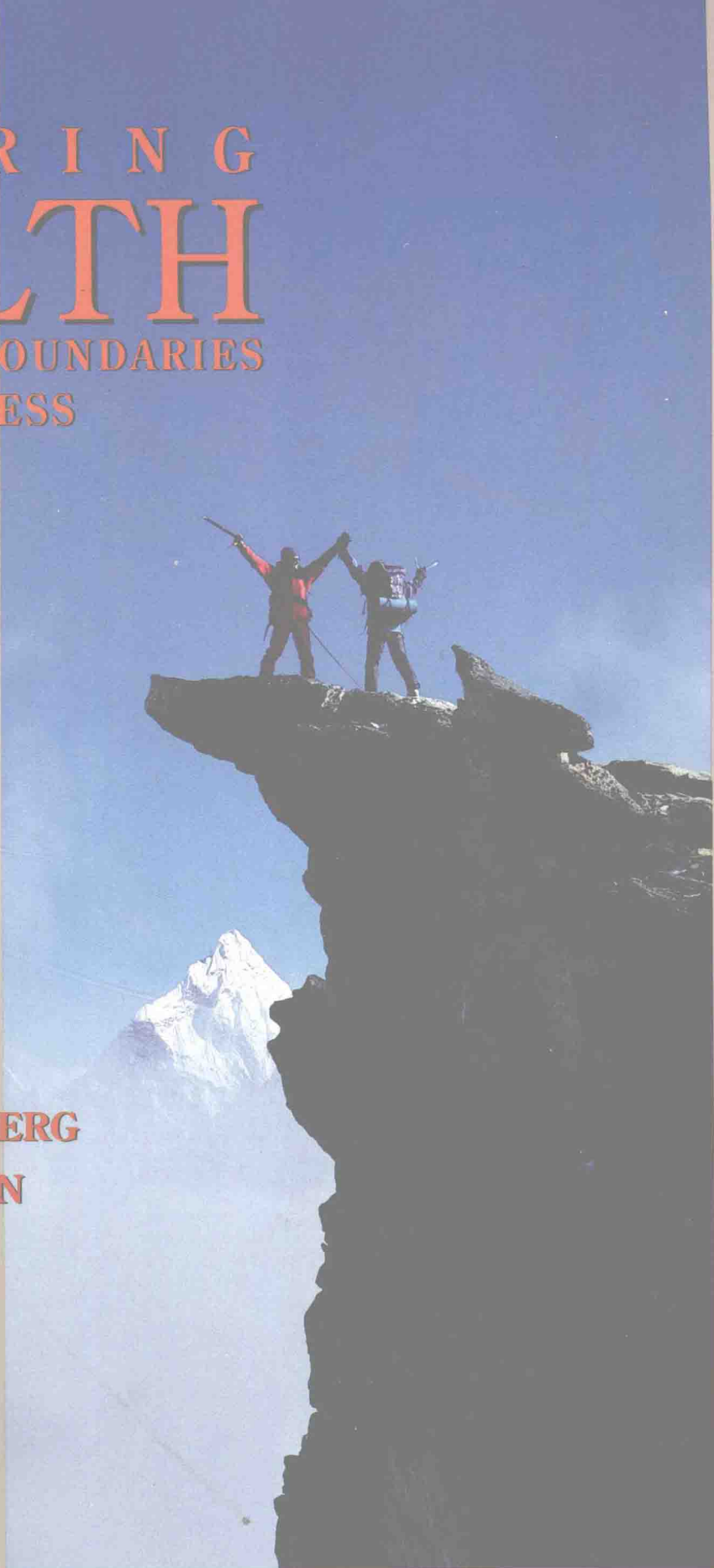


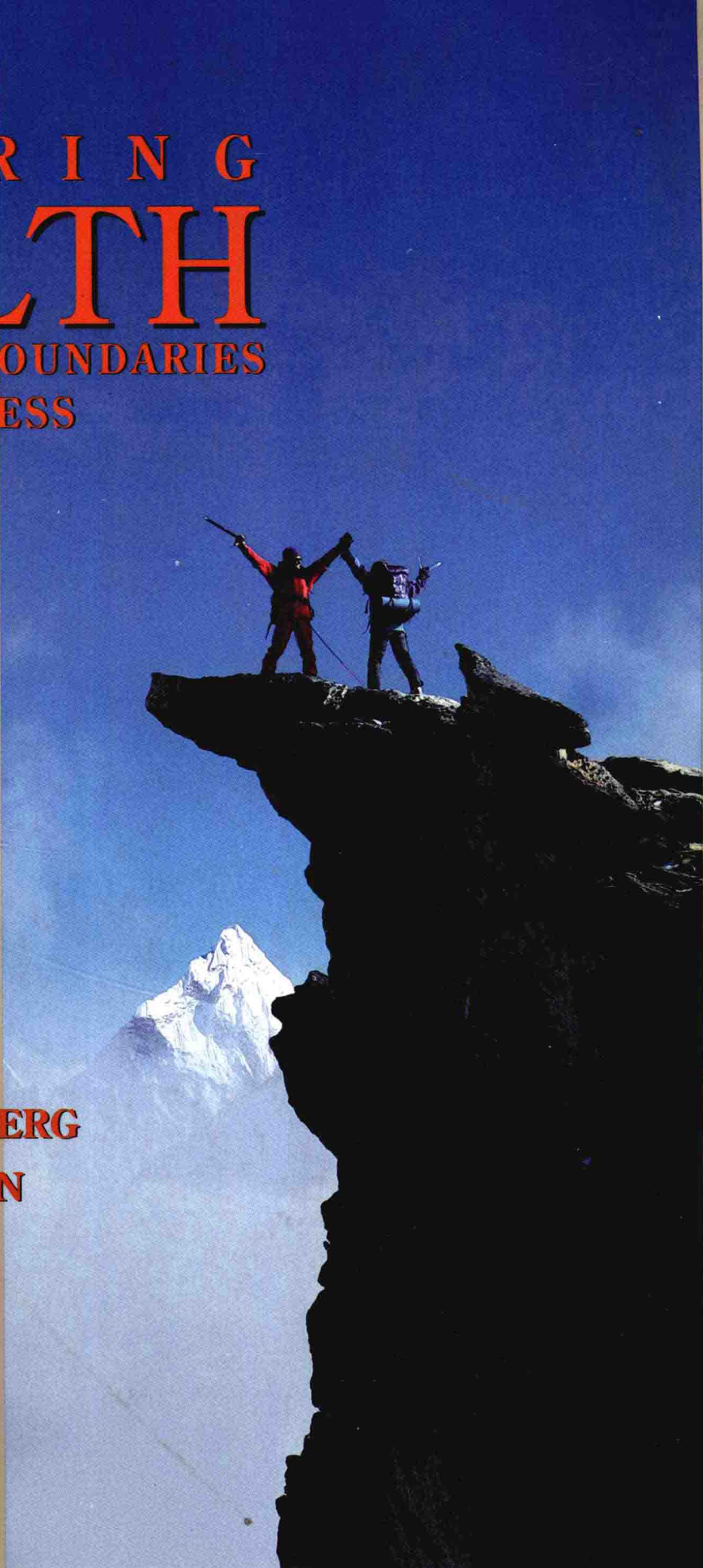
EXPLORING  
**HEALTH**  
EXPANDING THE BOUNDARIES  
OF WELLNESS

JERROLD S. GREENBERG  
GEORGE B. DINTIMAN



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CHAPTER

# 1

# Health and Wellness

## CHAPTER OBJECTIVES

After reading this chapter, you should understand:

- How your current behavior may or may not be keeping you healthy.
- Why your own health behavior affects our nation's health.
- That the United States government has established an extensive set of national health objectives for the year 2000. The object of the Year 2000 National Health Objectives is to suggest specific ways to achieve the general goal of improving the nation's health.
- How, in defining health in terms of all its components, including physical, social, mental, emotional, and spiritual health, we arrive at the concept of wellness.
- Some of the many human behavior theories that have been proposed to explain why people behave as they do.

## CHAPTER OUTLINE

Your Personal Health  
Health Behavior Questionnaire  
The Nation's Health  
Defining Health  
Theories of Human Behavior  
Health Behavior

# EXPLORING HEALTH

Eric P. Trunnell	University of Utah
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Noah Young	UCLA Drug Abuse Research Group

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Finally, our families provided us with the support that all authors need. They were there to bounce ideas off of, to console and to cajole (whichever happened to be needed at the time), and to provide a haven of love to which we could retreat. Although we have come to expect these things from our families, we nevertheless would like to take this opportunity to acknowledge that we probably do take them for granted too often and announce loudly for all to hear: Thanks for being there!



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## The New York Times

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**Study Guide and Workbook (For Sale Item)** This handy student resource offers learning objectives, self-quizzes on text material, additional self-assessment activities, and behavior change strategies.

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# Preface

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The 1980s witnessed the arrival on the scene of many new personal health textbooks, as well as revisions of many venerable older textbooks. Perhaps the most significant trend that is discernible in all of these books has been the shift in emphasis away from methods for disease prevention and detection to strategies for achieving optimum personal wellness.

We are indeed fortunate in our society to be able to strive for “wellness” rather than for “health” alone. Wellness, as we understand it in the United States, is not only a matter of health basics (surviving, eating right, and avoiding disease from day to day), it is also a matter of quality of life above and beyond the basics. We are offered lifestyle choices and opportunities that many other societies in the world do not enjoy. However, with these choices and opportunities come responsibilities.

The potential for wellness rests in large measure with each of us and the decisions we make every day of our lives. We believe that the responsibility for health and wellness rests primarily with the individual. The main title we have chosen for this book, *Exploring Health*, is intended to focus attention on the need for each person to arrive at informed conclusions about how to take responsibility for his or her personal wellness. We hope that, at the very least, we will be able to stimulate self-analysis of health-related attitudes and behaviors and that the individual will, if necessary, alter them.

