

BOOK TWO

HEALTH CARE INFORMATION

Table of Contents

HEALTH CARE INFORMATION	1
WELLNESS	2
DIETING	3
GOLF APPRECIATION	3
POWER TANNING.....	4
CHANGES IN A LIFESTYLE	5
CANCER CRISIS	6
DECISIONS	7
THE BLUES.....	8
MAKING CHOICES.....	9
FAMILY CIRCLE	10
OUTCOMES FROM GOOD HEALTH.....	12
BREATHE--	12
EAT, DRINK and ELIMINATE--	13
PROTEINS--.....	15
CARBOHYDRATES--	15
SIMPLE WAYS TO REDUCE OBESITY RISK--	16
FATS--.....	16
VITAMINS and MINERALS--.....	18

IRON--.....	20
IODINE--.....	20
WATER--	20
ROUGHAGE--	21
CALORIES--.....	21
SLEEP AND REST--.....	21
EXERCISE--.....	22
COMMUNICATION--	22
RELAXATION--.....	23
SKIN PROTECTION--.....	24
SELF-PROTECTION...dangerous situations	28
DRUG ADDICTIONS	31
SMOKING	31
ALCOHOL	32
FETAL ALCOHOL SYNDROME	33
MARIJUANA.....	33
COCAINE	34
PRE-MENSRUAL SYNDROME (PMS)	36
DYSMENORRHEA (painful menstruation).....	36
BREAST SELF EXAMINATION	36

SEXUAL ACTIVITY.....	37
PAINFUL SEX--.....	38
METHODS OF BIRTH CONTROL—.....	38
SEXUALLY TRANSMITTED DISEASES (male and female)	39
AIDS (ACQUIRED IMMUNODEFICIENCY SYNDROME)--	40
CERVICAL CANCER.....	43
IMPOTENCE	43
DEPRESSION	43

HEALTH CARE INFORMATION

Good health requires continuous care to our bodies; we become more productive human beings experiencing a reduction in suffering and sickness, more years of increased satisfaction and enjoyment in our lifetime. Abuse of body reduces the period of enjoying good health. This is greatly experienced in destructive and dysfunctional lifestyles caused by unmanaged stress, unbalanced diet, alcoholism, drug addiction, smoking, sexual promiscuity, sun bathing and limited exercise.

Each one of us is the most important person in promoting our own health and care of our body. Habits we form, choices we make in our daily life can be critical in achieving these outcomes. The mind plays a vital role in preventing and enhancing health, therefore it must be nourished and stimulated on an on-going basis to achieve maximum potential. Enrichment is more likely to be achieved and experienced when functioning with a healthy mind and body. A positive attitude, learning to cope with stressors and having a good sense of humor are elements of good health maintenance.

Dieting or restrictive eating, if not well monitored may lead to nutritional deficiencies affecting puberty, growth and long-term health, examples--menstrual irregularities, delayed puberty, diminished growth, low bone-mineral density, loss of bone mass. Children should be taught not to diet, to eat to improve their nutrition. Parents should be the role models, focusing on diet and exercise, stocking up on low fat dairy, whole grain crackers, fruits and vegetables instead of cookies, chips and sodas. My endeavor is to reach out to as many children, teenagers and young adults as possible. Hopefully this information will stimulate encouragement in following some of the basic guidelines in caring for their bodies, promoting their health, plus making

choices to achieve enrichment and satisfaction in their daily lives, both present and future. A healthy body will blossom and grow, accept and adapt to changes and challenges, establish and reach goals, and prosper from these experiences.

WELLNESS

Our bodies are on loan to us
For a very short number of years
Keeping them in a healthy state
A high priority as ageing nears

Let's not disregard possible effects
Of lifestyles we all tend to choose
A high concentration on enjoyment
A lesser thought to our body abuse

Laughter creates warm feelings
Absorbing much sadness and pain
Depression may promote the blues
So cool and damp like falling rain

Socialization contributes relaxation
When surrounded by various foods
Along with mild spirits and laughter
Sharing, caring, in fun loving moods

As we continue testing our bodies
Become more dependent each day
We may hear a signal alerting us
A dysfunction is heading our way

Concern yourself with each signal
Take charge of your body and mind
Life can be fulfilling, most rewarding
Take a stand, join the free mankind

Do not wait for symptoms to harbor

Prevent them from reaching far out
Make health care number one priority
Your WELLNESS a major turnabout!

DIETING

I hope to continue my senior years
As graceful and poised as can be
The problems I keep encountering
Are very glowing for many to see

My waistline is gradually fading
Into abdominal tissues around
My hips have shown an expansion
As I add each additional pound

One can only realize and accept
Food contributes to this defeat
With all the leisure time on hand
Evolving around what next to eat

I am told I need more physical time
To burn up extra calories each day
Walking, swimming, golfing, biking
Expecting fatty tissues to stay away

I may have to try a different approach
By identifying foods not to eat and trust
The benefit, a much shorter shopping list
Dieting becomes an inevitable must!

GOLF APPRECIATION

Golf is a game of challenge and frustration
Played by citizens of each inspiring nation

Focus is placed on a hard white/colored ball
Hit with a club by an individual, short or tall
Guiding the club has a beneficial bearing
Along with the type of shoes you are wearing
If your shoes fail to promote a sturdy grip
Your feet will move, you may possibly slip
And tumble before your ball leaves the tee
This delicate situation has happened to me
One must prepare and align a firm stance
Keep your eyes on the ball without a chance
Of moving your head to have a wee peak
Resulting in a surprise by a hit that is weak
A feeling of frustration is experienced inside
Chatter is heard about your game as you ride
A short distance to where your little ball fell
All eyes are upon you, another freezing spell
You need to relax and play your own game
Take a positive approach, there is no shame
Should the final score be a generous amount
Enjoying your game is what really will count!

POWER TANNING

Northerners fly south, limiting their time
Strolling, lounging in the bright sunshine
Their need is a break for just a short while
Away from the pressures of a busy lifestyle
Relaxing in the sun, nourishing pale cells
By exposing their body for frequent spells
Sunscreen heavily used in the first phase
Protecting their body from strong, direct rays
When a base is reached in the tanning motion
Adjustments are made in the protective lotion
Fun in the sun is gradually extended each day
Absorbing longer times on the beach for play
Then panic hits, only two short days remain
Achieving a desirable tan, their most vital gain

A much earlier start when the bright sun rises
Rays become warmer, there are no surprises
Locating some shade during the mid-day heat
An appropriate time to relax, drink and eat
Returning to the gulf later in the afternoon
Riding the waves, nighttime comes too soon
In the bright sun all day before a late flight back
Their successful mission, the power tan attack!

