

Preparing for Life and Career © 2013
Chapter 15: Promoting Good Health

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
-
-
-
-

Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
-
-
-
-

abdominal thrust

A procedure that can dislodge a piece of food or other item that is stuck in a choking victim's throat. Also called the *Heimlich Maneuver*.

- FOLD -

01 of 24 E-Flash Cards



acne

A skin disorder that results in the appearance of blemishes on the face, neck, scalp, upper chest, or back.

- FOLD -

02 of 24 E-Flash Cards



alcoholism

Disease a person has when he or she is addicted to alcohol.

- FOLD -

03 of 24 E-Flash Cards



antiperspirant

A product that reduces the flow of perspiration and controls body odor.

- FOLD -

04 of 24 E-Flash Cards

calamine lotion

A zinc oxide mixture with a small amount of ferric (iron) oxide used to help reduce itching.

- FOLD -

05 of 24 E-Flash Cards



dandruff

Flakes of dead skin cells on the scalp.

- FOLD -

06 of 24 E-Flash Cards



deodorant

A product that controls body odor by interfering with the growth of bacteria, but does not stop the flow of perspiration.

- FOLD -

07 of 24 E-Flash Cards



depressant

A drug that slows down activity in the brain and spinal cord.

- FOLD -

08 of 24 E-Flash Cards

dermatologist

A skin specialist.

- FOLD -

09 of 24 E-Flash Cards



drug abuse

Using a drug for a purpose other than one for which it was intended.

- FOLD -

10 of 24 E-Flash Cards



grooming

Taking the best care of yourself and trying to always look your best.

- FOLD -

11 of 24 E-Flash Cards



immunizations

Treatments that help people's bodies develop antibodies to resist certain diseases, such as polio, tetanus, measles, mumps, and rubella.

- FOLD -

12 of 24 E-Flash Cards

nicotine

A colorless and odorless drug found in tobacco.

- FOLD -

13 of 24 E-Flash Cards



physical dependence

When a person is addicted to a drug and his or her body begins to require the drug to function.

- FOLD -

14 of 24 E-Flash Cards



plaque

An invisible film of bacteria that forms on your teeth.

- FOLD -

15 of 24 E-Flash Cards



poison

Any substance that harms the human body.

- FOLD -

16 of 24 E-Flash Cards

psychological dependence

When a person craves a drug for the feeling it provides or because it provides an escape from reality.

- FOLD -

17 of 24 E-Flash Cards



R.I.C.E.

A simple treatment that involves *rest, ice, compression, and elevation* used to relieve swelling, bruising, joint or muscle pain, or difficulty moving the injured area of a sprain or strain.

- FOLD -

18 of 24 E-Flash Cards



secondhand smoke

When you are near people who are smoking and breathe in smoke.

- FOLD -

19 of 24 E-Flash Cards



sprains

Injuries that result from tearing ligaments and tendons, usually at a joint such as a knee, elbow, or ankle.

- FOLD -

20 of 24 E-Flash Cards

strains

Injuries that result from
overstretching muscles.

- FOLD -

21 of 24 E-Flash Cards



stress

The mental or physical tension you
feel when faced with a challenge.

- FOLD -

22 of 24 E-Flash Cards



tartar

When plaque remains on the
teeth and becomes a hard, crusty
substance.

- FOLD -

23 of 24 E-Flash Cards



wellness

Total health related to your physical,
mental, and social well-being.

- FOLD -

24 of 24 E-Flash Cards