Personal wellness is an admirable goal, and certainly we cannot help others achieve wellness before we have mapped out a wellness plan of action for ourselves. Yet, as we look toward the next century, we must realize that we cannot simply construct our own isolated worlds of wellness. We all live in a society that consists not only of our own family and friends, but also of the various smaller communities we live in, such as colleges, neighborhoods, and professions, as well as the larger communities we are a part of, like cities, states, countries—and the world. To ignore the influence of other people and the communities we inhabit on our own health, and the influence of our health-related decisions on the health of those people and communities, would be inappropriate. Consequently, we have developed and organized this book to include an emphasis on the individual as he or she interacts with the wider community. The subtitle we have given this book, *Expanding the Boundaries of Wellness*, is intended to focus attention on the health and wellness of other people. As students and instructors of personal health, we have the knowledge and power to go beyond the “boundaries” of personal health-related concerns and get ac-

tively involved in improving the health of the communities we live in.

To help students incorporate this understanding into their learning, we have included several unique features throughout the text:

- **Year 2000 National Health Objectives** appear in special boxes and relate chapter content to health objectives developed by the United States government in conjunction with health professionals and organizations. These objectives deal with important issues facing our whole country and its individual citizens.
- Each chapter contains two or more *Exploring Your Health* activities, whose two main objectives are self-assessment and behavior change.
- Because a prevalent theme in the book is to challenge readers to participate not only in improving their own health but also the health of other people, we have included a chapter-end set of *Get Involved!* activities. These provide specific ideas or steps the reader can take to put whatever has been discussed in the chapter to use immediately in their interactions with friends, family, and their communities.
- **A Question of Ethics** boxes in each chapter involve students in ethical decision making related to social and individual health issues.
- **Issues in Health** boxes in each chapter provide brief, thought-provoking discussions of controversial health issues that society is attempting to resolve. The reader’s responsibility to be an informed citizen and to participate in the resolution of these issues is made evident in these boxes.
- Each chapter concludes with **Questions for Personal Growth**. Not merely a “chapter review,” these questions encourage the reader to discuss how the chapter content pertains to his or her life.
- A **running glossary** places key terms and their definitions right there on the page for ease of study. Key terms are also listed and defined in a full glossary at the end of the book.

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## Teaching and Learning Aids

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A valuable collection of supplementary educational and enrichment materials accompanies this book.



# Brief Contents

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## ***Preface*** *xix*

### ***Part One Exploring Health***

Chapter 1: Health and Wellness 1

### ***Part Two Emotional Well-Being***

Chapter 2: Mental Health: Health in Your Head, and Beyond 18

Chapter 3: Stress and Stress Management 46

### ***Part Three Maintaining Personal Relationships and a Healthy Sexuality***

Chapter 4: Intimate Relationships: Dating, Marriage, and the Family 66

Chapter 5: Sexuality 96

Chapter 6: Fertility Control, Pregnancy, and Birth 124

### ***Part Four Health and Your Body***

Chapter 7: Nutrition 156

Chapter 8: Weight Control 190

Chapter 9: Fitness 216

### ***Part Five Drugs and Your Health***

Chapter 10: Using and Abusing Drugs 244

Chapter 11: Using and Abusing Alcohol 270

Chapter 12: Tobacco and Health 300

### ***Part Six Diseases***

Chapter 13: Infectious and Noninfectious Diseases 330

Chapter 14: Sexually Transmitted Diseases 364

Chapter 15: Cardiovascular Disease 388

Chapter 16: Cancer 410

### ***Part Seven New Beginnings and Challenges***

Chapter 17: Aging 436

Chapter 18: Dying and Death 458

### ***Part Eight Health and Society***

Chapter 19: Preventive Health Care and the Consumer 482

Chapter 20: Choosing Medical Service and Health Insurance 506

Chapter 21: Our Environment 528

### ***Appendices***

Appendix A: The Body Systems 560

Appendix B: Health Emergencies, Accidents, and Safety—What You Can Do 574

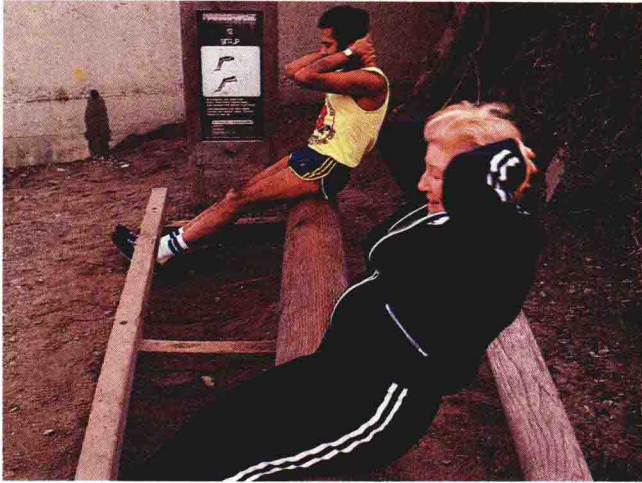
### ***Glossary*** 589

### ***Credits*** 597

### ***Index*** 599

# Contents

*Preface* xix



## *Part One Exploring Health*

### *Chapter 1: Health and Wellness 1*

#### **Your Personal Health 2**

#### **Health Behavior Questionnaire 2**

Your Health Style Scores 4

What Your Scores Mean to You 4

#### **The Nation's Health 5**

The History of National Health Objectives 5

Developing the National Health Objectives: High Blood Pressure Control, an Example 5