CHANGES IN A LIFESTYLE

Retirement reflects a change in one's life
While moving away from day to day strife
With your structured world left far behind
Memories provide one with peace of mind
Of many goals fulfilled, realizing satisfaction
A comfort zone reached requiring less action
Days are filled with activities we have planned
Meeting health care needs, a prime demand

The morning sun brings forth a new day
Stimulating casual work or leisure play
A walk or stroll for an hour, maybe two
Capturing a beautiful beach, ocean view
Followed by a swim in the club pool
A soak in the hot tub, a soothing tool
Return upstairs to prepare some lunch
Or maybe as a change, go out for brunch

The time is yours to fully enjoy and unfold
However you desire, no schedules to hold
Golf can be included on a bi- weekly basis
Along with tennis, cycling, exploring places
The tropical climate promotes good health
An asset much greater than personal wealth
A changing life style for so many to entice
Available to everyone at an affordable price

Birds are singing, shrubs immaculately trimmed
The sun sets, lighting along the beach is dimmed
Love of the seaside promotes jogging, walking
Combined with peaceful thoughts, little talking
The air is clean, remains fresh, sand flows free
I have difficulty believing it is really, really me
Enjoying the beauty and fragrance so divine
This refreshing life with freedom, ALL MINE!

CANCER CRISIS

Each life reflects a miracle
From our beginning to our end
First we enter, and then we go
Hoping we may live longer
Yet no one will ever know
When their life could end
Having trustworthy physicians
Each a loyal, professional friend
Having regular testing done galore
Meeting all our healthcare needs
Continuing vastly to explore
All vulnerable body functions
Affected by the big, big C
This could happen to you
This could happen to me
Should a body conflict exist
You immediately take control
There is never anything to lose
In quickly reaching your goal
Of an active treatment plan
Giving you satisfaction, hope
Helping you continue your life
Helping your body to cope
Yes, it really helps you cope.

DECISIONS

I felt I knew it all
Had a high IQ
Was very definite
In what to do
After graduation

Had many friends
To pamper me
I helped them study
They helped me
Enjoy happiness

I never thought
There was concern
In feeling "high"
Chose not to learn
Of any danger

A little sniff
Now and again
Kept me happy
Free from pain
It felt so good

The roof fell in
One summer day
I placed an order
Could not pay
For the delivery

My beaten body
Very sore and blue
Could not concentrate
Lost my high IQ
For awhile

I have recovered
After two hectic years
My family stood by me
Holding back their tears
As they cared for me

If I knew then
What I know now
That cannot be, so
I will move on somehow
Will keep moving on

I am now in college
Doing well at last
Never want a repeat
Of my traumatic past
In making *POOR DECISIONS!*

THE BLUES

I do not know why
I just want to cry
My heart feels sad
Like the time I had
The *BLUES* all around me!

I wake up in the morn'
Feeling so forlorn
My body has pain
I struggle in vain
The *BLUES* are inside me!

Cannot live a full life
Without sadness and strife
There is nothing to fear
When a new dawn is here
The *BLUES* should leave me!

My world teeters and turns
Feeling bruises and burns
My needs will be met
With a calm, no sweat
The *BLUES* have escaped me!

MAKING CHOICES

Early teenage years
Are exciting to most
A move from childhood
To an expanded post

Responsibilities escalate
A much heavier load
At school and at home
Paving a new road

The future is adventurous
Many paths to take
Very serious decisions
In the choices to make

Parents are conventional
At times do not see
The needs and desires
Of my friends and me

We have much to offer
Are skillful and smart
Have desirable resumes
When can we start?

We have worked part-time
In a large, busy store
Why continue our studies
They are really a bore

There are many people
Doing well in this world
Without years of studies
And certificates to hold

We are beyond the time
Of us living at home
Jobs have diminished
As we continue to roam

Anticipating a miracle
Will happen some day
Obtain acceptable work
With high benefits and pay

It is not easy to approach
Our parents and explain
We would like to live home
Return to studying again

During years of adolescence
Learning should not stop
Knowledge is a promoter
In achieving near the top

FAMILY CIRCLE

A family will be yours forever
If you choose this route to go
Lives will be touched deeply
And supported as they grow

You need to work together
To achieve this lasting flight
It does not come real easy
Or happen one single night

Sharing of time is a factor
When pursuing one's dreams
So easy to be persuaded in
Joining many activity teams

Personal time can be cluttered
With added functions you accept
Your family becomes a vision
Of the past which you have kept

Children will relate with parents
In a warm, friendly atmosphere
On a regular planned structure
They need to know love is near

Children reaching adulthood
May gradually tend to go astray
From the family centered circle
Finding love in another way

Separate paths will be taken
As an avenue to proceed
In personal achievements
Acquired to meet one's need

This should not create a void
In a well structured family tree
Providing each member accepts
Ownership to their responsibility

A family will continue forever
When all members take a part
In sharing their love together
With the young and old at heart!

OUTCOMES FROM GOOD HEALTH

Our bodies are made up of many cells. These cells have needs to be met in order to function effectively. Each one of us has a responsibility in providing for these needs by maintaining our body with adequate nutrients, contained in the foods we eat. These nutrients nourish the cells in our bodies. In return, we receive energy, warmth, growth, healing and mending power.

BREATHE--

At the time of birth, air sacs in our lungs filled up and we began our life. If the air sacs had not filled up, we would not have started breathing, and would not have started our life. We can only live for a few minutes without air; therefore it is extremely important to protect ourselves from any blockage in our air passage.

Air can travel into the body through the nose or mouth, usually through the nose. From the nose, air moves into the throat. When swallowing, there is a cover called the epiglottis that closes. This blocks the air while the food moves on to the stomach. Choking and coughing occur if breathing and swallowing are done at the same time. Air continues to travel through the windpipe until it reaches two branches called bronchial tubes. The bronchial tubes divide into much smaller branches, ending in a tiny air sac in the lungs. There are many, many air sacs. Each air sac is surrounded by tiny blood vessels. Oxygen in the lungs passes through the thin walls to the blood. Carbon dioxide in the blood passes through the walls to the lungs. The blood carries the oxygen to the heart where it is pumped to the rest of the body. Carbon dioxide leaves the lungs when breathing out.

Air contains approximately one-fifth oxygen and four-fifths nitrogen. The body needs oxygen to live but does not have

use for the nitrogen. Oxygen is needed in the body to maintain life of the cells. Air also contains a very small amount of carbon dioxide. When breathing out, carbon dioxide leaves the body. The carbon dioxide in the air is used by the trees and plants to make food and oxygen. The lungs are ventilated, based on exercises performed. As respirations increase oxygen intake is higher, supplying more oxygen to the body tissues. Taking deep breaths increases aeration of the lungs. More carbon dioxide is released, providing a feeling of increased invigoration.

EAT, DRINK and ELIMINATE--

Each of the cells in our body requires nourishment. The food and fluid we swallow goes through a tube called the esophagus, to our stomach. After remaining in the stomach for several hours, the food gradually moves down to another tube attached to the bottom of the stomach. This tube is the small intestine, where part of the food is digested. The digested food is absorbed through the walls of the small intestine into the large number of cells in the body, feeding the cells nutrients. The undigested food continues to move through the tube of the small intestine to a wider tube called the large intestine, continues moving through to the end of the large intestine. This area is called the rectum. The undigested food is called food wastes and is excreted from the rectum through the anus into the toilet.

