

# Skills for Living

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# Topic 2-3

## Health Risks

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- In this topic, you will learn about avoiding certain health risks, as well as
  - ❖ Tobacco
  - ❖ Alcohol
  - ❖ Other drugs
  - ❖ Sexually transmitted diseases
  - ❖ Decisions that affect your health

# Health Risks

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## **Objectives for Topic 2-3**

After studying this topic, you will be able to

- list health risks associated with tobacco, alcohol and other drugs, and sexually transmitted diseases
- explain how routine decisions can affect your health

# Topic 2-3 Terms

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- ❖ passive smoking
- ❖ smokeless tobacco
- ❖ sexually transmitted disease (STD)
- ❖ acquired immune deficiency syndrome (AIDS)
- ❖ human immunodeficiency virus (HIV)



# Tobacco

- Cigarette smoking is the largest preventable cause of illness and premature death in the United States
- *Passive smoking* is the inhaling of smoke in a smoke-filled environment
- *Smokeless tobacco* products, such as chewing tobacco and snuff, are chewed or placed against the gums



# Did You Know...

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- Secondhand smoke consists of the smoke caused by the burning of a cigarette as well as the smoke exhaled by smokers
- Tobacco smoke contains over 4,000 chemical compounds, including at least 60 cancer-causing carcinogenic agents

# Alcohol



- Alcohol is a depressant drug
- Alcohol can
  - ❖ cause damage to the brain, liver, stomach, and other organs
  - ❖ interfere with vision and muscle coordination
  - ❖ cause alcoholism



# Other Drugs

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- ***Drug abuse*** is the use of a drug for a purpose other than it was intended
- Drug abuse includes
  - ❖ using medications other than as directed
  - ❖ using someone else's prescription drugs
  - ❖ using legal products for intoxicating effects
- ***Addiction*** is a dependence of the body on a continuing supply of the drug



# Sexually Transmitted Diseases

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- *Sexually transmitted diseases (STDs)* are infections or conditions spread through sexual contact
- Symptoms and side effects range from blisters to blindness to death
- The only sure way to prevent STDs is to practice abstinence

# AIDS

- *Acquired immune deficiency syndrome (AIDS)* is the most deadly STD
- The *human immunodeficiency virus (HIV)* causes AIDS by breaking down the immune system, and leaving the body vulnerable to diseases
- HIV can be transmitted
  - ❖ through sexual contact
  - ❖ by sharing contaminated intravenous needles
  - ❖ during birth or through breast-feeding

# Did You Know...

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- In 2004, over 3 million people worldwide died from AIDS
- Over 5 million people were newly infected with HIV in that year

Source: UNAIDS: Joint United Nations Programme on HIV/AIDS

# Decisions That Affect Your Health

- You make many routine decisions every day that affect your health, such as
  - ❖ how to dress during winter
  - ❖ limiting high-fat foods
  - ❖ using crosswalks and traffic lights





# Summary for Topic 2-3

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- Using tobacco products can cause heart disease and various types of cancer
- Drinking alcohol can impair muscle coordination and cause organ damage
- Abusing other legal and illegal drugs can lead to a range of long-term health risks
- When faced with decisions regarding risky substances or behaviors, carefully consider how your health might be affected