# **Brief** Contents

### PART ONE

# Establishing a Basis for Wellness

Chapter 1	Taking Charge of Your Health	1
Chapter 2	Stress: The Constant	
1	Challenge 31	
Chapter 3	Psychological Health 63	

### PART TWO

# Understanding Sexuality

- Chapter 4Intimate Relationships and<br/>CommunicationChapter 5Sex and Your BodyChapter 6Contraception151
- Chapter 7 Abortion 183
- Chapter 8 Pregnancy and Childbirth 203

### PART THREE

# Making Responsible Decisions: Substance Use and Abuse

- Chapter 9 The Use and Abuse of Psychoactive Drugs 235
- Chapter 10 The Responsible Use of Alcohol 269
- Chapter 11 Toward a Tobacco-Free Society 297

### PART FOUR

# Getting Fit

Chapter	12	Nutrition	Basics	327

Chapter 13	Exercise for 1	Health
1	and Fitness	

Chapter 14 Weight Management 411

### PART FIVE

# Protecting Yourself from Disease

Chapter 15Cardiovascular Health445Chapter 16Cancer479Chapter 17Immunity and Infection515Chapter 18Sexually Transmitted Diseases547

### PART SIX

# **Accepting Physical Limits**

Chapter 19 Aging: A Vital Process 581 Chapter 20 Dying and Death 603

### PART SEVEN

# Living Well in the World

- Chapter 21 Conventional and Complementary Medicine: Skills for the Health Care Consumer 629
- Chapter 22 Personal Safety: Protecting Yourself from Unintentional Injuries and Violence 661
- Chapter 23 Environmental Health 693
- Appendix ANutritional Content of<br/>Popular Items from Fast-Food<br/>RestaurantsAppendix BA Self-Care Guide for<br/>Common Medical ProblemsA-5CreditsC-1

Index I-1

# Contents

#### PART ONE

# Establishing a Basis for Wellness

### 1 Taking Charge of Your Health 1

#### WELLNESS: THE NEW HEALTH GOAL 2

The Dimensions of Wellness 2 New Opportunities, New Responsibilities 3 The Healthy People Initiative 5 Health Issues for Diverse Populations 6

#### CHOOSING WELLNESS 11

Factors That Influence Wellness 11 A Wellness Profile 12

#### HOW DO YOU REACH WELLNESS? 14

Getting Serious About Your Health 14 Building Motivation for Change 15 Enhancing Your Readiness to Change 20 Developing Skills for Change: Creating a Personalized Plan 21 Putting Your Plan into Action 24 Staying with It 24

#### BEING HEALTHY FOR LIFE 25

Making Changes in Your World 25 What Does the Future Hold? 26

Tips for Today27Summary27Take Action27For More Information28Selected Bibliography29

### 2 Stress: The Constant Challenge 31

#### WHAT IS STRESS? 32

Physical Responses to Stressors 32Emotional and Behavioral Responses to Stressors 35The Stress Experience as a Whole 38

#### STRESS AND DISEASE 38

The General Adaptation Syndrome 39 Allostatic Load 40 Psychoneuroimmunology 40 Links Between Stress and Specific Conditions 40

#### COMMON SOURCES OF STRESS 42

Major Life Changes 42 Daily Hassles 42 College Stressors 43 Job-Related Stressors 44 Social Stressors 45 Environmental Stressors 46 Internal Stressors 47

#### TECHNIQUES FOR MANAGING STRESS 47

Social Support 47 Communication 47 Exercise 47 Nutrition 48 Sleep 49 Time Management 49 Strive for Greater Spirituality 51 Confide in Yourself Through Writing 51 Cognitive Techniques 51 Relaxation Techniques 53 Counterproductive Coping Strategies 56

#### CREATING A PERSONAL PLAN FOR MANAGING STRESS 57

Identifying Stressors 57 Designing Your Plan 58 Getting Help 58 Tips for Today 58 Summary 58 Take Action 59 For More Information 59 Behavior Change Strategy: Dealing with Test Anxiety 60 Selected Bibliography 61

### 3 Psychological Health 63

#### WHAT PSYCHOLOGICAL HEALTH IS NOT 64

#### DEFINING PSYCHOLOGICAL HEALTH 64

Realism 65 Acceptance 65 Autonomy 65 A Capacity for Intimacy 66 Creativity 66

#### MEETING LIFE'S CHALLENGES 66

Growing Up Psychologically 66 Achieving Healthy Self-Esteem 68 Being Less Defensive 70 Being Optimistic 71 Maintaining Honest Communication 72 Dealing with Loneliness 73 Dealing with Anger 73

#### PSYCHOLOGICAL DISORDERS 74

Anxiety Disorders 74 Mood Disorders 78 Schizophrenia 82

# MODELS OF HUMAN NATURE AND THERAPEUTIC CHANGE 84

The Biological Model84The Behavioral Model85The Cognitive Model86The Psychodynamic Model87Evaluating the Models87

#### GETTING HELP 88

Self-Help 88 Peer Counseling and Support Groups 88 Professional Help 88 Tips for Today 90 Summary 90 Behavior Change Strategy: Dealing with Social Anxiety 91 Take Action 92 For More Information 92 Selected Bibliography 93

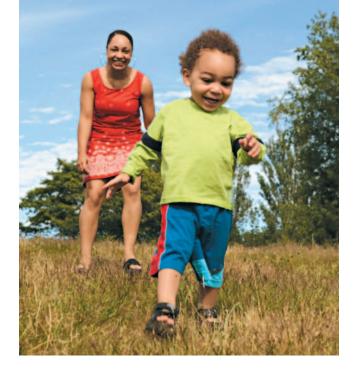
#### PART TWO

# **Understanding Sexuality**

#### 4 Intimate Relationships and Communication 95

#### **DEVELOPING INTIMATE RELATIONSHIPS** 96

Self-Concept and Self-Esteem 96 Friendship 97 Love, Sex, and Intimacy 97 Challenges in Relationships 99 Successful Relationships 101