Each body needs to receive a balanced diet to feed the cells adequately. Nutritional scientists have discovered how powerful food is in living longer by maintaining good health, avoiding many chronic diseases plus reversing many diseases if they are addressed early. We need to concentrate on the prevention of disease. The best daily diet is whole, natural foods such as fruits, vegetables, whole grains, nuts, seeds, healthy omega fats and lean meats such as chicken and fish. The greatest body growth and development takes place during childhood and adolescent years, requiring a nutritious diet, setting a base for a healthy adulthood.

Good eating habits can be developed by eating three meals a day plus several nutritious snacks. Raw vegetables, fruit, yogurt, low fat cheese etc are nourishing snacks. Avoid junk foods like soda pop, candy, and popsicles. They are high in sugar, have no food value and are the main cause of obesity. We cannot always choose the foods available to us but we can make responsible choices from the available foods, eating a balanced diet when planning our breakfast, lunch and snack menus.

Many of us will be prone to cholesterol build-up in the arteries. Cholesterol build-up begins with fatty streaks lining the arteries at a young age, gradually working into calcification. At this stage, a very young adult is prone to a heart attack. High cholesterol can cause deposits in the arteries, reducing the inside of the artery, allowing less blood to flow through. Should this situation continue, the artery may become too small for a blood clot to flow through, clogging the artery, causing a heart attack.

Animal foods are high in fat and cholesterol. They are important to your diet, lean meat and low fat products should be eaten in moderation plus increased servings of vegetables and fruit. Greasy fried foods should be avoided.

Smoking is also a contributor in reducing the inside of the arteries, allowing less blood to flow through and insufficient room for a blood clot to flow through. Therefore, smoking is a high risk factor in heart disease and becomes more dangerous when combined with a high cholesterol level. Smoking also contributes to lung cancer and emphysema.

A balanced diet to meet our body's needs includes foods containing proteins, carbohydrates, fats, vitamins and minerals.

PROTEINS--

Assist in body growth by maintaining and constructing new tissue. Most athletes eat more protein to repair and build body tissue. Food choice samples are poultry, sea food, lean meats, vegetables, grains, eggs, peanut butter, nuts, dried peas and beans.

CARBOHYDRATES--

Assist in providing heat and energy. Food choice samples are wheat, corn, rice, potatoes, pastas, cereals, cakes, crackers, cookies, bread, sugars, and starches. Too many carbohydrates may cause obesity, therefore should be limited, particularly sugars. At the present time, based on the Body Mass Index, a simple mathematical equation, a measure of someone's weight in relation to height, more than one third of the American population is obese. There are two slightly different versions of this formula, one is used with the metric system, and the other is compatible with the English system. A high level of body fat (overeating) increases the chances of developing health problems, example- diabetes, stroke, heart disease. Based on a recent presentation at the Obesity Society's annual conference, obese people may become less productive and require more time off work because of their various ailments. For much of the population, family home cooked meals, one of the most powerful teachers of self control, are not experienced on a regular basis, are a ritual of the past. Fatty, increased portion sized take-away meals and ready-prepared foods heated in the microwave, along with frequent snacking and eating independently of everyone else has taken over at a time when electronic entertainment is more readily available, creating excitement by pressing a button or flicking a switch without having to move off the couch, satisfying your appetite and occupying the vacuum of your mind, contributing to obesity. The increased health care costs and lost production caused by obesity are factors in the American manufacturers locating to other countries, reducing our

employment availability. A recent article on Childhood Obesity in the Wall Street Journal stated Childhood Obesity has tripled since 1980. Currently, 12.5 million American children and teens ages 2 to 19 are obese, that is 17 percent of the population. Heavier children and teens face health threats formerly seen mainly in middle-aged adults. Childhood Obesity continuing at this rate could be the first generation of American children to have a shorter, less healthy life span than their parents.

SIMPLE WAYS TO REDUCE OBESITY RISK--

Planning meals aid in making healthy food choices. Family dinners, cooking and eating together are one of the joys of family life. When everyone pitches in, calories get used up plus more talk among the generations. Adolescent girls who do not eat with their families on a regular basis are about one-third more likely to develop dangerous eating patterns than those who dine regularly with their family. Turn off the television.

Limit salt, snack food; get rid of sugary drinks like sodas, sports drinks, swap with seltzer and a splash of fruit juice.

Encourage exercise, limit stimulating activities before bedtime, such as texting. Encourage a good night's sleep.

FATS--

Protect our organs, keep us warm, assist in hormone production, are the main source of energy in our bodies, assist our bodies in absorbing and moving nutrients around. Fats are also linked to weight gain and obesity. The stored energy produced by fats are the tissues located under the skin. These tissues provide protection from changes in outside temperatures, assist in maintaining a normal body temperature, act as a padding to all inner parts of our body. Food choice samples are lean meats plus low-fat- milk, cheeses, yogurt and ice cream. Some fats are better for us, parents are role models. There are two types of cholesterol--low density lipoprotein(LDL) and high

density lipoprotein(HDL). LDL is considered the "bad" cholesterol because it contributes to the narrowing of the arteries by fatty streaks, leading to heart disease and stroke. HDL is considered to be the "good" cholesterol because it carries cholesterol from the blood back to the liver, reducing the risk of heart disease and stroke.

Fats can be classified into four groups-saturated, monounsaturated, polyunsaturated, and trans fats. Saturated fats contribute to the risk of heart disease by raising blood cholesterol levels, are commonly found in fatty cuts of meat, whole milk, cheese, butter, cream, and most commercially baked products include biscuits and pastries, deep fried fast foods, coconut and palm oil.

Mono-unsaturated fats assist in lowering blood cholesterol, are found in margarine spreads with canola or olive oil base, canola and peanut oils, avocado and nuts. When replacing saturated fats in our diet replace butter in some cooked dishes with canola oil, also substitute (Crisco) vegetable shortening for butter and margarine.

Polyunsaturated fats assist in lowering blood cholesterol, are found in fish, seafood, polyunsaturated margarines, vegetable oils, nuts and seeds.

Trans-fatty acids behave like saturated fats, raise LDL levels, and increase the risk of heart disease. Unlike saturated fats, they tend to lower HDL cholesterol, are more damaging to the body. The trans-fats produced during food manufacturing affect our bodies more than the trans-fats present in foods we prepare ourselves. Limit how much takeaway and packaged snack foods you eat.

Suggestions in limiting the amount of fats in our daily diet, particularly saturated and trans-fats--

- Use margarine spreads instead of butter or dairy blends.
- Use salad dressings and mayonnaise made from oils.
- Use low or reduced fat milk, ice cream and yogurt.
- Try to limit cheese and ice cream to twice a week.
- Have fish, any type of fresh or canned, twice a week.
- Select lean meat. Try to limit fatty meats including sausages and delicatessen meats.
- Snack on plain, unsalted nuts and fresh fruit.
- Incorporate dried peas, beans or lentils into two meals a week.
- Make vegetables and grain-based foods such as cereals, bread, pasta, rice, the major part of each meal.
- Try to limit takeaway to once a week or less.
- Try to limit cakes, pastries, chocolate coated biscuits etc
- Try to limit cholesterol-rich foods such as egg yolks, liver.

