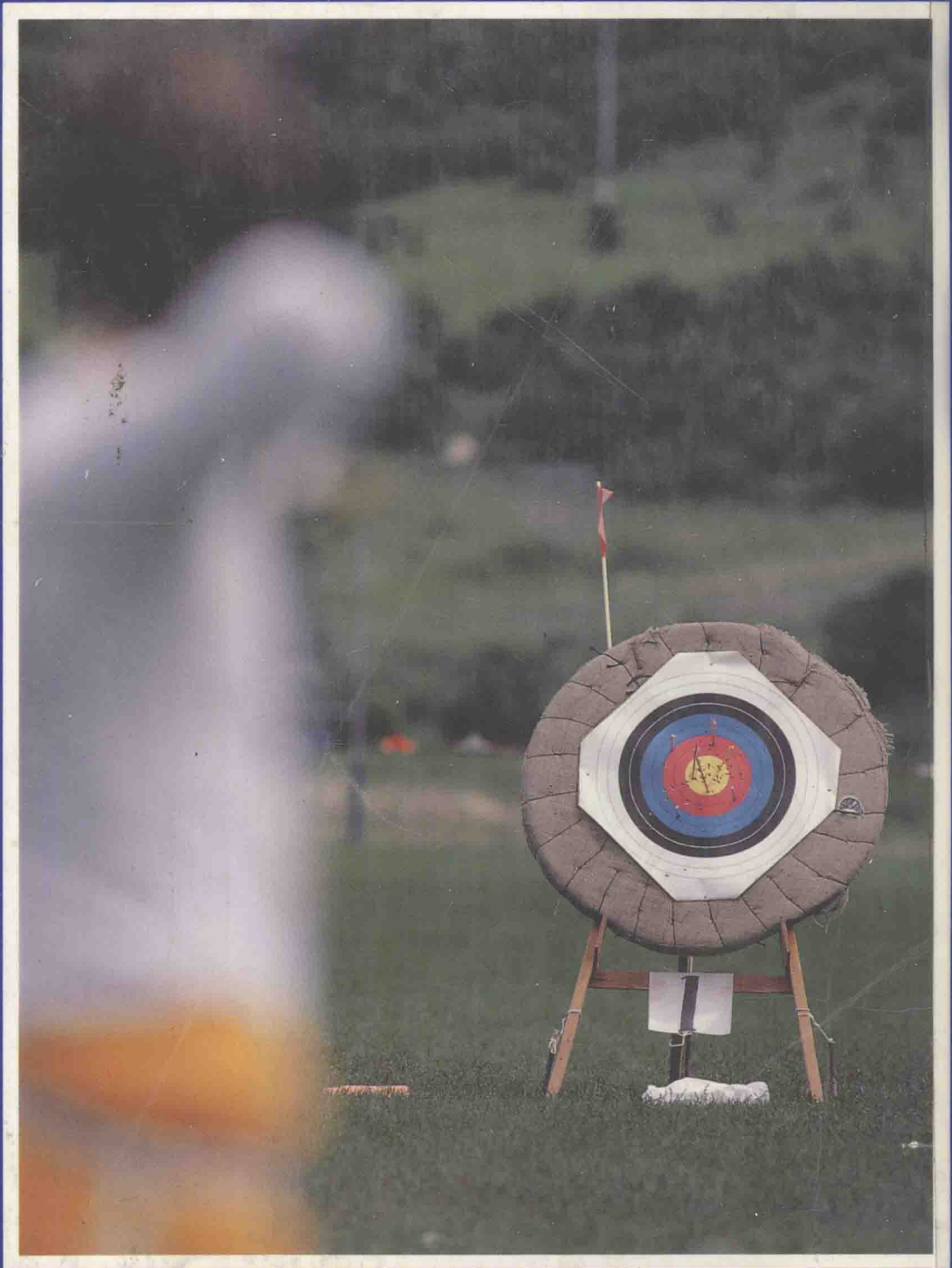


LIFE & HEALTH

Targeting Wellness



Levy • Dignan • Shirref

Life & Health

Targeting Wellness

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Table of Contents Photos

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Targeting Wellness

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To The Student

Among all the subjects that you will study in college, health can be one of the most relevant to your life, one of the most interesting, and one of the most challenging.

Its relevance is hardly open to question: everyone can benefit from a basic knowledge of how the human body and mind work and how to lead a healthy lifestyle. Such knowledge can help us to function at our highest level from day to day. It can help us to maximize our potential for the future; to minimize our risks of disease and injury; and to develop our physical, emotional, intellectual, social, and spiritual resources for a longer, more productive, and more satisfying life.

Studying human health is also fascinating. The human body and human behavior are remarkable creations: though everyone has a personal and subjective understanding of them just through being alive, viewing them through the more objective eyes of science can bring home to one just how remarkable they are. Of all the subjects that can inspire awe and amazement—literature, art, music, geology, and astronomy are only a few examples—the study of the human body and mind are the nearest to us, and also in many ways the most amazing of all. Human beings are the most complex of all living things; understanding this complexity can deepen our appreciation of some of the mysteries of life.