Unhealthy Relationships 102 Ending a Relationship 102

#### COMMUNICATION 102

Nonverbal Communication 102 Communication Skills 103 Gender and Communication 103 Conflict and Conflict Resolution 103

#### PAIRING AND SINGLEHOOD 106

Choosing a Partner 107 Dating 107 Living Together 107 Same-Sex Partnerships 110 Singlehood 112

#### MARRIAGE 112

Benefits of Marriage 113 Issues in Marriage 113 The Role of Commitment 114 Separation and Divorce 114

#### FAMILY LIFE 114

Becoming a Parent 114 Parenting 115 Single Parents 117 Stepfamilies 117 Successful Families 117 Tips for Today 119 Summary 119 Take Action 120 For More Information 120 Selected Bibliography 121



### 5 Sex and Your Body 123

#### SEXUAL ANATOMY 124

Female Sex Organs 124 Male Sex Organs 125

# HORMONES AND THE REPRODUCTIVE LIFE CYCLE 127

Differentiation of the Embryo 127 Female Sexual Maturation 128 Male Sexual Maturation 132 Aging and Human Sexuality 132

#### SEXUAL FUNCTIONING 132

Sexual Stimulation 133 The Sexual Response Cycle 133 Sexual Problems 135

#### SEXUAL BEHAVIOR 137

The Development of Sexual Behavior 137 Sexual Orientation 141 Varieties of Human Sexual Behavior 142 Atypical and Problematic Sexual Behaviors 144 Commercial Sex 144 Responsible Sexual Behavior 146 Tips for Today147Summary147Take Action148For More Information148Selected Bibliography149

#### 6 Contraception 151

#### PRINCIPLES OF CONTRACEPTION 152

#### **REVERSIBLE CONTRACEPTION** 154

Oral Contraceptives: The Pill 154 Contraceptive Skin Patch 156 Vaginal Contraceptive Ring 157 Contraceptive Implants 158 Injectable Contraceptives 158 Emergency Contraception 159 The Intrauterine Device (IUD) 160 Male Condoms 161 Female Condoms 162 The Diaphragm with Spermicide 164 Lea's Shield 166 The Cervical Cap 166 The Contraceptive Sponge 166 Vaginal Spermicides 167 Abstinence, Fertility Awareness, and Withdrawal 168 Combining Methods 169

# PERMANENT CONTRACEPTION: STERILIZATION 170

Male Sterilization: Vasectomy 171 Female Sterilization 172

#### **ISSUES IN CONTRACEPTION** 174

When Is It OK to Begin Having Sexual Relations? 174
Contraception and Gender Differences 175
Sexuality and Contraception Education and Teenagers 176

# WHICH CONTRACEPTIVE METHOD IS RIGHT FOR YOU? 177

Tips for Today 179 Summary 179 Take Action 180 For More Information 180 Selected Bibliography 181

#### 7 Abortion 183

#### THE ABORTION ISSUE 184

The History of Abortion in the United States 184

Current Legal Status 184 Moral Considerations 186 Public Opinion 186 Personal Considerations 189 Current Trends 190

#### METHODS OF ABORTION 192

Suction Curettage 194 Manual Vacuum Aspiration 194 Abortion After the First Trimester 195 Medical Abortion 195

#### COMPLICATIONS OF ABORTION 196

Possible Physical Effects 196 Possible Psychological Effects 196

# DECISION MAKING AND UNINTENDED PREGNANCY 197

Tips for Today 199 Summary 199 Take Action 199 For More Information 200 Selected Bibliography 200

### 8 Pregnancy and Childbirth 203

#### PREPARATION FOR PARENTHOOD 204

Deciding to Become a Parent 204 Preconception Care 205

#### UNDERSTANDING FERTILITY 206

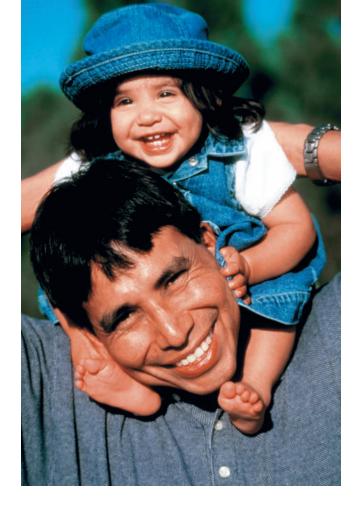
Conception 206 Infertility 208

#### PREGNANCY 212

Pregnancy Tests 212 Changes in the Woman's Body 212 Emotional Responses to Pregnancy 214 Fetal Development 214 The Importance of Prenatal Care 220 Complications of Pregnancy and Pregnancy Loss 224

#### CHILDBIRTH 226

Choices in Childbirth 226 Labor and Delivery 226 The Postpartum Period 229 Tips for Today 231 Summary 231 Take Action 232 For More Information 232 Selected Bibliography 233



#### PART THREE

# Making Responsible Decisions: Substance Use and Abuse

9 The Use and Abuse of Psychoactive Drugs 235

#### ADDICTIVE BEHAVIOR 236

What Is Addiction? 236 Characteristics of Addictive Behavior 237 The Development of Addiction 237 Characteristics of People with Addictions 237 Examples of Addictive Behaviors 238

#### DRUG USE, ABUSE, AND DEPENDENCE 239

The Drug Tradition 239 Drug Abuse and Dependence 240 Who Uses Drugs? 241 Why Do People Use Drugs? 242 Risk Factors for Dependence 243 Other Risks of Drug Use 244