VITAMINS and MINERALS--

Assist in the normal function of the body, the prevention of disease. Sunlight plays an important role in providing vitamin D. Include as much raw (uncooked) foods to your diet as possible. Choice samples are vegetables, fruit, germinated and sprouted grains, nuts, seeds, unsweetened juices, dehydrated and fermented foods.

Calcium and phosphorous assist in building bones and teeth. Calcium is necessary in the blood for the clotting process.

Phosphorus is important in nerve tissue and in maintaining the acid-base balance of the blood. Food choice samples are green leafy vegetables, sardines, salmon, low fat milk and milk products, water.

Can eating carrots really improve your vision? Not exactly, but good nutrition can help prevent serious eye disease. The vitamins in carrots and many other vegetables are a vital part of preventative eye care. Glaucoma, macular degeneration and cataracts, are the leading causes of vision loss and blindness. Research has shown nutrition containing high doses of vitamins and minerals in diets on a regular basis can help both prevent these conditions and slow vision loss. Good nutrition is also helpful in the prevention of diabetes, at risk for vision loss. Vitamin A which is abundantly present in carrots can be valuable in the prevention and treatment of macular degeneration. There are no warning signs with macular degeneration, it is diagnosed by an eye specialist, cannot be restored, can be lessened by high vitamin diets and supplements. Vitamins A, C, and E can be valuable in the prevention and treatment of cataracts. Glaucoma causes loss of sight by slowly damaging the optic nerve. There are no warning signs; it is diagnosed by having the pressure checked regularly. Once vision is lost to glaucoma, it cannot be restored, vision loss can be lessened if glaucoma is detected and treated early. Eye exams for children by an eye specialist are recommended at an early age before starting school, and every two years thereafter. Because some eye problems have no obvious signs or symptoms, the individual may not be aware a problem exists, therefore routine exams are recommended on a regular basis. UV radiation can cause macular degeneration, cataracts and cancer. Wearing sunglasses with 100 per cent UV protection is the best way to shield your eyes from the sun.

IRON--

Assists in maintaining a normal hemoglobin, producing a comfortable energy level. Food choice samples are green leafy vegetables, dried fruit, liver, lean meats, egg yolks.

IODINE--

Assists in maintaining the thyroid gland, preventing enlargement (goiter). Contained in sea foods, water, iodized salt.

WATER--

Is necessary in your diet in addition to the foods you eat. Approximately two-thirds of your body weight is made up of water.

- in your mouth saliva assists in chewing food
- in your stomach assists in the digestive process
- assists in the passage of food through the entire body
- during digestion, in the form of blood, carries food to cells and removes waste products
- assists in transporting nutrients throughout the body
- provides minerals to the body
- controls body temperature by perspiring when the body becomes too warm.

An average of six to eight glasses of water or other beverages is required on a daily basis. Approximately four and one-half pints of fluid is excreted in body waste products in 24 hours. Most foods contain some water. Fruit juices, milk, fruit, vegetables and soups are high in water content. When the body loses water by perspiration you need to drink more to replace the fluid loss. Thirst will be experienced in situations of increased

water elimination profuse perspiration, hemorrhage, diarrhea, increased volume of urine. Increased bowel movements (diarrhea) and vomiting can cause dehydration if fluids are not replenished in the body. Dehydration may cause dizziness, fainting, weakness.

ROUGHAGE--

Assists in the function of the stomach and intestine. It is part of the food that cannot be digested. Food choices are fruits, vegetables, whole grain bread and cereals.

CALORIES--

Should we habitually eat food high in calories, our body may not be able to utilize all the calories, these additional calories become fat, gradually working into an excessive weight situation. Food choices are low calorie foods, combine these with exercise. Foods high in calories are snack foods (French fries, potato chips etc), soda pop, Kool-Aid, popsicles, nuts, candy, chocolates, ice cream, iced cakes, jam, jellies, pancakes, waffles, doughnuts, sweetbreads, ham, pork, beef, prepared meats etc. Making good food choices is so important in caring for our body.

SLEEP AND REST--

Our body requires an average of eight hours of restful sleep each twenty-four hours, preferably at night time. Some individuals may require more or less sleep and should respond to their need. Habits formed at an early age will continue in our adult life. The benefits to the body from sleep are many. Our metabolism is low during sleep, reducing blood pressure, respiratory and heart rate. Most muscles are relaxed. A long rest is vital in carrying out the activities the next day. A well ventilated room during sleep provides a healthier, more refreshing sleep.

EXERCISE--

A common health factor, bodies feel and wear better if exercised regularly. Physical exercise is needed for health maintenance just as stimulation is required for the mind. A body deficient in exercise may have difficulty functioning to its potential. Respiratory and heart rates increase during exercise, increasing the flow of oxygen to the lungs and body, increasing the pumping of the heart and the flow of blood throughout the body, increasing muscle tone and relaxation. The thought process should improve with increased blood flow to the brain. Routine walks are a good way to begin a program. Walking helps keep muscles warmed up and increases their tone. Playing sports in a team assists in the development of handling a loss or a win. A good theory is to try many sports, expanding to the preferred ones, keep returning to the least preferred, you may develop more enthusiasm in the sport, may be an acceptable game to play in your later years. Exercise can be expanded to swimming, biking, dancing, skipping, running, jogging, tennis, aerobics etc.

COMMUNICATION--

A child becomes loving if he/she experiences love in the family. Effective communication is most essential in maintaining a healthy relationship, beginning in the family environment. Communication among family members decreases the severity of stress in problem solving situations, enriching relationships, decreasing marriage and family break-ups. Keep your comments clear, concise and positive during the discussion with your child, ask questions rather than dictate solutions. Practicing effective communication in the family home becomes an asset to each individual as they move into a work environment. Discussions become less stressful as social skills are enhanced, reducing levels of anxiety and frustration. A good way to develop your communication skills is to concentrate on public speaking at school. Once you have developed self confidence in

communication you will be able to speak effectively with family members, teachers, colleagues, employers, friends etc.

Managing your money is a very important issue as you focus on friendships and lifestyle, friends can sometimes make you overspend. We are most likely to spend more if we surround ourselves with big spenders, trying to fit in. Avoid costly issues, learn to say "no", send regrets, set clear money rules living within your means, remember those in need and give what you can.

Women are becoming more influential in the workforce, approximately 51% of working professionals, expanding their lives with more choices available to them. Women on the board of directors of companies bring different life experiences and problem-solving skills to the table. They are more collaborative, resulting in employees experiencing improved communication and interaction. Employers are understanding and are embracing the need for flexibility in the workforce. With two working parents using a team approach, Dads are getting more involved at home resulting in children becoming more adjusted with a stronger feeling of self, an improved family relationship.