Life and Health: Targeting Wellness is a new textbook published by McGraw-Hill, presenting current information for a person wishing to optimize his or her potential for wellness. It is based in part on two earlier texts we developed for Random House: *Life and Health*, fifth edition, and *Essentials of Life and Health*, but the materials have been thoroughly reworked based on the latest research. Equally important, it is designed to convey an understanding of the subtlety and complexity of human life, to increase awareness of the challenges of health, and to help develop self-efficacy: a confidence that can inspire each individual to rise to those challenges and make progress toward a healthier lifestyle.

One challenge of health arises from the fact that health is a dynamic concept. The information that has been discovered about human health during the past 300 years—and especially during the last 25 years—is staggering. But the process of discovery has not stopped; if anything, it is accelerating. New insights are continually being generated by researchers, studied and checked by their colleagues, and published in scholarly journals and in the popular press. Thus, learning about the current state of health knowledge, as you will do in this course, is important not only because it gives you the best chance of making sound health decisions now, but also because it provides you with a basis for understanding new health discoveries and evaluating their implications for your health care in the future.

The second challenge of health lies in the fact that every person is unique and continues to change throughout life, both in terms of personal needs and of personal goals. For this reason, there is no single prescription for good health that will apply to everybody: the road to wellness involves a continuing process of self-discovery, of learning some general principles about life and health and then applying these principles to one's own particular changing situation.

This textbook has been designed to help you meet both of these challenges; key elements are specifically directed at one or the other of them:

- *Conclusions drawn from classic and recent studies* are presented not as rules, rather as recommendations which can be examined on the basis of evidence given.
- *End notes after each chapter* familiarize you with scholarly and popular sources of up-to-the-minute health information, and allow you to evaluate specific topics from the text in more depth.
- *Straightforward language and illustrations* clarify significant ideas and important complexities of human health as it is understood by health experts today.

- *Technical terms of the health field*, are highlighted with bold-face type and defined where they first appear, in marginal notes, and in a glossary. This will help you to interpret and apply accounts of new discoveries in health that you may read about, and also to communicate with health professionals about these and other matters.
- *Additional marginal notes* provide useful supplementary information to the concepts presented in the text.

Life and Health: Targeting Wellness also includes many boxed features designed to help you to personalize the information presented in the book. There are six types of features:

- “*Thinking Critically*” features look at a significant health issue from two possible viewpoints. You are not expected necessarily to agree with either of them, but instead to ponder the issues being explored and to adopt a position that is consistent with the full range of your own understandings, values, and beliefs.
- “*My Story*” features present a personal account of someone’s experience with a particular aspect of wellness or illness. These accounts are usually anonymous; in some cases useful readings are cited that can provide further perspectives on the situation described.
- “*A Broader View*” features look at the wider implications of a particular health topic, presenting international implications, for example, and

illustrating how research and actions designed to benefit individuals may have far-reaching global implications.

- “*Comfort Level*” features explore a concept described earlier in this preface: the importance of applying health knowledge to your own life in a way that is in harmony with your goals and values. In this way you can feel confident and comfortable with the actions and behaviors you adopt.
- “*Self-Assessment*” features are brief self-tests designed to help you evaluate your present behaviors and beliefs and relate them to the health topic being discussed. Often based on diagnostic instruments prepared for health professionals, these questionnaires will give you important insights into your own needs and behaviors.
- Finally, “*Communicating About*” features are designed to guide you through some of the many pitfalls in communication associated with various health topics, and to encourage you to discuss some of these topics in a meaningful way.

As the authors of this book, we urge you to get involved in the topics presented. Strive to understand the major concepts and to incorporate them into your own lives as thoughtfully as possible. As you will read in the first chapter and throughout this book, personal health is an area in which each of us can really “make a difference,” both for ourselves and for those around us.

