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Topic 2-3 Health Risks

- 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

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

- passive smoking
- smokeless tobacco
- sexually transmitted disease (STD)
- acquired immune deficiency syndrome (AIDS)
- humanimmunodeficiencyvirus (HIV)

Tobacco

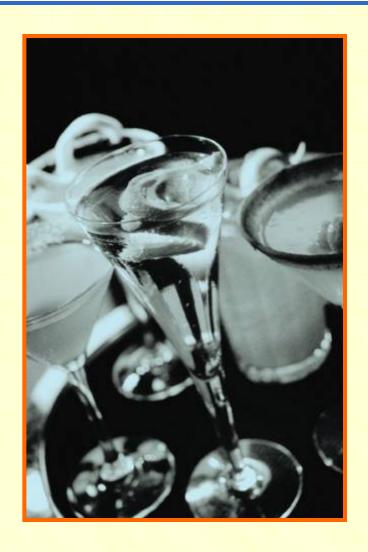
- Cigarette smoking is the largest preventable cause of illness and premature death in the United States
- Passive smoking is the inhaling of smoke in a smoke-filled environment
- Smokeless tobacco products, such as chewing tobacco and snuff, are chewed or placed against the gums



Did You Know...

- 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 cancercausing 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

- *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

- 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...

- 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

- 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