RELAXATION--

Can't slow down? Even on vacation? You have company. In a survey of 1,530, approximately half the working people in America say they return after a vacation feeling rested, approximately one third say they have trouble coping with work stress while they are away. For some people, the withdrawal of stress can be similar to withdrawing from steroids - including changes in glucose metabolism and dramatic mood swings. Other people seem to get so addicted to the adrenalin rush from stress, they gravitate to high pressure jobs, keep adding new challenges. Someone like that cannot relax on the beach, they require physical or mental stimulation. Workaholics are driven more by low self-esteem, fear of inadequacy, bringing those

feelings with them on vacation, along with added guilt of being away. For many workaholics, work alleviates anxiety, when you are not working, anxiety increases. Many experts believe checking in with the office occasionally may be less stressful than anxiously wondering what is going on, try limiting your checking-in time.

SKIN PROTECTION--

Skin covers our body like a protective suit. It assists in maintaining our body temperature. Causes of dry skin are sun, wind, dry air, skin diseases, and soaps. Sweating from armpits and feet can be most troublesome, creating unpleasant odors. Antiperspirants are commonly used and are reasonably effective for armpit perspiration. Dryness is recommended for foot problems, using powder and cotton socks. Wearing shoes made of leather versus man-made is helpful.

The sun releases warm, bright rays when it is shining. These rays are very important to the needs of our bodies, our life and growth everywhere, providing light, heat and energy stimulates endorphins (natural chemicals that boost mood and reduce pain, a feel good brain chemical like exercise does). Most dermatologists advise not to remain in the sun without sunscreen guarding against UVB rays,(causing burns) and UVA rays, (hastens the aging process by damaging deeper collagen fibers, creating sagging and wrinkles , penetrates cloud and glass windows). Specially made clothing is available. Wear a wide brimmed hat. Wear a loose long sleeved shirt, even when swimming. Long pants are essential cover-ups if playing or working outside in the sun. Wearing tinted glasses, preferably with amber or brown lenses. Looking directly into the sun with or without sunglasses can damage your eyes. The Earth's cover that protects us from the sun rays has become very thin. It is deteriorating much quicker because of the increased pollution in the air. Since the severity of the damage, the sun rays have become much stronger, with higher levels of radiation reaching

us. The increase in radiation can be harmful to our bodies, resulting in sunburn, changes to the body cells. These changes could cause cancer, therefore it is important to protect our bodies from the sun as much as possible. Skin cancer is rising mainly because we are exposing more of our bodies to the sun. We are also living longer and UV damage is cumulative, 60 and 70-year-olds are getting skin cancer based on decades of exposure. Tanning parlors have become more popular, the UVA rays in tanning parlors are more intense. Addiction, plus a golden skin and mood-boosting effects are the main motivators for people to bask in the sun and tanning beds. The productions of endorphins are triggered when UV light hits your skin, producing a high feeling in your body. Because of the addictive qualities of the endorphins, it could be a difficult habit to break for some regular worshippers.

The following information is based on a recent guide from Sloan-Kettering Cancer Center--

1) Pick a sunscreen with an SPF of 50, high enough to filter out 98 per cent of the sun's UVB rays--the one's that burn your skin. Using a product with a higher SPF can actually backfire, because these lotions allow you to stay in the sun longer without burning but do not necessarily provide equally long-lasting protection against UVA rays--the tanning rays, which have also been linked to skin cancer. The FDA is changing its labeling rules to help clarify how well different sunscreens guard against all kinds of ultraviolet rays. Read and study information on sun screen bottle before purchasing and using eg regarding application, re-application, appropriate for infants, toddlers, children, adults.

2) Check ingredients. Since SPF does not tell you anything about UVA protection, look for 3 per cent avobenzone paired with octocrylene. Or choose a sunscreen that contains zinc oxide or titanium dioxide.

3) Be generous when applying sunscreen, using approximately one ounce.

4) Apply often. You need to put on sunscreen 30 minutes before going outside and reapply every two hours or immediately after sweating, swimming, or drying off with a towel.

Melanoma is the most serious type of skin cancer. Exposure to ultraviolet (UV) rays, either from the sun or tanning beds is believed to cause about 65 per cent of the problem, developing as new lesions or within present moles, spreading very rapidly. Ultraviolet (UV) radiation damages the DNA in skin cells, increasing your risk of developing cancer. A tan is the skin's response to UV rays. The highest risk for skin cancer are individuals with fair complexions, freckles, red or blonde hair, they do not have sufficient color pigment in their skin to block the rays, should seek shade anytime they are in the sun. Your genes and family history, a weakened immune system, moles, can also make you susceptible to melanoma. Individuals with naturally brown or black skin are at a lower risk, however, can develop melanoma. Fair haired people should be cautious when they vacation in sun-drenched places, or on ski slopes, with high altitudes and reflected sun on snow. It is also possible to have zero risk factors and still be diagnosed with melanoma.

Sunscreens do not absorb all of the sun's rays; you can burn if you remain in the sun too long. Sunburn, defined as changes to the body cells, and does not go away. These changes accumulate with each additional sunburn, resulting with the possibility of developing into cancer in later years. People receive about half their lifetime exposure to sun before the age of twenty. Skin cancer frequently develops around moles or freckles. It can be surgically removed. If detected early, there is a higher chance the cancer has not spread to other parts of the body. Study your skin regularly. Inform your physician immediately of any changes to moles or freckles, an open sore

that does not heal, a growth becoming larger; it may be bluish, black, pearl-colored, tan, brown or black.

Melanoma is highly curable in its early stages; scanning your skin every two to three months plus a yearly full body exam by your dermatologist are highly recommended. Should you notice a funky-looking spot, follow the American Academy of Dermatology's ABCDE's of melanoma guide, see your dermatologist if you answer "yes" to one or more of these questions:

A=ASYMMETRY- if you drew a line down the middle of the mole, would one half look different from the other? The two sides of the mole do not match. Cancerous cells do not grow evenly.

B=BORDER- is the perimeter of the mole jagged or blurred, rather than defined, round or oval? You should be able to tell where the mole stops and skin begins.

C=COLOR- do you see a variety of shades, such as tan, brown, and black, within the mole? Benign moles are all one color.

D=DIAMETER- is the lesion bigger than the size of a pencil eraser? Most melanomas are this size or larger.

E=EVOLVING- has this spot changed in size, shape, elevation or color since your last check? Itchiness can also signal a problem.

Although melanoma is the most lethal skin cancer, the two main types of non melanoma skin cancers are--basal cell carcinoma (BCC-may look like a small pimple that is pearly or translucent; a shiny pink or red raised area; an open sore that bleeds, oozes or crusts) and squamous cell carcinoma (SCC - may look like a red crusted patch; a sore that does not heal; a small, red, rounded lump). BCC and SCC occur in much greater numbers, nearly double the number of cases from the early

1990's. The main reasons for this change is tanned skin became fashionable, more prosperous times provided vacations on the shores with boating facilities, including fishing, and Tanning Booths became popular. The risk of melanoma increases by approximately 75% when you use tanning beds before the age of 35. Tanning beds and sun bathing can be addictive, experiencing withdrawal symptoms.