Year 2000 National Health Objectives 6

This Book's Focus: You and the Nation 7

#### **Defining Health 7**

The Health-Illness Continuum 9

Wellness 9

Health and Values 11

#### **Theories of Human Behavior 11**

Hierarchy of Needs 11

Force Field Theory 11

Adjustment Theory 11

The Health Belief Model 12

#### **Health Behavior 12**

Techniques for Changing Health Behavior 12

Reducing the Number of Premature Deaths 15

#### **Conclusion 15**

#### **Summary 16**

#### **Questions for Personal Growth 17**

#### **References 17**

■ *Issues in Health: Which Component of Health Is the Most Important?* 8

■ *Exploring Your Health 1.1: Changing Your Health Behavior* 13

■ *A Question of Ethics: Should Educators and Health Professionals Try to Change People So Their Behavior Is More Healthy?* 14

■ *Get Involved! Exploring Health and Wellness for Yourself and for Others* 15



## *Part Two Emotional Well-Being*

### *Chapter 2: Mental Health: Health in Your Head, and Beyond 18*

#### **Characteristics of Emotional Health 20**

#### **Personality Development 21**

Freud's Theory 21

Erikson's Theory 21

Behavioral Theory 23

Piaget's Theory 23

Kohlberg's Theory of Moral Development 23

#### **Psychological Influences on Health Behavior 25**

Self-Esteem 25

Alienation 25

Locus of Control 26

Assertiveness 29

Values and Peer Group Pressure 30

Other Influences	30
<b>Modes of Coping</b>	<b>31</b>
Defense Mechanisms	31
Conscious Modes of Coping	32
<b>Coping with Common Problems</b>	<b>34</b>
Anxiety	34
Shyness	35
Jealousy	35
Anger	36
Depression	36
<b>Mental Disorders</b>	<b>37</b>
Anxiety Disorders	37
Somatoform Disorders	38
Schizophrenic Disorders	38
Personality Disorders	38
Affective Disorders	38
Suicide	38
<b>Seeking Help</b>	<b>39</b>
Where to Get Help	40
Types of Therapy	40
<b>Conclusion</b>	<b>43</b>
<b>Summary</b>	<b>43</b>
<b>Questions for Personal Growth</b>	<b>44</b>
<b>References</b>	<b>44</b>

■ <i>Freud's Stages of Psychosexual Development</i>	22
■ <i>Issues in Health: Should People Be "Socialized" to Fit into Our Society?</i>	24
■ <i>Exploring Your Health 2.1: Self-Esteem Scale</i>	27
■ <i>Exploring Your Health 2.2: Alienation Scale</i>	28
■ <i>Exploring Your Health 2.3: Recognizing Defense Mechanisms</i>	32
■ <i>Exploring Your Health 2.4: Coping with Difficult Situations</i>	33
■ <i>Exploring Your Health 2.5: Coping Analysis</i>	37
■ <i>A Question of Ethics: Are We Obligated to Prevent People from Taking Their Own Lives?</i>	39
■ <i>Mental Health Resources</i>	40
■ <i>Issues in Health: Is There Any Such Thing as Mental Illness?</i>	41
■ <i>Get Involved! Making the Mind Matter in Your Own and Other Peoples' Good Health</i>	42

### **Chapter 3: Stress and Stress Management 46**

<b>What Is Stress?</b>	<b>48</b>
Bodily Expressions of Emotion	48
The Stress Response Pattern	49
Distress and Eustress	50
Stress and Life Changes	50
Stress and Personality	51

Hardiness	54
Intervening Variables	54
Stressors Related to College Life	54
Stress in the Workplace	55
Life's Other Stressors	56
Burnout	56
<b>The Physiology of Stress</b>	<b>57</b>
The Human Body and Stress	57
<b>Stress and Disease</b>	<b>59</b>
Psychosomatic Conditions Related to Stress	59
Psychosomatic Conditions Over Which There Is Debate	60
<b>Coping with Stress</b>	<b>61</b>
How Stress Can Lead to Illness or Disease	61
Stress Management: Setting Up Roadblocks	61
Relaxation Techniques	61
Physical Activity	63
Other Techniques	64
<b>Conclusion</b>	<b>64</b>
<b>Summary</b>	<b>64</b>
<b>Questions for Personal Growth</b>	<b>65</b>
<b>References</b>	<b>65</b>

■ <i>Exploring Your Health 3.1: How We Use Body Terms to Describe Emotions</i>	48
■ <i>Exploring Your Health 3.2: Stress Relativity</i>	49
■ <i>Exploring Your Health 3.3: Identifying Stressors in Your Life</i>	51
■ <i>Issues in Health: Should Type A's Be Changed to Type B's?</i>	52
■ <i>Exploring Your Health 3.4: Stressors of College Life</i>	55
■ <i>A Question of Ethics: Should Companies Be Held Liable for the Stress-Related Illnesses Their Employees Develop on the Job?</i>	57
■ <i>Exploring Your Health 3.5: Self-Test of Your Understanding of the Physiology of Stress</i>	59
■ <i>Get Involved! Reducing Stress</i>	63