MARVIN R. LEVY
MARK DIGNAN
JANET H. SHIRREFFS

Contents

Part One. Enhancing Your Life: Health and Lifestyle 1

1. The Concept of Health 2

Health and Well-Being 4

What Is Health? 5

The Dimensions of Health 5

Comfort Level: Thinking about Health Priorities 7

The Integration of Health 9

Health and Balance 9

Health and Lifestyle 10

Self-Assessment: Is Your Lifestyle Good for Your Health? 11

The Components of Lifestyle 12

Thinking Critically: Health and Illness: Whose Responsibility? 15

Lifestyle, Health, and Self-Efficacy 17

Health Goals 18

Needs and Wants 18

Defining Personal Goals 19

Long-Term and Short-Term Goals 20

Priorities, Trade-Offs, and Comfort Levels 20

Taking Stock of Your Health 21

Health and Your Future 24

2. Stress and Its Management 28

The Nature of Stress 30

The Sources of Stress 30

Bad Stress versus Good Stress 32

Evaluating Stressors 33

The General Adaptation Syndrome 33

Self-Assessment: How Stressed Are You? 34–35

The Stress Response 35

How the Stress Mechanism Works 36

The Stress Mechanism's Effects on the Body 37

The Role of Personality 37

My Story: Coping with Type A Behavior 38

The Impact of Stress 40

Stress and Behavior 40



Stress and Disease 41

The Economic and Social Costs of Stress 44

Managing Stress 45

Relaxation Techniques 45

Thinking Critically: Coping with Stress 46

Psychological Approaches to Stress Management 48

Changing Behavior to Avoid or Reduce Stress 49

Part Two. Feeling Well: Health in Mind and Body 53

3. Emotional Health and Intellectual Well-Being 54

Emotions 56

The Physiology of Emotion 56

The Psychology of Emotion 59

Negative Emotions and Emotional Conflict 60

Communicating About: Communicating about Anger 62

What Is Emotional Health? 65

Emotional Disorders 66
Nonpsychotic Disorders 66
Psychotic Disorders 69

The Intellect 71

Learning and Memory 71
Cognition, Problem Solving, and Decision
Making 73

Self-Assessment: Assessing Your Self-Esteem 74–75

Toward a Healthy Personality 75

Concepts, Self-Concept, and Self-Esteem 76
Getting Help 76
Comfort Level: Feeling Good about Yourself 79
Helping Others 80

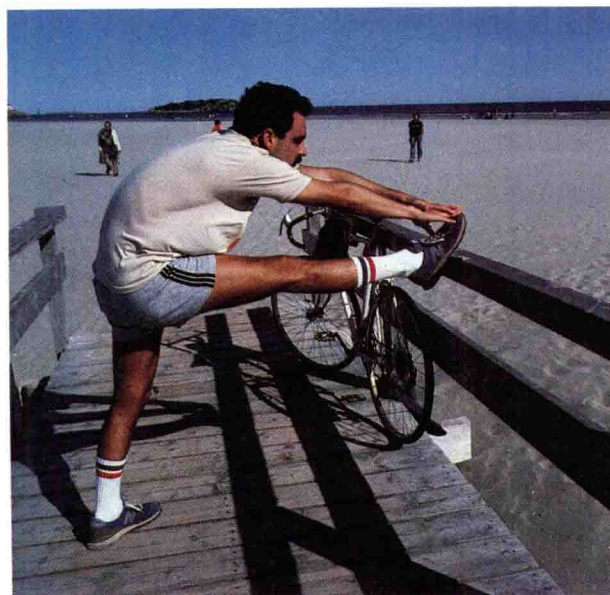
**4. Activity, Exercise, and Physical
Fitness** 84

Physical Fitness and Health 86

Activity versus Exercise 87
Physical Benefits of Exercise 87
Exercise and Psychological Health 87
Comfort Level: Perseverance and Motivation 88
Exercise and Physical Risks 89
Physical Fitness and Its Components 90

Developing Health-Related Fitness 91

Flexibility 91
Muscular Strength and Endurance 93
Cardiovascular Fitness 95



Principles of Exercise 97

Specificity 97
Overload 97
Self-Assessment: How Fit Are You? 98–99
Progression 100
Regularity 100

Developing an Exercise Plan 101

Evaluating General Fitness Goals 101
Assessing Fitness Needs 101
*Thinking Critically: How Much Exercise Is
Enough?* 102
Planning the Program Yourself 103
Playing It Safe: Getting Medical Approval 104
Deciding When and Where to Exercise 104
The Health Club Option 105
Staying with Your Plan and Modifying It 106
Is Fitness Worth the Effort? 107

5. Diet and Nutrition 110

What Is Nutrition? 112

The Basic Components of Food 112

Proteins 112
Carbohydrates 114
Fats 115
Minerals 117
*Thinking Critically: Deciding about Food Additives and
Irradiation* 118
Vitamins 119
Fiber 122
Water 123

Toward a Balanced Diet 124

The Basic Four Food Groups 124
The Exchange System 124
Comfort Level: Finding the Right Diet for Yourself 126
A Positive Food Strategy 127