The best anyone can do is focus on keeping yourself educated on all skin cancers, encourage friends and all family members to have regular checkups, and make the best decisions that lead to the best outcome. If your urge to tan is stimulated by UV addiction, try weaning yourself gradually, at the same time, get an endorphin buzz from healthier activities like exercising, a massage, or eating small amounts of chocolate.

SELF-PROTECTION...dangerous situations

There are so many wonderful people around us but there are also many people that are dangerous. Most of the dangerous people are strangers to us. However, there are situations where people we know, relatives or friends, who can affect our lives seriously. Precautions--

- Do not answer questions from a stranger. If a stranger keeps on talking to you or tries touching you, yell out and run towards other people. If there is not a person in sight, run to a house and get help.
- Do not go anywhere with a stranger, even if the stranger tells you your parents have been injured. A family member would tell you if your parents were in this situation.
- Tell your parents or teacher if you see a stranger standing around.

- Do not tell a telephone stranger your name, or that you are home alone. If they ask to speak to one of your parents, state they are not able to come to the phone, ask if you can take a message.
- Tell your parents if someone touches you in your private parts of your body. If this is being done by a relative, friend or family member, tell your parents, do not feel you should be silent. The sooner your concern is brought to your parents' attention, the sooner the situation will be corrected. Do not fall into a trap of keeping a secret, agreeing not to tell anyone about a specific situation because it is our secret. It is important for parents to be aware of all interactions you have with people.
- Do not open the door to a stranger. If parents are home ask them to deal with the person at the door. If you are home alone, call a neighbor or police if the stranger does not leave.

It is important to develop a defensive attitude when approached by anyone who wants you to go with them without your previous knowledge and arrangement with your parents. Remove yourself from the area as quickly as possible if a stranger tries talking to you or touching you. Possible dangers we need to keep in mind --

KIDNAPPING--

Children or teenagers may be taken away and may not be returned, may be abused physically, sexually, may be placed in another family home far away. Children and teenagers have been murdered in some kidnappings.

SEXUAL ABUSE--

A family member, sitter, friend or stranger may try to touch you in your private parts of your body.

PORNOGRAPHY--

Children or teenagers are asked to model for photographs, are paid substantially. Modeling is advanced to nude photography, followed by sexual activity. Models are blackmailed by threatening police interaction. The models fear their parents will be notified so keep silent.

MIND ABUSE/CONTROL/BRAINWASHING

The minds and actions of young people can be changed significantly by religious cult membership. Cult members approach young people, invite them to the cult centre. A cult centre may be a large home with a large membership or it may be a small dwelling with a very small membership. A cult member within that group gives the individual undivided attention, planning for a potential convert by creating a "contact high". A strong dose of love and peer approval is added. This kind and loving attention feels so good, particularly coming from a member of the opposite sex. During this process a potential convert is not allowed to discuss their feelings with anyone outside the group, or with new recruits. This individual loving attention continues until the recruit breaks down and goes along with the program. Visitors at the cult centre are allowed much less sleep than they are used to, usually five hours a night. They are served a vegetarian, high carbohydrate, low protein diet, very different from their routine at home. Group activity is very high, particularly singing, dancing, chanting, meditation.

Cult members gather information about the family life of the recruit by initiating group sharing sessions. They arouse feelings of anger in the recruit by disapproving with any negative

situation in their family life. Cult life is discussed as a safe, appealing haven, no financial worries, parental or family problems. The recruit is seldom left alone, is given little time for personal hygiene. Radio, television and newspapers are not available.

The recruit becomes high on the idea of new goals. During periods of group activity, new ideas are implanted in the mind of the recruit, the beginning of mind control. During this stage new material is taught. Questioning is not accepted from the recruit, beliefs must be accepted. In the final stage, the mind of the recruit is controlled by the cult members, a new convert. Behavior has been changed, consciousness has been altered.

Everyone approached is not vulnerable enough to become a victim, many have. Many families have lost their children to cults, spending energy and money trying to reach them and bring them home. Some have returned home, others have not, severing all ties with their family and friends.

DRUG ADDICTIONS

Tobacco, alcohol, marijuana and cocaine have become the highest used drugs. Usage of the first three drugs usually begins in adolescent years, cocaine in adult years, this situation can vary.

SMOKING

--tobacco contributes to heart disease, cancer and emphysema. It not only injures the lives of smokers, it also injures the lives of nonsmokers breathing in second hand smoke. Nicotine is very addictive in the childhood and adolescent years therefore a negative attitude to cigarette smoking in your early years will result in a much healthier future.

ALCOHOL

--is metabolized by the liver, reacts quickly in the body, interfering with normal functioning. A person unable to control the use of alcohol to a social climate, has an alcohol problem, is an alcoholic, using alcohol as a pacifier for many situations including anxiety, stress, frustration, disappointment, escape from reality, celebration, as a main social activity with heavy drinking friends, associates, or alone. A "social drinker" usually does not experience any effects from alcohol. Children and adolescents living in an environment where drinking is a part of life, are more prone to alcohol dependency. Drinking wine or beer does not reduce this potential. Excessive alcohol in the body increases the risk of damaging many parts of the body

- hepatitis, cirrhosis of the liver may develop if excessive drinking is continued, liver tissue is not repairable
- damage to brain and nervous system, intellectual impairment may be experienced at a very young age, it is not repairable
- inflammation of the stomach and pancreas
- high blood pressure
- damage to heart muscle
- increased cholesterol level
- reduction in sexual performance in men
- reduction in immunity response to diseases

Alcohol contributes to injuries and deaths. Performance deteriorates with alcohol usage and following usage, the day after called the "hangover". Many accidents occur because alcohol impairs the body function, the alertness. Because of the effect alcohol has on the body, it contributes to absenteeism at school and work, along with reduced performance. Many alcoholics lose their jobs, are unemployable until rehabilitated. Alcoholism affects not only the alcoholic's life; it affects the lives

of family, relatives, friends, colleagues, employers etc. It is a lifetime disease; recognition and treatment are a vital need as early as possible.

FETAL ALCOHOL SYNDROME

--refers to infants born with severe defects and abnormalities. Alcohol intake by the mother during pregnancy is considered the major contributor.

MARIJUANA

--often called pot, grass, weed, reefer, mary jane, or mj, is a greenish-gray mixture of the dried, shredded leaves, stems, seeds, and flowers of *Cannabis sativa*, the hemp plant. Most users smoke marijuana in hand-rolled cigarettes called joints, some use pipes or water pipes called bong. Marijuana cigars, called blunts are made by the user slicing open cigars, replacing the tobacco with marijuana. Tea is brewed with marijuana, may also be mixed into foods. Marijuana is the Nation's most commonly used illicit drug, widespread among adolescents and young adults, a contributing factor in more than 110,000 emergency department visits in the US. Marijuana is frequently combined with other drugs, sometimes without the user being aware, compounding the risks.