## **Part Three Maintaining Personal Relationships and a Healthy Sexuality**

### **Chapter 4: Intimate Relationships: Dating, Marriage, and the Family 66**

<b>Gender Roles</b>	<b>68</b>
Gender, Sex, Sexuality, and Gender Roles	68
The Development of Gender Identity	69
Our Society's Gender-Role Expectations	69
<b>Intimacy: A Learned Process</b>	<b>70</b>
The Challenge of Intimacy	71
Dating	71
Love	73



## **Tradition, Innovation, and Communication in Marriage 74**

- The Attractions of Marriage 75
- Factors Contributing to Marital Success 75
- Communication in Intimate Relationships 76
- Managing Conflict 77
- Divorce 78

## **Parenting and Family Relationships 81**

- Making the Choice 81
- Developing Parenting Skills 82
- Family Violence 82
- Single-Parent Families 85

## **Alternatives to Marriage 89**

- Cohabitation 89
- Singlehood 91
- Homosexual Couples 91
- Breaking Up 93

## **Conclusion 93**

### **Summary 93**

### **Questions for Personal Growth 95**

### **References 95**

- *A Question of Ethics: Is It Ethical for Businesses to Hire Women and Not Provide Them with Childcare?* 70
- *Exploring Your Health 4.1: Abilities and Aptitudes Desirable for Men and Women* 71
- *Exploring Your Health 4.2: Dating* 72
- *Exploring Your Health 4.3: Choosing a Marriage Partner* 76
- *Issues in Health: Should Two People Live Together Before They Decide to Marry?* 79
- *Exploring Your Health 4.4: Am I Good Parent Material?* 83
- *Issues in Health: Should Parents Place Their Children in Day Care?* 90
- *Get Involved! Intimate Relationships: Doing the Right Thing* 92

## **Chapter 5: Sexuality 96**

### **The Reproductive Systems 98**

- The Male Reproductive System 98
- The Female Reproductive System 100

### **Sexual Response 102**

- The Sexual Response Cycle 102
- Similarities in Male and Female Response 104
- Differences in Male and Female Response 105

### **Forms of Sexual Expression 106**

- Masturbation 107
- Petting and Oral Sex 109
- Sexual Intercourse 109

### **Sexual Dysfunction 109**

- Sexual Problems in Males 109
- Sexual Problems in Females 111
- Inhibited Sexual Desire 112

### **Sexual Diversity 113**

- Homosexuality 113
- Sexual Variations 115

### **Sexuality and the Law 115**

- Rape 115
- Incest 117

### **Sexual Behavior: Deciding for Yourself 119**

- Sex and the College Student 119
- Sex and AIDS 120
- Sex Beyond College 120

### **Conclusion 120**

### **Summary 121**

### **Questions for Personal Growth 121**

### **References 122**

- *Exploring Your Health 5.1: The Male Reproductive System* 101
- *Exploring Your Health 5.2: The Female Reproductive System* 103
- *Exploring Your Health 5.3: Anatomy Test* 106
- *Issues in Health: Frequently Asked Questions and Controversies About Sex* 107
- *Exploring Your Health 5.4: Sex Knowledge Inventory* 112
- *Issues in Health: Does Sexual Dysfunction Exist if the Couple Doesn't Perceive There to Be a Problem?* 113
- *A Question of Ethics: Should College Students Maintain Monogamous Relationships?* 118
- *Get Involved! Sexual Health and Sexual Responsibility* 119

## **Chapter 6: Fertility Control, Pregnancy, and Birth 124**

### **The Influence of Hormones 126**

How Sex Hormones Work	126
The Menstrual Cycle	126
Menopause	126
The Male Climacteric	129
<b>Conception Control</b>	<b>129</b>
Evaluating Contraceptive Effectiveness	131
Methods of Contraception	131
Sterilization	139
<b>Abortion</b>	<b>140</b>
First Trimester Abortion Methods	140
Second Trimester Abortion Methods	140
Morning-After-Pills	141
The Abortion Controversy	142
<b>Pregnancy</b>	<b>143</b>
Prenatal Care	144
Gestation	145
<b>Childbirth</b>	<b>147</b>
The Birth Process	147
Making Decisions About Birthing	149
Bonding	149
Breast and Bottle Feeding	149
<b>Infertility and Its Treatment</b>	<b>150</b>
Causes of Infertility	150
Treatment of Infertility	151
<b>Conclusion</b>	<b>153</b>
<b>Summary</b>	<b>153</b>
<b>Questions for Personal Growth</b>	<b>154</b>
<b>References</b>	<b>155</b>