#### HOW DRUGS AFFECT THE BODY 246

Changes in Brain Chemistry 246 Drug Factors 246 User Factors 247 Social Factors 248

# REPRESENTATIVE PSYCHOACTIVE DRUGS 248

Opioids 248 Central Nervous System Depressants 250 Central Nervous System Stimulants 250 Marijuana and Other Cannabis Products 254 Hallucinogens 255 Inhalants 257

#### DRUG USE: THE DECADES AHEAD 258

Drugs, Society, and Families 258 Legalizing Drugs 258 Drug Testing 260 Treatment for Drug Dependence 260 Preventing Drug Abuse 262 The Role of Drugs in Your Life 263 Tips for Today 264 Summary 264 Behavior Change Strategy: Changing Your Drug Habits 265 Take Action 265 For More Information 266 Selected Bibliography 267

#### 10 The Responsible Use of Alcohol 269

#### THE NATURE OF ALCOHOL 270

The Chemistry of Alcohol 270 Absorption 270 Metabolism and Excretion 271 Alcohol Intake and Blood Alcohol Concentration 271

#### ALCOHOL AND HEALTH 273

The Immediate Effects of Alcohol 273 Drinking and Driving 275 The Effects of Chronic Use 277 The Effects of Alcohol Use During Pregnancy 278 Possible Health Benefits of Alcohol 279

#### ALCOHOL ABUSE AND DEPENDENCE 280

Alcohol Abuse 280 Binge Drinking 280 Alcoholism 282 Gender and Ethnic Differences 286 Helping Someone with an Alcohol Problem 288

# DRINKING BEHAVIOR AND RESPONSIBILITY 288

Examine Your Attitudes About Alcohol Use 288 Examine Your Drinking Behavior 288 Drink Moderately and Responsibly 290 Promote Responsible Drinking in Others 290 Tips for Today 292 Summary 292 Behavior Change Strategy: Developing Responsible Drinking Habits 293 Take Action 294 For More Information 294 Selected Bibliography 295

#### 11 Toward a Tobacco-Free Society 297

#### WHY PEOPLE USE TOBACCO 298

Nicotine Addiction 298 Social and Psychological Factors 301 Genetic Factors 301 Why Start in the First Place? 301 Who Uses Tobacco? 303

#### HEALTH HAZARDS 304

Tobacco Smoke: A Toxic Mix304The Immediate Effects of Smoking307The Long-Term Effects of Smoking307Other Forms of Tobacco Use311

# THE EFFECTS OF SMOKING ON THE NONSMOKER 313

Environmental Tobacco Smoke 314 Smoking and Pregnancy 315 The Cost of Tobacco Use to Society 315

#### WHAT CAN BE DONE? 317

Action at the Local Level 317 Action at the State and Federal Levels 317 International Action 317 Action in the Private Sector 318 Individual Action 318 Controlling the Tobacco Companies 319

#### HOW A TOBACCO USER CAN QUIT 319

The Benefits of Quitting 319 Options for Quitting 320 Tips for Today 322 Behavior Change Strategy: Kicking the Tobacco Habit 322 Summary 323 Take Action 324 For More Information 324 Selected Bibliography 325

#### PART FOUR

# **Getting Fit**

#### 12 Nutrition Basics 327

# NUTRITIONAL REQUIREMENTS: COMPONENTS OF A HEALTHY DIET 328

Proteins—The Basis of Body Structure 329 Fats—Essential in Small Amounts 330 Carbohydrates—An Ideal Source of Energy 334 Fiber—A Closer Look 337 Vitamins—Organic Micronutrients 338 Minerals—Inorganic Micronutrients 340 Water—Vital but Often Ignored 340 Other Substances in Food 340

# NUTRITIONAL GUIDELINES: PLANNING YOUR DIET 343

Dietary Reference Intakes (DRIs) 343 Dietary Guidelines for Americans 344 USDA's MyPyramid 350 The Vegetarian Alternative 354 Dietary Challenges for Special Population Groups 356

#### A PERSONAL PLAN: MAKING INFORMED CHOICES ABOUT FOOD 357

Reading Food Labels 357 Reading Dietary Supplement Labels 357



Protecting Yourself Against Foodborne Illness 360 Environmental Contaminants and Organic Foods 363 Additives in Food 364 Food Irradiation 365 Genetically Modified Foods 365 Food Allergies and Food Intolerances 366 Staying Committed to a Healthy Diet 366 *Tips for Today* 368 Summary 368 Behavior Change Strategy: Improving Your Diet by Choosing Healthy Beverages 369 Take Action 369 For More Information 370 Selected Bibliography 371

### 13 Exercise for Health and Fitness 377

#### WHAT IS PHYSICAL FITNESS? 378

Cardiorespiratory Endurance 378 Muscular Strength 379 Muscular Endurance 380 Flexibility 380 Body Composition 380



#### THE BENEFITS OF EXERCISE 380

Improved Cardiorespiratory Functioning 380
More Efficient Metabolism 380
Improved Body Composition 381
Disease Prevention and Management 382
Improved Psychological and Emotional Wellness 383
Improved Immune Function 383
Prevention of Injuries and Low-Back Pain 383
Improved Wellness over the Life Span 384

#### DESIGNING YOUR EXERCISE PROGRAM 384

Physical Activity and Exercise for Health and Fitness 386
First Steps 388
Cardiorespiratory Endurance Exercises 391
Developing Muscular Strength and Endurance 393
Flexibility Exercises 395
Training in Specific Skills 397
Putting It All Together 397