The major active chemical in marijuana is delta-9-tetrahydrocannabinol (THC), which causes the mind-altering effects. When someone smokes marijuana, THC rapidly passes from the lungs into the bloodstream, carrying the chemical to organs throughout the body, including the brain. The effects begin immediately lasting 1 to 3 hours. If consumed in food or drink, the effects begin more slowly and last longer. A few minutes after inhaling marijuana smoke, the individual's heart rate increases, bronchial passages become relaxed and enlarged; blood vessels in the eyes expand causing redness in the eyes. As THC enters the brain, the chemical dopamine is released causing the user to feel "high". When this feeling

passes, the user may feel sleepy or depressed. Marijuana use impairs the ability to form memories, recall events, shift attention, coordinate movement and reaction time, may produce anxiety, fear, distrust, panic, impaired driving performance.

Marijuana smoke contains more carcinogens than tobacco smoke. Users usually inhale more deeply, hold their breath longer than tobacco smokers do, increasing the lungs' exposure to carcinogenic smoke and the risk of cancer. The risk of heart attack may occur during the first hour after smoking marijuana because of the raised blood pressure and heart rate and reduction in the capacity of oxygen in the blood. Marijuana is currently used to treat nausea in cancer chemotherapy patients and to stimulate appetite in patients with AIDS. The effects of smoked marijuana and extracts of marijuana on appetite stimulation, certain types of pain, spasticity due to multiple sclerosis, are being studied.

COCAINE

--a powerfully addictive stimulant, directly affecting the brain, was labeled the drug of the 1980s and 1990s because of its extensive popularity and use during that period. It is not a new drug; it is one of the oldest known psychoactive substances. Coca leaves, the source of cocaine, has been chewed and ingested for many years, the purified chemical, cocaine hydrochloride, has been an abused substance for more than one hundred years. Today, cocaine is a Schedule Two drug, a high potential for abuse, can be administered by a doctor for legitimate medical uses, such as local anesthesia for some eye, ear and throat surgeries. Cocaine is generally sold on the street as a fine, white, crystalline powder, is also known as "coke," "C," "snow," or "blow." Street dealers generally dilute cocaine with substances such as cornstarch, talcum powder, sugar, with active drugs such as procaine (local anesthetic) or amphetamine (another stimulant). Some users combine cocaine with heroin--called a "speedball." When abused, the powdered form of cocaine can be injected or snorted. The base form of cocaine has been processed with ammonia or baking soda and water,

and then heated to remove the hydrochloride to produce a smokable substance. The term "crack," the street name given to freebase cocaine, refers to the crackling sound heard when the mixture is smoked. Now the cost of cocaine has dropped significantly, is more readily available, used by all classes of people. Cocaine is taken into the body by snorting or snuffing, smoking or needle injection. Cocaine gives the body a "high" feeling with increased energy lasting approximately one-half to one hour, usually followed by a tired feeling and loss of appetite. The body experiences an increase in blood pressure, heart rate, dilated pupils, and constriction of small blood vessels. If use continues the body could experience any of the following--intellectual impairment, hyperactivity, acute anxiety with continuous talking, paranoia, cold sweats, tremors, headache, increased respiratory rate becoming shallow, stroke, convulsions, death.

Cocaine is highly addictive, can become habitual within a few months. At first, another dose is taken to reduce the let-down feeling from the previous one. All night parties on weekends and holidays become a routine in the user's life. Cocaine may be taken for a lift in the afternoon, for a lift in the morning, taking over the user's life and money. Addicted cocaine users become broke very soon, may begin borrowing for the drug, sometimes may steal or commit a crime for a purchase, they lack concentration, their thought process is greatly reduced, have sensitivity to light and noise, and sometimes have hallucinations. Snorting or snuffing cocaine can cause nasal problems and nasal damage. Needle injections, if contaminated can cause infections including Hepatitis and Aids. Cocaine users should receive professional help if they cannot quit the habit themselves. The sooner treatment begins, the sooner the body will return to a healthy, normal lifestyle and improvement will begin, working towards achieving a cure.

Cocaine addiction affects family, education, work, friends etc. Suicide is not unusual in consistent users.

PRE-MENSTRUAL SYNDROME (PMS)

PMS can result from the biological changes occurring to the female body, a change in hormone level. Symptoms occurring on a regular basis prior to each menstrual period are related to PMS. They can be physical, emotional or both. Examples: depression, bloating, crying spells, tension, tired feeling, tender and swollen breasts. Some experience more severe symptoms, disrupting their life, others can manage with very little or no disruption. Exercise is a common and effective remedy for PMS.

DYSMENORRHEA (painful menstruation)

Symptoms are cramp-like pains in lower abdomen sometimes accompanied by headache, irritability, tiredness, depression. Relief can be obtained by rest, avoidance of constipation, moderate heat to abdomen(heating pad), moderate exercises. If severe, unmanageable abdominal cramps continue your physician should be consulted.

BREAST SELF EXAMINATION

Self examination done regularly beginning at an early stage of one's female life is vital in the possibility of detecting a lump in the breast at an early stage, resulting in earlier removal of the lump plus the possibility of avoiding the need for mastectomy.

SUGGESTED PRACTICE

- Do a self exam once a month, seven to ten days after each menstrual cycle begins.
- Sit or stand in front of a mirror, with arms relaxed at your sides, visually examine your breasts, look for changes.

- Raise both arms over your head, look for any changes.
- Lie flat on your bed, place a pillow under your left shoulder, place your left hand under your head.
- Hold the fingers of your right hand together flat, think of your breast as being a clock, beginning at twelve o'clock press your fingers to feel the breast tissue between your ribs and fingers. With small overlapping circular motions, move in a straight line to the nipple. Repeat starting at one o'clock, two o'clock etc until you have gone all the way around the clock, examining the entire breast, including under the nipple.
- Repeat the same procedure to examine your right breast, using your left hand, placing the pillow under your right shoulder and your right hand under your head.
- Examine your breasts the same way each month. If you notice any changes, see your physician immediately.

SEXUAL ACTIVITY

Lovemaking is a natural and enjoyable activity for the majority of individuals, promoting health and happiness. Pregnancy and diseases associated with sexual activity should be a prime concern to each person considering active involvement. Choices to protect oneself are available and need to be made by each individual

- A decision will be made whether to remain celibate, refrain from sexual intercourse.
- If sexual intercourse is going to be pursued, a method of protection from pregnancy and sexual diseases is a vital need.
- Minimize your sexual contacts.
- Always use a condom for protection from aids.

PAINFUL SEX--

Vaginal dryness is the most common cause of painful sex, frequently occurring after being sexually active for awhile because that response your body had at the beginning of your relationship may reduce, requiring more foreplay to give the vagina time to lubricate and become longer and wider at the top, making insertion of the penis easier. Pain may also occur when ovulating, the penis may push against your swollen ovary, especially when penetration is deep, try switching to another position. Recurrent pain should be checked by your physician.

METHODS OF BIRTH CONTROL—

Withdrawal-

Withdrawing the penis prior to ejaculation is not a reliable method.

Rhythm--

Refraining from intercourse during ovulation, the fertile time of the 28 day cycle, days 12, 13, 14, 15 is not a reliable

method. The sperm can survive in the cervix or uterus for approximately 72 hours, pregnancy could occur during this time.