Meeting Special Needs 129

Putting Nutritional Principles to Work 131

Buying Food 131

Avoiding Food Hazards 133

Preparing Food 133

*A Broader View: Food Selections, the Food Chain, and
World Hunger* 134–135

Eating Right in Today's Fast-Paced World 134

6. Weight Management and Body Composition 138

Weight, Body Composition, and Health 140

Body Composition and Physical Health 140

Body Composition and Emotional Health 141

Body Composition and Social Health 141

Body Composition and Fat 142

The Nature and Types of Fat 142

*Self-Assessment: Body Composition: A Ready
Reckoner* 143

Measuring Fat and Body Composition 144

Common Approaches to Body Composition Management 146

Diets 146

Exercise 148

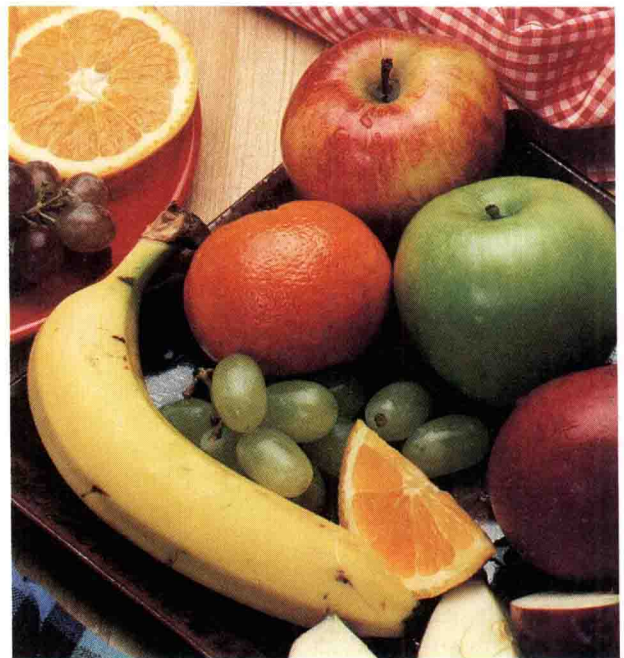
Drugs 148

Surgery 149

Group Weight-Loss Programs 149

Understanding Body Composition Problems 151

The Pull School: Physiological Bases for Body
Composition Problems 151



*Thinking Critically: Weight Management: Is the Why
Important?* 152–153

The Push School: Psychological Bases for Body
Composition Problems 153

Successful Control of Body Composition 155

Regulating Body Composition 155

Natural Body Composition Management 155

Weight Disorders and Eating Disorders 160

Extreme Obesity 160

Anorexia Nervosa 160

My Story: Losing Weight and Keeping It Off 161

Bulimia 162

Causes of Anorexia and Bulimia 163

Achieving Your Goals 164

Part Three. Sharing Intimacy: Health and Relationships 167

7. Marriage, Family, and Other Intimate Relationships 168

Marriage and Its Alternatives 169

The Need for Intimate Relationships 170

The Decision to Marry 170

*Communicating About: Handling Differences between
Friends* 171

Alternatives to Marriage 174

*Self-Assessment: Your Attitudes about Household
Tasks* 176

Divorce 177



Parenthood 178

- The Decision to Have a Child 178
- Meeting Children's Health Needs 179
- The Child's Contribution to the Parent-Child Relationship 181
- Who Cares for Children? 182
- Single Parenthood 184
- Problems in Child Rearing 185

Domestic Violence and Family Vulnerability 185

- Battered Partners 186
- Child Abuse 187

Developing Successful Relationships 188

- Building a Lasting Relationship 188
- Thinking Critically: Relationships, Dependency, and Self-Efficacy* 189
- Problems in Intimate Relationships 190
- Moving toward Better Relationships 192

8. Human Sexuality 196

The Basis of Sexuality 197

- Attitudes toward Sex 199
- Comfort Level: Sex Roles* 201

Sexual Anatomy and Arousal 202

- Erogenous Zones 202
- The Male Sexual Anatomy 203
- The Female Sexual Anatomy 204

The Physiology of Sexual Response 206

- Stages of Sexual Response 206
- Common Misconceptions about Sexual Response 208

Forms of Sexual Expression 210

- Sexual Fantasies 210
- Masturbation 210
- Petting and Foreplay 211
- Sexual Intercourse 211
- Self-Assessment: What Are Your Attitudes about Sex?* 212–213
- Oral Sex 212
- Homosexuality 213
- Unacceptable Sexual Behavior 214

Sexual Problems and Sexual Dysfunction 216

- Sexual Dysfunction in Men 216
- Sexual Dysfunction in Women 217
- My Story: Therapy Saved Our Relationship* 218
- Dealing with Sexual Dysfunction 219

Approaching Sex Responsibly 220

9. Reproduction and Sexual Health 224

The Female Reproductive System 226

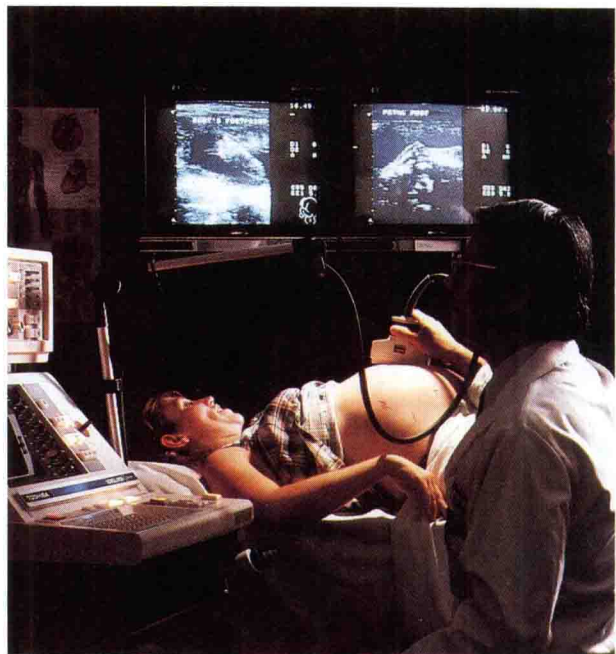
- The Ovaries 226
- The Fallopian Tubes 227
- The Uterus 227
- The Menstrual Cycle 227
- Menopause: Myths and Reality 229