- *Exploring Your Health 6.1: Menstruation* 129
- *Issues in Health: Should Physicians Be Allowed to Prescribe Oral Contraceptives to Females Under 18 Years of Age without Having to Obtain Their Parents' Consent?* 136
- *Exploring Your Health 6.2: Contraceptive Decision Making* 141
- *Exploring Your Health 6.3: Should Abortions Be Permitted?* 143
- *Get Involved! Fertility Control, Pregnancy, and Birth* 151
- *A Question of Ethics: Is Surrogate Mothering Ethical and Should It Be Allowed?* 152

## Part Four Health and Your Body

### Chapter 7: Nutrition 156

<b>Basic Food Components</b>	<b>158</b>
Kinds of Nutrients	158
Recommended Dietary Allowances	158
The Basic Four Groups	158



### The Energy Nutrients: Carbohydrates, Fats, and Proteins 161

Carbohydrates	161
Fats	162
Protein	164
Vegetarian Diets	166

### Non-Energy Nutrients: Vitamins, Minerals, and Water 167

Vitamins	167
Minerals	170
Water	174

### Regulating Your Diet for Good Health 174

Food Density	175
Regulating Sugar Intake	175
Regulating Salt Intake	177
Managing Fat and Cholesterol Consumption	178

### Government Regulation of Foods 179

Food Additives	179
Food Labeling	181

### Nutrition Myths 184

### Special Nutritional Needs of Athletes and Active Individuals 185

More Calories	185
More Water	185
Proper Nutrition	185
Iron Supplements	185
The Pre-event Meal	186
Carbohydrate Loading	186
High Protein	186

### Conclusion 187

### Summary 188

### Questions for Personal Growth 189

### References 189

- *Exploring Your Health 7.1: Does Your Diet Contain Enough Fiber?* 164

- *Fat Replacements: Having Your "Fat" and Eating It, Too* 165
- *Issues in Health: Is NutraSweet Safe or Does It Cause Health Problems?* 173
- *Salt Substitutes* 178
- *Exploring Your Health 7.2: Do You Meet the Dietary Recommendations for Americans as Shown in Table 7.9?* 180
- *Exploring Your Health 7.3: Your Nutrition Biases* 184
- *Get Involved! Working for Better Nutrition* 187

## **Chapter 8: Weight Control 190**

### **Evaluating Body Weight, Body Fat, and Caloric Intake 192**

- Estimating Overweight, Underweight, and Obesity 192
- Estimating Body Fat 192
- Estimating Your Caloric Needs 193

### **Overweight and Obesity 196**

- Causes of Obesity 197

### **Underweight and Eating Disorders 201**

- Gaining Weight 201
- Eating Disorders 201

### **Weight Control and Nutrition 203**

- Hunger and Appetite 203
- Controlling Appetite 203
- A Sensible Approach to Dieting 203
- Fats and Carbohydrates: Reduce, Don't Eliminate 205
- Snacking: It Can Have a Place 206
- No Place for Sugar 206
- The Need for Water 206
- Fluid Retention 207
- The Best Times to Diet 207
- Keeping It Off Permanently 208
- Fad Diets and Weight Loss Gimmicks 208

### **Weight Control and Exercise 209**

- How Exercise Helps 209
- Your Exercise Choices for Weight Control 210

### **Behavior Modification and You 211**

- Behaviors Linked to Obesity 211
- Behavior Modification Techniques 211

### **Conclusion 214**

### **Summary 214**

### **Questions for Personal Growth 215**

### **References 215**

- *Exploring Your Health 8.1: Evaluating Your Body Weight and Body Fat* 194
- *Exploring Your Health 8.2: Estimating Your Caloric Needs* 197
- *Issues in Health: Weight and Longevity* 199

- *Exploring Your Health 8.3: Food as Rewards* 206
- *A Question of Ethics: Diet Books: Should Laypeople Be Permitted to Write Them?* 207
- *Exploring Your Health 8.4: Negative Eating Behaviors* 213
- *Get Involved! Helping "Fat America" Slim Down* 213

## **Chapter 9: Fitness 216**

### **Fit for Life 218**

### **Benefits of Exercise 218**

- Health-Related Fitness 219
- Feeling and Looking Good 219

### **Principles of Conditioning 219**

- Work Hypertrophy 221
- Intensity, Duration, and Frequency 223
- Alternate Light and Heavy Days 224
- Warm-Up 224
- Cool-Down 224

### **Specific Objectives of Training 226**

- Training for Strength 226
- Training for Heart-Lung Endurance 227
- Training for Flexibility 228
- Girth Control Training 230
- Training for the Lower Back 231
- Training for Maintenance 231

### **Selecting an Exercise Program 231**

- Aerobic Programs 231
- Anaerobics 234
- Getting Started 235

### **Exercise, the Weather, and Your Body 238**

- Coping with the Weather 238
- Exercise After Eating 239
- Need for Water During Exercise 239