# GETTING STARTED AND STAYING ON TRACK 398

Selecting Instructors, Equipment, and Facilities 398Eating and Drinking for Exercise 400 Managing Your Fitness Program 400 Tips for Today 405 Summary 405 Behavior Change Strategy: Planning a Personal Exercise Program 406 Take Action 407 For More Information 408 Selected Bibliography 409

### 14 Weight Management 411

#### BASIC CONCEPTS OF WEIGHT MANAGEMENT 412

Body Composition 412 Energy Balance 413 Evaluating Body Weight and Body Composition 414 Excess Body Fat and Wellness 416 What Is the Right Weight for You? 419

# FACTORS CONTRIBUTING TO EXCESS BODY FAT 419

Genetic Factors 419 Physiological Factors 420 Lifestyle Factors 421 Psychosocial Factors 423

#### ADOPTING A HEALTHY LIFESTYLE FOR SUCCESSFUL WEIGHT MANAGEMENT 423

Diet and Eating Habits 423 Physical Activity and Exercise 427 Thinking and Emotions 427 Coping Strategies 428

#### APPROACHES TO OVERCOMING A WEIGHT PROBLEM 428

Doing It Yourself 428 Diet Books 430 Dietary Supplements and Diet Aids 430 Weight-Loss Programs 433 Prescription Drugs 433 Surgery 434 Psychological Help 435

#### BODY IMAGE 435

Severe Body Image Problems 435 Acceptance and Change 436

#### EATING DISORDERS 437

Factors in Developing an Eating Disorder 437 Anorexia Nervosa 438 Bulimia Nervosa 438 Binge-Eating Disorder 439 Borderline Disordered Eating 439 Treating Eating Disorders 439 Today's Challenge 439 Tips for Today 440 Summary 440 Behavior Change Strategy: A Weight-Management Program 441 Take Action 442 For More Information 442 Selected Bibliography 443

#### PART FIVE

# Protecting Yourself from Disease

#### 15 Cardiovascular Health 445

#### THE CARDIOVASCULAR SYSTEM 446

# RISKS FACTORS FOR CARDIOVASCULAR DISEASE 447

Major Risk Factors That Can Be Changed 448
Contributing Risk Factors That Can Be Changed 453
Major Risk Factors That Can't Be Changed 455
Possible Risk Factors Currently Being Studied 456

# MAJOR FORMS OF CARDIOVASCULAR DISEASE 460

Atherosclerosis 460 Heart Disease and Heart Attack 461 Stroke 464 Peripheral Arterial Disease 466 Congestive Heart Failure 467 Other Forms of Heart Disease 467

#### PROTECTING YOURSELF AGAINST CARDIOVASCULAR DISEASE 469

Eat Heart-Healthy 469 Exercise Regularly 472 Avoid Tobacco 472 Know and Manage Your Blood Pressure 472 Know and Manage Your Cholesterol Levels 472 Develop Effective Ways to Handle Stress and Anger 473 Manage Other Risk Factors and Medical Conditions 474 Tips for Today 474 Summary 474 *Take Action* 474 Behavior Change Strategy: Reducing the Saturated and Trans Fat in Your Diet 475 For More Information 475 Selected Bibliography 477



#### 16 Cancer 479

#### WHAT IS CANCER? 480

Benign Versus Malignant Tumors 480 How Cancer Spreads: Metastasis 481 Types of Cancer 481 The Incidence of Cancer 482

#### COMMON CANCERS 484

Lung Cancer 484 Colon and Rectal Cancer 485 Breast Cancer 485 Prostate Cancer 487 Cancers of the Female Reproductive Tract 488 Skin Cancer 490 Oral Cancer 493 Testicular Cancer 493 Other Cancers 493

#### THE CAUSES OF CANCER 495

The Role of DNA 495 Dietary Factors 498 Inactivity and Obesity 500 Microbes 501 Carcinogens in the Environment 501

#### DETECTING, DIAGNOSING, AND TREATING CANCER 503

Detecting Cancer 503 Diagnosing Cancer 505 Treating Cancer 505 Living with Cancer 507

#### PREVENTING CANCER 507

Avoiding Tobacco 507 Controlling Diet and Weight 509 Regular Exercise 509 Protecting Skin from the Sun 509



Avoiding Environmental and Occupational Carcinogens 509 Recommended Screening Tests 509 Tips for Today 510 Summary 510 Take Action 510 Behavior Change Strategy: Incorporating More Fruits and Vegetables into Your Diet 511 For More Information 511 Selected Bibliography 512

### 17 Immunity and Infection 515

### THE CHAIN OF INFECTION 516

Links in the Chain516Breaking the Chain517

#### THE BODY'S DEFENSE SYSTEM 517

Physical and Chemical Barriers 517 The Immune System 518 Immunization 521 Allergy: The Body's Defense System Gone Haywire 523

# THE TROUBLEMAKERS: PATHOGENS AND DISEASE 525

Bacteria 526 Viruses 531 Fungi 537 Protozoa 538 Parasitic Worms 539 Prions 539 Emerging Infectious Diseases 539 Other Immune Disorders: Cancer and Autoimmune Diseases 541

#### GIVING YOURSELF A FIGHTING CHANCE: HOW TO SUPPORT YOUR IMMUNE SYSTEM 542

Tips for Today 543 Summary 543 Take Action 544 For More Information 544 Selected Bibliography 545

#### 18 Sexually Transmitted Diseases 547

#### THE MAJOR STDS 548

HIV Infection and AIDS 548 Chlamydia 562 Gonorrhea 565 Pelvic Inflammatory Disease 565 Human Papillomavirus Infection (Genital Warts) 566 Genital Herpes 569 Hepatitis B 570 Syphilis 571 Trichomoniasis 572