The Male Reproductive System 230

- The Testes 230
- The Epididymis and Vas Deferens 230
- The Seminal Vesicles and Prostate Gland 231
- Cowper's Glands 231

Sexual Responsibility and Safer Sex 232

- Contraceptive Methods Requiring No Medical Supervision 232





Contraceptive Methods Requiring Nonsurgical Medical Supervision 234
 Natural Methods of Contraception 236
 Contraceptive Methods Requiring Surgery 238
 Contraceptive Methods of the Future 239
A Broader View: The Economics of Birth Control 240

Pregnancy 241
 Planning for Pregnancy 241
 The Beginnings of Pregnancy 242
 Pregnancy: Diagnosis and Testing 243
 Prenatal Health 244
 Common Problems during Pregnancy 246
 Terminating a Pregnancy 247
Thinking Critically: The Question of Reproductive Rights 248

Childbirth 249
 Choices in Childbirth 249
 How Birth Takes Place 250
Comfort Level: Considering Birthing Options 251

Part Four. Meeting Challenges: Health and Illness 255

10. Communicable Diseases 256

The Changing Face of Disease 258
 Lifestyle 258
 Travel 259
 Medical Progress 259

The Nature of Infectious Disease 259
 Agent, Host, and Environmental Factors 260
Self-Assessment: What Is Your Attitude toward Sickness? 261
 The Course of Infectious Diseases 262

Agents of Infectious Disease 262

Bacteria 263
 Viruses 265
 Rickettsiae 267
 Fungi 267
 Prions 268

Defense against Infectious Disease 268

First-Line Defenses 268
 The Inflammatory Response 269
 Immunity 270
A Broader View: Eradicating a Killer Disease 272–273

Sexually Transmitted Diseases 275

Herpes Genitalis 276
 Syphilis 277
 Gonorrhea 278
 Condyloma 278
 Chlamydia 279

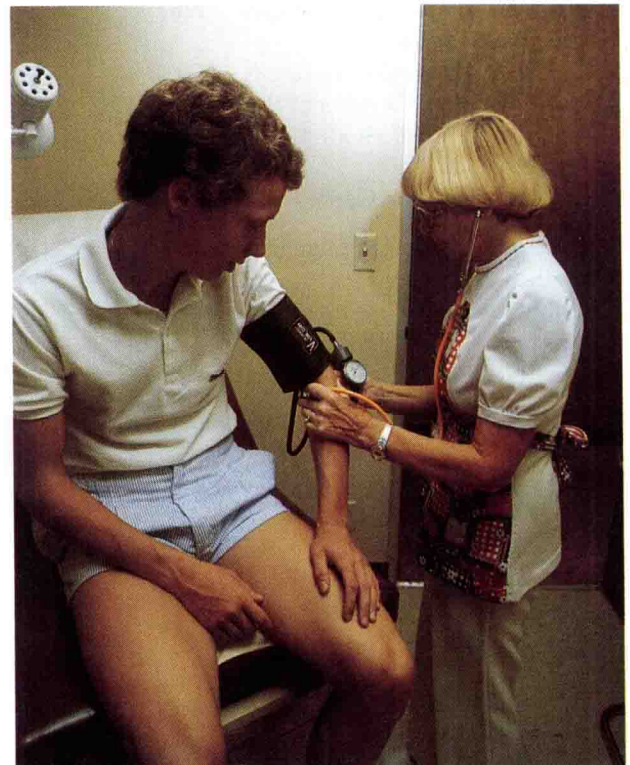
AIDS 279

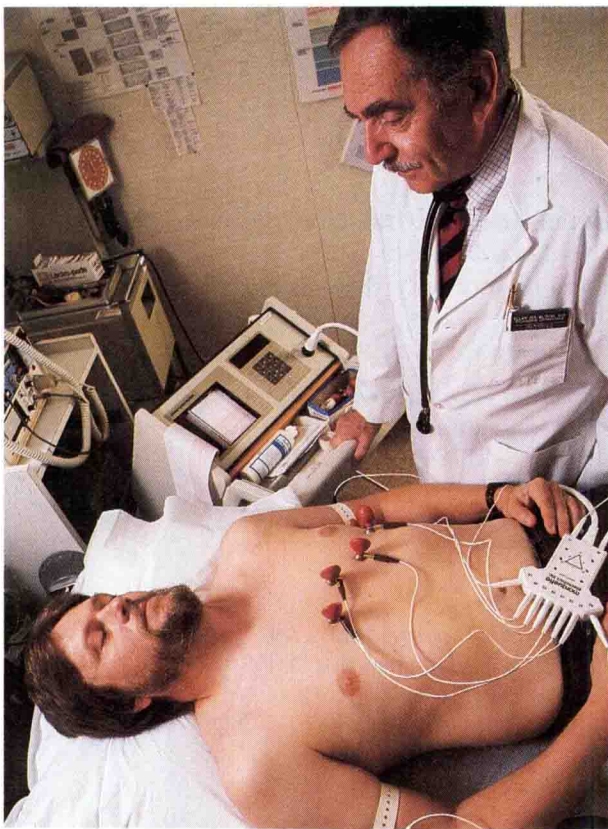
Modes of Transmission 280
 Preventive Measures for AIDS 280
Comfort Level: Fear of the Unknown 281
 Current Treatment Options 282
 The Politics of AIDS 283
 The Future of AIDS 283