### **Conclusion 241**

### **Summary 241**

### **Questions for Personal Growth 242**

### **References 242**

- *Exploring Your Health 9.1: How Fit Are You?* 220
- *Issues in Health: Is Exercise Dangerous?* 222
- *Exploring Your Health 9.2: Determining Your Target Heart Rate* 223
- *Exploring Your Health 9.3: Developing a New Mind Set About Exercise* 225
- *Exploring Your Health 9.4: Flexibility Training* 230
- *A Question of Ethics: The Dangers of Steroids and Muscle Weight Gain: A Personal Decision for the Individual or the Responsibility of Society?* 235
- *Exploring Your Health 9.5: Your Exercise Contract* 236
- *Get Involved! Getting Others to Get the Message About Regular Exercise* 237



## Part Five Drugs and Your Health

### Chapter 10: Using and Abusing Drugs 244

#### America: A Drug-Taking Society 246

Responsible Drug Use 247

#### What Is Drug Abuse? 247

Drug Misuse versus Drug Abuse 248

#### Factors Related to Drug Effects 249

Interaction with Other Drugs 249

Dosage 249

Potency 249

Solubility 249

Location of Action in the Body 249

Individual Response 249

Drug Dependence and Tolerance 252

The Therapeutic Index 252

#### The Effectiveness of Common Over-the-Counter (OTC) Drugs 252

Aspirin Is Aspirin 253

Using Aspirin 253

Acetaminophen 254

Ibuprofen 254

Antacids 254

Sleep Aids 254

Cough Medicine 254

Nasal Decongestants 255

Laxatives 255

#### Psychoactive Drugs 256

Stimulants 256

Depressants 258

Marijuana 259

Psychedelics and Hallucinogens 261

Designer Drugs 261

Anabolic Steroids 262

#### Causes of Drug Use, Misuse, and Abuse 263

Reasons for Use and Misuse 263

Reasons for Abuse 263

#### Treating Drug Addiction 265

Therapeutic Communities 265

Therapy Combined with Medical Help 265

Pharmacological Support 266

#### Alternatives to Drugs 267

#### Conclusion 267

#### Summary 268

#### Questions for Personal Growth 268

#### References 269

- Exploring Your Health 10.1: Revolutionary Drugs 246
- Issues in Health: Should Drugs Be Used as an Escape? 249
- Checklist for Correct Drug Use 255
- Issues in Health: Drug Abuse and AIDS 259
- Exploring Your Health 10.2: Why Do You Think People Abuse Drugs? 263
- Exploring Your Health 10.3: Addictive Personalities 265
- Get Involved! The War on Drugs and You 266
- A Question of Ethics: What Is the Ethical Way for Society to Deal with Drug Addicts? 267

### Chapter 11: Using and Abusing Alcohol 270

#### Alcohol in American Society 272

Research Findings 272

Children, Young People, and Alcohol 273

Drinking Patterns 274

Societal Factors in Alcohol Use 275

#### Alcohol's Trip Through the Body 276

What Is Alcohol? 276

Determining Alcohol Content in the Body 276

Absorption and Metabolism 277

#### Psychological and Physiological Effects of Alcohol 280

Immediate Effects 280

Long-term Effects 281

Alcohol and Other Drugs 281

Fetal Alcohol Syndrome 281

#### Using Alcohol Responsibly 283

Guidelines for Serving and Using Alcohol 284

Drinking and Driving 284

## **The Tragedy of Alcoholism 288**

- Basic Factors Contributing to Alcoholism 289
- Who Drinks?: Sociocultural Correlates 290
- Stages in the Development of Alcoholism 293
- Alcoholism and the Family 294
- Treatment of Alcoholism 295

## **Conclusion 297**

## **Summary 297**

## **Questions for Personal Growth 298**

## **References 298**

- *Exploring Your Health 11.1: Your First Drink* 275
- *Exploring Your Health 11.2: The Campus Alcohol Supervisor* 284
- *How to Reduce Drunk Driving* 285
- *A Question of Ethics: Should Colleges Allow Beer Companies to Sponsor Their Events?* 288
- *Exploring Your Health 11.3: Who Is Most Likely to Be an Alcoholic?* 289
- *Exploring Your Health 11.4: Signs of Alcoholism* 295
- *Get Involved! Insisting on the Responsible Use of Alcohol* 296

## **Chapter 12: Tobacco and Health 300**

### **Why People Smoke 302**

- The Influence of Advertising 303
- Factors that Encourage Smoking 303

### **Various Forms of Tobacco 306**

- Cigarettes 306
- Cigars and Pipes 307
- Smokeless Tobacco 307

### **Physiological Effects of Tobacco Use 307**

- Components of Tobacco Smoke 308
- Tobacco and Addiction 310
- Smoking-Related Diseases 310
- Smoking and the Woman 312
- Other Health Problems 314
- The Economic Cost of Cigarette-Induced Major Illnesses 314

### **Tobacco and the Law 314**

### **Rights of Nonsmokers 315**

- Characteristics of Nonsmokers 315
- Passive Smoking 316
- How Nonsmokers Can Deal with Smokers 317
- The Benefits of Not Smoking 317

### **Kicking the Tobacco Habit 319**

- Health Education Programs 319
- Weight Problems for Quitters 319
- Nicotine Substitutes and Nicotine Gum 322
- Cold Turkey 322
- The Five-Day Plan 322