#### OTHER STDS 572

#### WHAT YOU CAN DO 573

Education 573 Diagnosis and Treatment 574 Prevention 575 Tips for Today 577 Summary 577 Take Action 578 For More Information 578 Selected Bibliography 579

#### PART SIX

# **Accepting Physical Limits**

#### 19 Aging: A Vital Process 581

#### GENERATING VITALITY AS YOU AGE 582

What Happens as You Age? 582 Life-Enhancing Measures: Age-Proofing 582

#### CONFRONTING THE CHANGES OF AGING 586

Planning for Social Changes 586 Adapting to Physical Changes 587 Handling Psychological and Mental Changes 590

#### AGING AND LIFE EXPECTANCY 592

Factors Influencing Life Expectancy 592 Theories on Aging 592

#### LIFE IN AN AGING AMERICA 593

America's Aging Minority 594 Family and Community Resources for Older Adults 595 Government Aid and Policies 597 Changing the Public's Idea of Aging 598

Tips for Today599Summary599Take Action600For More Information600Selected Bibliography601

### 20 Dying and Death 603

#### WHY IS THERE DEATH? 604

#### UNDERSTANDING DEATH AND DYING 604

Defining Death 604 Learning About Death 605 Denying Versus Welcoming Death 605

#### PLANNING FOR DEATH 606

Making a Will 606 Considering Options for End-of-Life Care 608 Deciding to Prolong Life or Hasten Death 608 Completing an Advance Directive 611 Becoming an Organ Donor 612 Planning a Funeral or Memorial Service 614

#### COPING WITH DYING 616

Awareness of Dying 616 The Tasks of Coping 617 The Trajectory of Dying 617 Supporting a Dying Person 619

#### COPING WITH LOSS 619

Experiencing Grief 619 Supporting a Grieving Person 621 Helping Children Cope with Loss 623

#### COMING TO TERMS WITH DEATH 623

Tips for Today624Summary624Take Action625



For More Information625Selected Bibliography626

#### PART SEVEN

# Living Well in the World

#### 21 Conventional and Complementary Medicine: Skills for the Health Care Consumer 629

# SELF-CARE: MANAGING MEDICAL PROBLEMS 630

Self-Assessment 630 Decision Making: Knowing When to See a Physician 630 Self-Treatment: Many Options 631

#### PROFESSIONAL MEDICAL AND HEALTH CARE: CHOICES AND CHANGE 633

#### CONVENTIONAL MEDICINE 634

Premises and Assumptions of Conventional Medicine 634
The Providers of Conventional Medicine 635
Choosing a Primary Care Physician 637
Getting the Most Out of Your Medical Care 638



# COMPLEMENTARY AND ALTERNATIVE MEDICINE 643

Alternative Medical Systems 643 Mind-Body Interventions 646 Biological-Based Therapies 648 Manipulative and Body-Based Methods 648 Energy Therapies 649 Evaluating Complementary and Alternative Therapies 651 Why Do Consumers Use Complementary Medicine? 652

#### PAYING FOR HEALTH CARE 653

The Current System 653 Health Insurance 654 Choosing a Policy 656 Tips for Today 656 Summary 656 Behavior Change Strategy: Complying with Physicians' Instructions 657 Take Action 658 For More Information 658 Selected Bibliography 659

#### 22 Personal Safety: Protecting Yourself from Unintentional Injuries and Violence 661

#### UNINTENTIONAL INJURIES 662

What Causes an Injury? 662 Motor Vehicle Injuries 664 Home Injuries 668 Leisure Injuries 671 Work Injuries 672

# VIOLENCE AND INTENTIONAL INJURIES 673

Factors Contributing to Violence 673 Assault 676 Homicide 676 Gang-Related Violence 676 Hate Crimes 677 School Violence 677 Workplace Violence 678 Terrorism 678 Family and Intimate Violence 678 Sexual Violence 683 What You Can Do About Violence 686

#### PROVIDING EMERGENCY CARE 687

Tips for Today 688 Summary 688 Behavior Change Strategy: Adopting Safer Habits 689 Take Action 689 For More Information 690 Selected Bibliography 691

### 23 Environmental Health 693

#### CLASSIC ENVIRONMENTAL HEALTH CONCERNS 694

Clean Water 695 Waste Disposal 696 Food Inspection 698 Insect and Rodent Control 698

#### POPULATION GROWTH 699

How Many People Can the World Hold? 699 Factors That Contribute to Population Growth 700

#### POLLUTION 701

Air Pollution 701 Chemical Pollution 708 Radiation 711 Noise Pollution 713

#### HEALING THE ENVIRONMENT 714

Tips for Today715Summary715Take Action716For More Information716Selected Bibliography717

# A

Nutritional Content of Popular Items from Fast-Food Restaurants A-1

# B

A Self-Care Guide for Common Medical Problems A-5

Credits C-1

Index I-1

#### BOXES



In the News

Personalized Medicine: Beyond the Human Genome Project 13 Coping After Terrorism or Natural Disasters 46 Antidepressant Use in Young People 86 Same-Sex Marriage and Civil Unions 111 Cybersex 145 Future Methods of Contraception 175 Timeline of Selected Key Abortion Decisions and Legislation 185 Reproductive Technology 211 The Meth Epidemic 256 College Binge Drinking 283 After the Master Settlement Agreement 316 America's Poor Eating Habits 367 Drugs and Supplements for Improved Athletic Performance 396 The Growing American Waistline 413 Sudden Death in Young Athletes 468 Cancer Myths and Misperceptions 502 The Next Influenza Pandemic—When, Not If? 534 Half of Americans Will Have an STD by Age 25 567 Baby Boomers: Redefining Age and Retirement 596 Profound Trauma and Loss 622 Prescription Drug Use and Regulation: Lessons from Vioxx 640 Emergency Preparedness 680 Global Warming, Local Action 705