11. Cardiovascular Health and Disease 286

The Heart and Circulatory System 288

A Look at the Heart 289
 The Circulatory System 289





The Causes of Cardiovascular Disease 290
 Blood Pressure and Hypertension 290
Self-Assessment: Estimate Your RISK Score for Heart Disease Risk 292–293
 Atherosclerosis 294

Major Cardiovascular Diseases 296
 Heart Attack 296
My Story: A Second Chance at Life 299
 Stroke: When CVD Affects the Brain 300
 Early Diagnosis of Major Cardiovascular Disease 301
 Treatment of Major Cardiovascular Disease 302

Other Cardiovascular Diseases 303
 Arrhythmias 304
 Rheumatic Heart Disease 304
 Congenital Heart Defects 304
 Congestive Heart Failure 305

Preventing Cardiovascular Disease 305
 Controllable Risk Factors 305
 The Danger of Multiple Risks 307
Comfort Level: Recovering from a Heart Attack 308
 The Challenge of Changing Behavior 309

12. Cancer: Some Cause for Hope 312

What Is Cancer? 314
 Cell Division, Growth, and Tumors 314
 Cancer and Metastatic Growth 315

Types of Cancer 316
 Psychological and Social Aspects of Cancer 317

Understanding Risk Factors for Cancer 318
 Hereditary and Genetic Risk Factors 318
 Environmental Risk Factors 319
 Lifestyle and Behavioral Risk Factors 320

Early Detection of Cancer 322
 The Importance of Early Detection 322
 Self-Examination and Seeking Further Advice 323
 Dangers Associated with Delay and Denial 325

Treating Cancer 326
 Types of Cancer Treatment 326
Communicating About: Communicating with Your Doctor about Fears 327
 Positive Developments in Treatment 329
Thinking Critically: Progress in the Fight 330
 The Dangers of Quackery 331

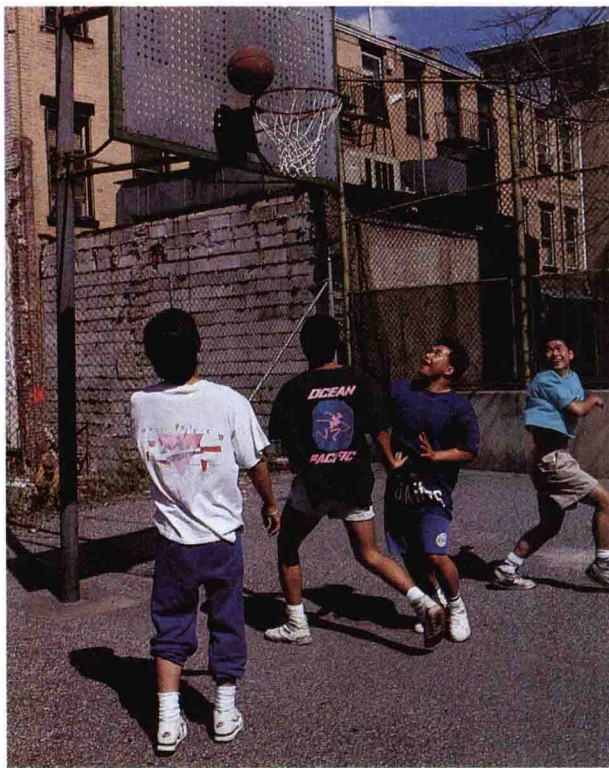
Living with Cancer 331
 Making Each Day Count 331
 Coping with Cancer 332

Part Five. Avoiding Danger: Health and Common Sense 335

13. Drug Use and Abuse 336

Drugs and Why People Use Them 337
 What Are Drugs? 338
 The Use of Drugs 339





Drug Tolerance, Dependence, and Addiction 339
 How People Become Dependent on Drugs 340
 Trends in Drug Use 343

The Effects of Drugs 343

How Drugs Interact with Body Cells 343
Communicating About: Talking about Drug Use with Your Children 344

How Drugs Are Administered 346
 The Time-Response Relationship 347
 The Dose-Response Relationship 348