Condoms--

Effective in preventing pregnancy, protection from sexually transmitted diseases. Choose the correct size to prevent it slipping off or bulging when on, leave space at the tip to catch the semen, partner should withdraw right after ejaculation, holding the base of the condom to prevent semen spillage. Use a water-based lubricant, vaseline or any petroleum-based lubricants are not recommended, oil damages the condom.

Spermicidal Agents--

Vaginal creams, jellies, foams, suppositories, not reliable methods.

Intrauterine Device--

Effective in preventing pregnancy.

The Pill--

Effective in preventing pregnancy.

Each of these methods should be studied prior to use for any risks, reliability etc.

SEXUALLY TRANSMITTED DISEASES (male and female)

Knowing health conditions of your sexual partner is most important prior to contemplating a relationship or sexual interaction.

CHLAMYDIA INFECTION--

A high number of men and women develop this disease. Men may experience a burning sensation when urinating, a discharge may also occur. Some men with the infection may not have symptoms, will transmit the disease during sexual intercourse. Women may experience vaginal discharge, itching, pain when urinating, and abdominal pain. Some women with the infection do not have symptoms, the infection may settle in the uterus and reproductive organs. If not treated, may cause scarring of the fallopian tubes, leading to possible complications during pregnancy or resulting in possible infertility. All sexual contacts of individuals with symptoms require treatment.

VENEREAL DISEASE--

Gonorrhea and syphilis have been the two most prevalent diseases; symptoms are similar to Chlamydia infection, including no symptoms. Sexually active men and women should be tested periodically for venereal disease.

HERPES--

Sores or blisters develop around the lips or on the genitalia. The virus is spread quickly by body contact, affecting millions of people. Treatment is available to heal the attack, reduce the severe onset of attack; there is no treatment to date to kill the virus, no cure.

AIDS (ACQUIRED IMMUNODEFICIENCY SYNDROME)--

HIV is the virus that causes the incurable acquired immunodeficiency syndrome (AIDS). Over time, HIV destroys the helper T cells of the body's immune system, resulting in a critical deterioration of the immune system and the ability of the body to fight infection.

HIV is most often a sexually transmitted virus, passed from one person to another during sexual contact involving vaginal, oral or anal sex. HIV can also be passed to another person through contact with blood or body fluids through blood transfusions or sharing needles contaminated with HIV, from an infected mother to her baby during pregnancy, childbirth, breastfeeding.

The most serious complication of HIV infections is AIDS, a virus responsible for attacking the body's immune system, advancing to AIDS. This virus is found mainly in the blood stream, semen or vaginal fluid of an infected person transmitted in body fluids during sexual interaction using oral, vaginal or anal methods, by contaminated blood transfusions and equipment entering the blood stream via razors, needles, and syringes. Using a contaminated toothbrush may be a source if there is an opening in the gums (bleeding). An infected mother may transmit the virus to her baby before or after birth.

Early infection with HIV often does not produce symptoms, when there are symptoms, they are flu-like with fever, headache, tiredness, and enlarged lymph nodes in the neck, occurring four to eight weeks after becoming infected, these symptoms generally go away within several weeks, and there may be no symptoms for months to years. This state may last from a few months to more than ten years. During this period the virus continues to multiply actively, infects and kills the cells of the immune system, the primary infection fighter. Even though there are no symptoms, he/she is contagious, can pass HIV to others. While engaging in sexual activity, one can contract and pass on HIV. This includes heterosexual, homosexual, bisexual men and women. The more sexual partners a person has, the greater risk of catching and passing on HIV. AIDS is the later stage of HIV infection, the body begins losing its ability to fight infections including pneumonia with possible wheezing, brain infection with possible thinking problems or stroke-like

symptoms, fever, weight loss, yeast infection of the esophagus with possible pain swallowing, cough, anemia, lymphoma in the brain or a cancer of the tissues causing brown, reddish or purple spots on the skin or in the mouth.

The virus in the blood stream gradually kills white cells essential to the immune system, slowly losing the ability to fight off infections, diseases, cancers. Symptoms that may occur are swollen lymph glands (usually in neck, armpits or groin), persistent tired feeling, persistent night sweats and fever, rapid weight loss, persistent diarrhea. These symptoms may also be related to other illnesses. Protecting oneself from transfer of body fluids needs to be taken at all times.

SUGGESTED PRECAUTIONS

- Practice safe sex at all times.
- Maintain a mutual monogamous (same partner) relationship with a partner that has not been exposed to AIDS.
- Avoid use of IV drugs, needles, syringes, except in health care facilities.
- Avoid sexual contact with individuals using IV drugs on their own.
- Do not share razors, toothbrushes or any equipment that could be contaminated.
- Effective treatment is not available to date. The body's immune system quickly deteriorates to a dangerous level, leading to a possible death.

CERVICAL CANCER

Women who begin sexual activity at an early age, women who have sexual interaction with many partners, women infected with genitalia herpes are more prone to the disease. Regular pap tests are strongly recommended.

IMPOTENCE

An erection is produced when blood flows into the penis faster than it leaves, causing a swelling. The inability for a man to have an erection during sexual activity may occur.

DEPRESSION

The body may be in a depressed state because of a chemical imbalance or an emotional situation. How can parents tell if a moody teenager is simply normal-or is spinning out of control? Parents may confuse the symptoms of an actual disorder with more normal teen moodiness or anxiety. A severely depressed teen may experience four or more of the following signs for an indefinite period of time--

- SLEEP-impaired/interrupted, too much, too little-tiredness,
- INTEREST-lost interest in once enjoyable activities, including school, sports, extracurricular activities, friends
- GUILT-feeling worthless
- ENERGY-unusually tired or exhausted
- CONCENTRATION-diminished ability to think and concentrate, increased indecisiveness
- APPETITE-increased or decreased, loss of weight

- PHYSICAL MOVEMENTS-sluggishness, restlessness, jitters, physical inactivity, lack of desire to socialize, headaches, reduced sexual drive
- SUICIDE-thoughts of self-injury or destruction (suicidal), a plan

Depression may be very difficult to treat; most situations require intensive psychotherapy to help the individual understand the underlying cause of his/her depression. Support by family and friends are vital as soon as symptoms are detected. If not improving, professional assistance is recommended as soon as possible. Suggestions for helping a loved one/friend in denial--

BE GENTLE-your loved one/friend probably feels very vulnerable

SHARE YOUR OWN VULNERABILITY-if you have accepted help for anything, tell your loved one/friend about it. This will help reduce their shame, a contributing factor to denial

DO NOT TRY TO REASON-ask questions, learn about the individual's beliefs

FOCUS ON THE PROBLEMS YOUR LOVED ONE CAN SEE-suggest they get help for those issues

SUGGEST AN APPOINTMENT WITH A GENERAL PRACTITIONER (FAMILY DOCTOR)-often easier for them than seeing a psychiatrist

WORK AS A TEAM-ask if you can attend an appointment, share your observations and get advice on how best to help

ASK FOR HELP YOURSELF-see a therapist to discuss how you are doing, get help problem solving.