# Mind/Body/Spirit

Ten Warning Signs of Wellness 4 Stress and Your Brain 42 Healthy Connections 48 Paths to Spiritual Wellness 69 Are Intimate Relationships Good for Your Health? 113 Sexual Decision Making 139 Stress and Pregnancy 219 Spirituality and Drug Abuse 244 Tobacco Use and Religion: Global Views 300 Eating Habits and Total Wellness 330 Exercise and the Mind 384 Exercise, Body Image, and Self-Esteem 428 Anger, Hostility, and Heart Disease 455 Religion and Wellness 473 Coping with Cancer 508 Immunity and Stress 542 Stress and Genital Herpes 570 Help Yourself by Helping Others 587 In Search of a Good Death 618 Expressive Writing and Chronic Conditions 631 The Power of Belief: The Placebo Effect 647 Nature and the Human Spirit 695

Take ChargeMotivation Boosters26Overcoming Insomnia50Meditation and the Relaxation Response54Breathing for Relaxation55Realistic Self-Talk71



Being a Good Friend 98 Strategies for Enhancing Support in Relationships 101 Guidelines for Effective Communication 104 Online Relationships 109 Strategies of Strong Families 118 Communicating About Sexuality 146 Talking with a Partner About Contraception 174 Healthy Eating During Pregnancy 221 If Someone You Know Has a Drug Problem . . . 263 Dealing with an Alcohol Emergency 274 Building Motivation to Quit Smoking 302 Helping a Friend or Partner Stop Using Tobacco 318 Setting Intake Goals for Protein, Fat, and Carbohydrate 334 Choosing More Whole-Grain Foods 336 Eating for Healthy Bones 342 Reducing the Saturated and Trans Fat in Your Diet 348 Judging Serving Sizes 353 Eating Strategies for College Students 358 Safe Food Handling 363 Becoming More Active 387 Determining Your Target Heart Rate Range 392 Safe Weight Training 395 Maintaining Your Exercise Program 405 Strategies for Successful Weight Management 429 If Someone You Know Has an Eating Disorder 440 What to Do in Case of a Heart Attack, Stroke, or Cardiac Arrest 463 Three Simple Ways to Recognize a Stroke 466 Breast Self-Examination 487 Testicle Self-Examination 494 Protecting Yourself Against Tickborne and Mosquitoborne Infections 529 How to Keep Yourself Well 543 Preventing HIV Infection and Other STDs 563 Don't Wait-Early Treatment of STDs Really Matters 575

Talking About Condoms and Safer Sex 576 Communication and Care for the Older Adults in Your Life 596 Tasks for Survivors 616 Coping with Grief 623 Recognizing the Potential for Abusiveness in a Partner 681 Preventing Date Rape 684 Staying Safe on Campus 687 Making Your Letters Count 715

# Critical Consumer

Evaluating Sources of Health Information 18 Alternative Remedies for Depression 83 Choosing and Evaluating Mental Health Professionals 89 Dietary Supplements and PMS 131 Obtaining a Contraceptive from a Health Clinic or Physician 156 Buying and Using Over-the-Counter Contraceptives 163 Making a Birth Plan 227 Choosing a Drug-Treatment Program 262 Alcohol Advertising 291 Smoking Cessation Products 321 Using Food Labels 359 Using Dietary Supplement Labels 361 Choosing Exercise Footwear 401 Evaluating Fat and Sugar Substitutes 426 Is Any Diet Best for Weight Loss? 431 Choosing and Using Sunscreens and Sun-Protective Clothing 492 Avoiding Cancer Quackery 506 Preventing and Treating the Common Cold 532 Tattoos and Body Piercing 537 Getting an HIV Test 557 Choosing a Place to Live 597 A Consumer Guide to Funerals 615 Evaluating Health News 636 Avoiding Health Fraud and Quackery 644 Choosing a Health Care Plan 656 Choosing a Bicycle Helmet 669 How to Be a Green Consumer 698



### **Dimensions of Diversity**

Factors Contributing to Health Disparities Among Ethnic Minorities 10

Diverse Populations, Discrimination, and Stress 45
Ethnicity, Culture, and Psychological Disorders 75
Interfaith and Intrafaith Partnerships 108
Are There Ethnic Differences in Sexual Decision Making and Behavior? 142

Contraceptive Use Among American Women 173 Abortions Around the World 193 Ethnicity and Genetic Diseases 207 Drug Use and Ethnicity: Risk and Protective Factors 259 Metabolizing Alcohol: Our Bodies Work Differently 272 Smoking Among U.S. Ethnic Populations 305 Ethnic Foods 346 Exercise for People with Disabilities and Other Special Health Concerns 385 Overweight and Obesity Among U.S. Ethnic Populations 422 Ethnicity and CVD 458 Ethnicity, Poverty, and Cancer 496 Poverty, Ethnicity, and Asthma 525 HIV Infection Around the World 550 HIV/AIDS Among African Americans and Latinos 555 Multicultural Wisdom About Aging 599 Día de los Muertos: The Day of the Dead 607 Who Are the Uninsured? 654 Violence and Health: A Global View 679 Poverty and Environmental Health 709



### Gender Matters

Women's Health/Men's Health 8 Women, Men, and Stress 39 Depression, Anxiety, and Gender 80 Gender and Communication 105 Sexual Differentiation, Hormones, and the Brain 128 Men's Involvement in Contraception 176 Pregnancy Tasks for Fathers 215 Gender Differences in Drug Use and Abuse 243 Gender and Alcohol Use and Abuse 287 Gender and Tobacco Use 311 How Different Are the Nutritional Needs of Women and Men? 356 Gender Differences in Muscular Strength 393 Gender, Ethnicity, and Body Image 436 Women and CVD 457 Gender and Cancer 483 Women and Autoimmune Diseases 541 Women Are Hit Hard by STDs 564 Suicide Among Older Men 592 Why Do Women Live Longer? 593 Grief and Gender 620 Health Care Visits and Gender 638 Injuries Among Young Men 663 Gender and Environmental Health 711