The Use of Psychoactive Drugs 350

Sedatives/Hypnotics 352

Stimulants 353

Thinking Critically: Should Drugs Be Legalized? 358–359

Cocaine 358

Marijuana 360

Volatile Solvents 362

Opiate Narcotics 363

Psychedelics/Hallucinogens 364

Designer Drugs 365

Dealing with Drug Use and Abuse 365

Dealing with People's Need for Drugs 365

Societal Solutions to Drug Abuse 367

14. Alcohol 370

Alcohol Use and Its Effects on the Body 372

How Alcohol Works on the Body 372

Factors That Influence Alcohol Use 374

Alcohol and Destructive Behavior 374

Alcohol and Accidents 375

Alcohol and Violence 376

Alcohol and Domestic Turmoil 376

Alcoholism 376

The Alcohol Continuum 377

Signs of Alcoholism 378

Causes of Alcoholism 378

Alcoholism in America 379

Health Consequences of Alcohol Abuse 379

Gastrointestinal Disorders 379

Liver Damage 379

A Broader View: Alcoholism: A World Problem 380

Cardiovascular Disease 381

Glandular (Endocrine) Disorders 381

Central Nervous System Damage 382

Malnutrition 382

Birth Defects 382

Dealing with Alcohol Abuse 382

Comfort Level: Finding Your Own Comfort Level with Alcohol 383

Using Alcohol Responsibly 384

The Treatment of Alcoholism 384

Detoxification and Counseling 385

Developing Positive Alternatives to Alcohol Use 385

15. Tobacco 388

Tobacco Use and Its Effects on the Body 390

The Effects of Nicotine 391

Tobacco and Other Toxic Substances 391

Tobacco and Major Diseases 392

Bronchitis and Emphysema 394

Cancer 395

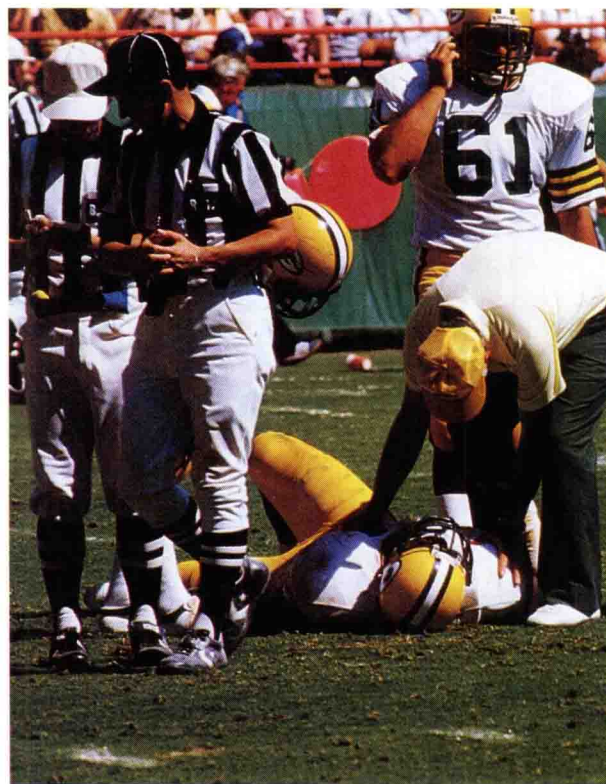
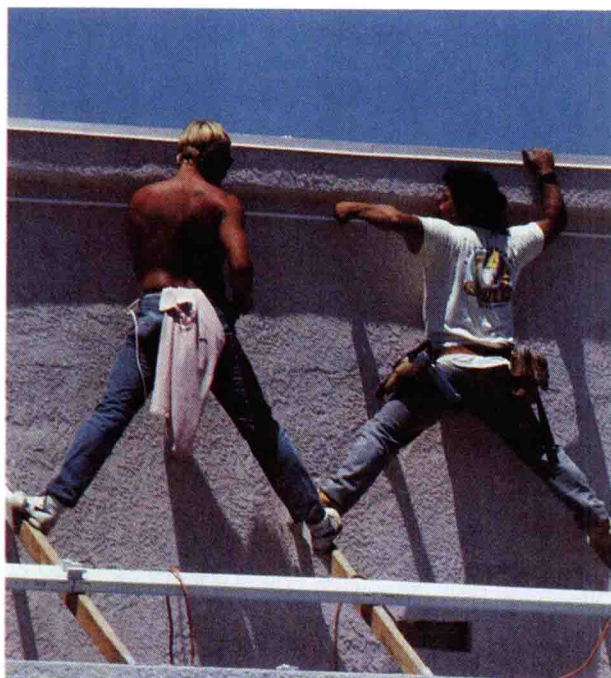
Cardiovascular Disease 396



Tobacco and the Lives of Others	396
The Dangers of Tobacco Use during Pregnancy	396
Passive Smoking and the Rights of Nonsmokers	397
Factors That Influence Tobacco Use	397
Social Pressures	397
<i>Thinking Critically: The Fire about No Smoking</i>	398
Tobacco and Physiological Dependence	399
Tobacco and Psychological Dependence	400
Giving Up Smoking	401
Individual Programs	401
Group Programs	401
Professional Therapy	401
Behavior Modification and Learning Theory	401
<i>Self-Assessment: What Makes Quitting So Hard?</i>	402–403
Fostering a Smoke-Free Life	402

16. Injuries and Their Prevention 406

Injuries in Perspective	407
Why Injuries Happen	407
<i>Self-Assessment: How Much Excitement Can You Take?</i>	409
Where Injuries Occur	411
The Role of Violence in Injuries	413
Major Types of Injuries	414
Motor Vehicle Injuries	414
Injury from Falls	414
Fire and Burn Injuries	415
Drownings and Near Drownings	416
Injury from Poisonings	417
Violence-Related Injuries	417