- Other Programs 322

### **Helping a Friend Stop Using Tobacco 323**

- Making a Quit List 323
- Setting the Q-Day 325
- Making It Permanent 325

### **Epilogue: The Struggle for a Tobacco-Free Society 326**

### **Conclusion 327**

### **Summary 327**

### **Questions for Personal Growth 328**

### **References 329**

- *Exploring Your Health 12.1: Why Do You Smoke?* 304
- *Exploring Your Health 12.2: What Do You Think the Effects of Smoking Are?* 309
- *Issues in Health: Is the Smoking Data Released by the Cigarette Industry Accurate?* 315
- *Exploring Your Health 12.3: Secondhand Smoke and Heart Rate* 316
- *Exploring Your Health 12.4: Do You Want to Change Your Smoking Habits?* 320
- *A Question of Ethics: Should Smokers Be Required by Law to Smoke in Privacy?* 324
- *Get Involved! Working for a Smoke-Free Society* 326



## **Part Six Diseases**

### **Chapter 13: Infectious and Noninfectious Diseases 330**

#### **Infectious Diseases 332**

#### **Agents of Infection 332**

- Bacteria 332
- Viruses 333
- Fungi 334
- Rickettsia 334
- Animal Parasites: Protozoa and Parasitic Worms 334

#### **Defenses Against Infectious Diseases 335**

- Setting the Stage for Infection 335
- Non-Specific and Specific Defenses 335
- Primary and Secondary Immune Responses 337

#### **Treatment of Infectious Diseases 337**

- Vaccination 337



Antibiotics	340
<b>Common Infectious Diseases</b>	<b>341</b>
The Common Cold	341
Influenza	341
Measles	342
Mumps	342
Rubella	342
Mononucleosis	342
Hepatitis	343
Herpes Simplex, Type 1	344
Lyme Disease	344

### **Infectious Lung Diseases 345**

Fungus Infections	345
Pneumonia	345
Tuberculosis	345

### **Noninfectious Diseases 346**

#### **Diabetes Mellitus 346**

Factors in Developing Diabetes	348
Managing Diabetes	349

### **Disorders of the Nervous System 350**

Epilepsy	350
Multiple Sclerosis	350
Cerebral Palsy	352

### **Genetic Diseases 352**

Sickle-Cell Anemia	352
Muscular Dystrophy	353
Down's Syndrome	353
Tay Sach's Disease	353
Familial Hypercholesterolemia	353

### **Noninfectious Lung Diseases 353**

Chronic Bronchitis	354
Emphysema	354
Occupational Lung Disease	354
Allergies	355
Managing Noninfectious Diseases	357

### **Other Noninfectious Diseases 357**

Arthritis	357
Dental Diseases	358

### **Conclusion 360**

#### **Summary 361**

#### **Questions for Personal Growth 362**

#### **References 362**

- *Exploring Your Health 13.1: Your Vaccination Record* 340
- *A Question of Ethics: Are Antibiotics Overprescribed?* 341
- *Exploring Your Health 13.2: Your Infectious Disease Pattern* 346
- *Issues in Health: If Nothing Can Be Done to Prevent or Cure a Fatal Disease, Is There Any Point in Knowing If You Will Acquire It Later in Life?* 349

- *Exploring Your Health 13.3: What Do You Know About Epilepsy?* 351
- *Exploring Your Health 13.4: Do You Have an Allergy?* 356
- *Exploring Your Health 13.5: The Effects of Lung Diseases on Breathing* 358
- *Get Involved! Preventing Infectious and Noninfectious Diseases* 359

## **Chapter 14: Sexually Transmitted Diseases 364**

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### **“VD” to “STD” 366**

Historical Background	367
-----------------------	-----

### **Gonorrhea 368**

Effects and Treatment of Gonorrhea	368
------------------------------------	-----

### **Syphilis 369**

Effects and Treatment of Syphilis	369
-----------------------------------	-----

### **Herpes Genitalis (Herpes Simplex, Type 2) 370**

Effects and Treatment of Herpes	370
Living with Herpes	371

### **Chlamydia 372**

### **Nongonococcal Urethritis 373**

### **Pelvic Inflammatory Disease 373**

### **Trichomoniasis 373**

### **Moniliasis, or Yeast Infection 373**

### **Genital Warts 374**

### **Pubic Lice 375**

### **Scabies 375**

### **Other STDs 375**

Chancroid	375
Lymphogranuloma Venereum (LGV)	375
Granuloma Inguinale	376

### **Coping with STDs 376**

### **Prevention of STDs 377**

### **Acquired Immune Deficiency Syndrome (AIDS) 378**

AIDS-Related Complex (ARC)	378
AIDS in America	378
How Is AIDS Spread?	379
Treating AIDS Patients	381
Social and Political Implications of AIDS	383

### **Conclusion 384**

#### **Summary 385**

#### **Questions for Personal Growth 386**

#### **References 386**

- *Exploring Your Health 14.1: Test Your Knowledge About STDs* 366
- *Issues in Health: Should Minors Who Have Sexually Transmitted Diseases Be Treated Without Parental Consent?* 371