Assess Yourself Wellness: Evaluate Your Lifestyle 16 What Stage of Change Are You In? 21 How High Is Your Stress Level? 33 Are You Suffering from a Mood Disorder? 78 Love Maps Questionnaire 100 Your Sexual Attitudes 140



Which Contraceptive Method Is Right for You and Your Partner? 178 Creating a Family Health Tree 209 Do You Have a Problem with Drugs? 245 Do You Have a Problem with Alcohol? 289 Nicotine Dependence: Are You Hooked? 299 Your Diet Versus MyPyramid Recommendations 355 The 1.5-Mile Run-Walk Test 402 What Triggers Your Eating? 424 Are You at Risk for CVD? 470 What's Your UV Risk? 491 Do Your Attitudes and Behaviors Put You at Risk for STDs? 573 Personal Health Profile 640 Are You an Aggressive Driver? 665 Environmental Health Checklist 714

# In Focus

Headaches: A Common Symptom of Stress 43 What Stresses Us Out? 44 Shyness 77 Myths About Suicide 81 Do You Have Enough Friends? 97 Relationship Styles and Conflict Resolution 106 Myths About Contraception 153 The Opposing Views: Pro-Choice 187 The Opposing Views: Pro-Life 188 The Adoption Option 191



Personal Decisions About Abortion 198 Club Drugs 251 Children of Alcoholics 284 Diabetes 418 Genetic Testing for Breast Cancer 498 Are All Diseases Infectious? 535 College Students and STDs 568 Stem Cells 583 Alzheimer's Disease 591 Hospice: Comfort and Care for the Dying 609 What Can Be Done About the Shortage of Organ Donors? 613 Myths About Organ Donation 614 Herbal Remedies: Are They Safe? 650 Cell Phones and Distracted Driving 666 Carpal Tunnel Syndrome 674 Natural Ecosystems and Biodiversity 700

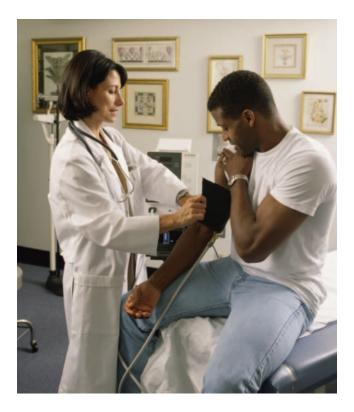
#### TOPICS OF SPECIAL CONCERN TO WOMEN

Aging among women, 132, 584, 587 Alcoholism, patterns among women, 286–287 Alcohol metabolism in women, 271 Alcohol use, special risks for women, 275, 278-279 Amenorrhea, 419, 438 Anxiety disorders, 76, 80 Arthritis, 385, 529, 542, 588-589 Asthma, 314-315, 524-525 Autoimmune disorders, 541 Bacterial vaginosis, 572-573 Body composition, 381-382, 398, 412, 415 Body image, negative, 435-436 Breast cancer, 209, 485-487, 498, 504 Breast self-examinations, 486-487, 504 Cancer, rates and risk factors, 482, 483, 488-490 Cardiovascular disease, risk among women, 456-457, 459, 461 Caregiving for older adults, 595-596, 619 Carpal tunnel syndrome, 674 Causes of death among women, 5, 8, 593 Cervical cancer, 155, 311, 488-489, 504, 566, 569 Communication styles among women, 103, 105 Contraception, female methods, 154-161, 162-168, 172, 174 Contraceptive use and roles and responsibilities, 173, 175-176 Cybersex, 144-145 Depression, risk among women, 76, 79-80 Dietary recommendations for women, 334, 337, 344, 353, 356, 372-374 Drug use, rates of and special risks for women, 243, 247, 252, 253, 255 Eating disorders 437-439 Ectopic pregnancy, 196, 224-225 Environmental health risks, 709, 710, 711 Family violence, 678-680 Female athlete triad, 419 Female genital mutilation, 138 Financial planning for retirement, 587 Folic acid, 206, 220, 338, 339, 344, 357, 471, 485, 500 Gender roles, 39, 96, 137-138, 663 Grief, pattern among women, 620 Health care visits, 638 Health concerns and status, general, 7-8, 638 Heart attack risk among women, 456-457, 461 HIV infection rates and transmission, 550, 552, 554 Hormone replacement therapy, 132, 457, 485, 589, 590 Hormones, female, 127-132 Infertility, female, 210 Life expectancy of women, 593 Marital status, 112 Menopause, 132, 457, 589 Menstrual cycle, 128-132, 212, 344, 419, 589 Migraine, 43 Muscular strength, development of, 393 Obesity in women, 422, 423, 501 Osteoporosis, 340, 357, 383, 385, 589-590 Ovarian cancer, 489-490 Pap tests and pelvic exams, 155, 156, 488, 489 Parenting, single, by women, 117 Pelvic inflammatory disease, 135, 158, 160, 210, 563, 566 Physical activity levels, 378 Post-traumatic stress disorder, 41-42, 77-78, 80 Poverty rates among older women, 594 Pregnancy and childbirth, 203-226 Premenstrual syndrome and premenstrual dysphoric disorder, 130-132 Psychological disorders among women, 76, 79-80 Rape, 683-685