Preventing and Controlling Injuries	418
Approaches to Injury Control	418
Active and Passive Preventive Measures	419
Individual Strategies for Control and Prevention	420
<i>Thinking Critically: Violence: You, Society, and Television</i>	422–423
Providing Emergency Care	423
Basic Principles of Emergency Care	424
Basic Procedures for Emergency Care	424
Common Situations Requiring First Aid	425
When Professional Help Arrives	431

Part Six. Caring for Others: Health, Life Span, and Society 433

17. Lifestyle and Growing Older 434

Growing Older and Aging	435
Human Life Spans	436
Growth and Change	436
The Concerns of Growing Older	440
Appearance and Body Tissues	441
Body Functions	441
<i>Thinking Critically: Caring for Aged Parents</i>	442–443
Injuries	443

Infectious Diseases 443
 Chronic Diseases 444
 Disability 445
 Alzheimer's Disease 445
A Broader View: The Role of the Aged in Different Cultures 446–447
 Depression and Suicide in the Elderly 447

The Causes of Aging 448

Cellular Aging 448
 Genetic Limits 448
 Theories of Aging 449
 The Effects of Lifestyle on Aging 450

Making a Difference 450

Making a Difference for Yourself 450
 Making a Difference for Others 453
Communicating About: The Generation Gap: A Two-Way Street 454–455

18. Dying and Death 458

The Meaning of Death 460

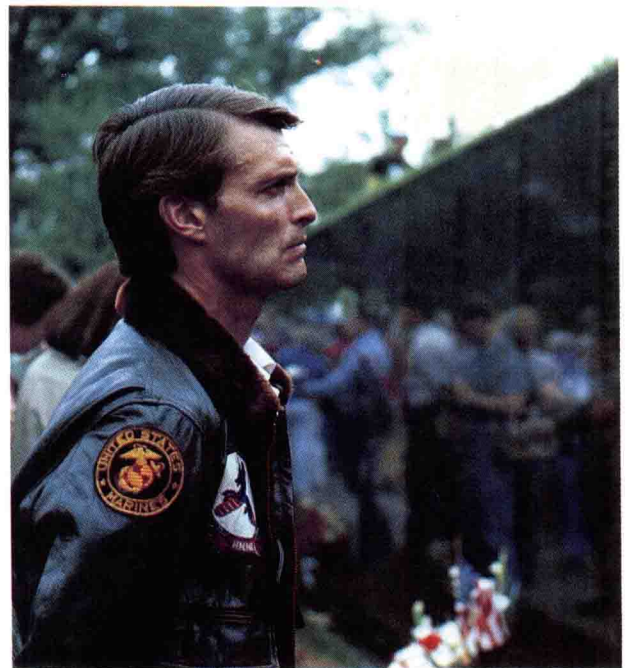
Differing Views of Death 460
 Individual Responses to Death 460
Self-Assessment: How Anxious Are You about Death? 463

The Process of Dying 464

Stages of Acceptance 464
 Responses of the Dying 465
 Suicide—When the Will to Live Falters 466

Care of the Dying 467

The Responses of Other People 467
 Practical Issues of Care 467
Communicating About: Communicating with Someone Who Is Dying 468



Preparing for Death 470

Legal Preparedness: Making a Will 470
 Organ Donation 472
 The Right to Die and Euthanasia 472

After Death: Responses of the Living 473

Funerals and Mourning 473
 Bereavement 475
My Story: Coming to Terms 477

19. Medical Care in America 482

Becoming Health-Activated 483

Judging Health Care Problems 484
 Judging Health Products and Treatments 485

Medical Self-Care 487

Measuring Your Body's Physiological Data 487
 The Home Medicine Chest 489
 Physical Examinations 490
 When to Seek Professional Help 492

Health Care Providers and Institutions 493

Physicians and Dentists 493
Thinking Critically: Can the United States Afford High-Quality Health Care for Everyone? 494–495
 Hospitals and Clinics 497
 Complementary Approaches to Health Care 498

The Cost of Health Care 501

A Broader View: World Health Care Systems 502
 Health Insurance 503
Comfort Level: Deciding on a Type of Medical Plan 504
 Health Maintenance Organizations 505
 Controlling the Cost of Health Care 506

20. Health and the Environment 508

The Quality of the Local Environment 510

Air Pollution and Protection 510

Self-Assessment: How Knowledgeable Are You about the Environment? 512–513

Water Pollution and Protection 514

The Land: Pollution and Protection 517

Global Environmental Issues 519

The Ozone Layer 520

Global Warming: The Greenhouse Effect 520

Dangers of Deforestation 521

World Food Supplies 522

Energy Use: The Global Outlook 522

Taking Action to Protect the Environment 525

The Need for Cooperative Action 525

Communicating About: Being a Good Environmental Advocate 526–527

Personal Action 526

The Benefits of Commitment and Cooperation 528

Glossary 531

Index 541