Sexual anatomy, female, 124-125 Sexual health problems and dysfunctions, female, 135, 137 Sexual functioning, female, 133-135 Sexual harassment, 686 Sexually transmitted diseases and pregnancy, 222-223, 550, 559-560, 563-564, 565, 568, 571 Sexually transmitted diseases, symptoms and special risks among women, 563-569, 572 Stalking and cyberstalking, 680-682 Sterilization, female, 172-174 Stressors and responses to stress among women, 38, 39, 593 Tobacco use, rates and special risks among women, 311, 315, 448 Uterine cancer, 489, 504 Violence against women, 675, 678-685, 686 Yeast infections, 538

#### TOPICS OF SPECIAL CONCERN TO MEN

Aging among men, 132, 584 Alcohol abuse and dependence, patterns among men, 286-287 Alcohol metabolism in men, 271 Bladder cancer, 494 Body composition, 381-382, 398, 412, 415 Body image, negative, 435-436 Cancer, rates and risk factors, 482, 483 Cardiovascular disease risk among men, 456, 461 Causes of death among men, 5, 8, 593 Cigars and pipes, 312-313 Circumcision, 126-127, 489, 552 Cluster headaches, 43 Communication styles among men, 103, 105 Contraception, male methods, 161–162, 169, 171–172 Contraceptive roles and responsibilities, 175-176 Cybersex, 144-145 Dietary recommendations for men, 334, 337, 353, 356, 372-374 Drug use, rates of, 243 Environmental health, 711 Family violence, 678-680 Firearm-related injuries, 671, 676, 686-687 Gambling, 238 Gender roles, 39, 96, 137-138, 663 Grief, pattern among men, 620 Health care visits, 638 Health concerns and status, general, 7-8 Heart attack risk among men, 456, 459, 461 HIV infection rates and transmission, 550, 552, 554 Homicide, rates among men, 663, 675, 676 Hormones, male, 127-128, 593, 663 Infertility, male, 210 Injuries, rates of, 663 Life expectancy of men, 593 Marital status, 112 Motorcycle and moped injuries, 667-668 Motor vehicle injuries, 664-668 Muscular strength, development of, 393 Obesity in men, 422, 423, 501 Oral cancer, 312-313, 493, 499, 509 Parenting, single, by men, 117 Physical activity levels, 378 Poverty rates among older men, 594 Pregnancy, men's roles, 214, 215, 224 Prostate cancer, 487-488, 496, 499, 504-505



Psychological disorders among men, 76, 79-80 Rape, 683-684 Schizophrenia, 76, 82-84, 536 Sexual anatomy, male, 125-127 Sexual health problems and dysfunctions, male, 135-136 Sexual functioning, male, 133-135 Sexual harassment, 686 Sexually transmitted diseases, symptoms and special risks among men, 563, 564, 565, 567 Spit tobacco, 298-299, 305, 311-312, 313, 316, 493 Stalking and cyberstalking, 680-682 Sterilization, male, 171-172 Stomach cancer, 493-494, 496, 501 Stressors and responses to stress among men, 38, 39 Suicide, 8, 79-80, 592, 676 Testicular cancer, 135, 493 Testicular self-examination, 494 Tobacco use, rates and special risks among men, 304, 311-313 Violent behavior among men, 675, 676, 678-685 Violent deaths of men, 675

Note: The health issues and conditions listed here include those that disproportionately influence or affect women or men. For more information, see the Index under gender, women, men, and any of the special topics listed here.

#### DIVERSITY TOPICS RELATED TO ETHNICITY

Aging, attitudes toward, 592, 599 Alcohol abuse patterns, 286–287 Alcohol metabolism, 272 Alcohol use patterns, 286–287 Asthma, 525, 709 Body image, 436 Cancer, rates and risk, 487-488, 489, 490, 493, 495, 496 Cardiovascular disease patterns and risks, 449, 456, 458, 461, 467 Contraceptive use, patterns of, 173 Cystic fibrosis, 207 Death, attitudes toward, 607 Diabetes, 417-418, 422, 453, 458 Dietary patterns and considerations, 338, 346, 349, 471 Discrimination and health, 10, 45, 458, 496, 709 Drug use, risk and protective factors, 259 Environmental health, 709 Ethnic foods, 346 Fetal alcohol syndrome, 222, 278-279 Genetic disorders, 206, 207, 209 Glaucoma, 588 Hate crimes, 677 Health disparities, general, 5-7, 8-10 Health insurance status, 10, 654 Health status and concerns, general, 8-10 Heart disease, 458 Hemochromatosis, 207 HIV/AIDS rates, 553-554, 555 Homicide rates, 676 Hypertension, 349, 449, 456, 458, 471 Infant mortality, 225 Lactose intolerance, 207, 347, 366 Lead poisoning, 709

Lupus, 541 Marketing, targeted, 303, 305 Metabolic syndrome, 458 Osteoporosis, 342, 589-590 Overweight/obesity, rates and trends, 422 Poverty rates among older adults, 594 Prostate cancer, 487-488, 496, 504 Psychological disorders, symptoms and rates, 75 Rheumatic heart disease, 467-468 Sexual decision making and behavior, 142 Sexually transmitted diseases, rates of, 562 Sickle cell disease, 155, 207 Single-parent families, 117 Smoking rates, 304, 305, 307 Stress and discrimination, 38, 45 Suicide rates, 79, 592 Tay-Sachs disease, 207 Thallasemia, 207 Tobacco use, 304, 305, 307 Violence, rates of, 674, 676 Vitamin deficiencies, 338

Note: The health issues and conditions listed here include those that disproportionately influence or affect specific U.S. ethnic groups or for which patterns may appear along ethnic lines. For more information, see the Index under ethnicity, culture, names of specific population groups, and any of the topics listed here.