

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

**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*.

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

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

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

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

**dandruff.** Flakes of dead skin cells on the scalp.

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

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

**dermatologist.** A skin specialist.

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

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

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

**nicotine.** A colorless and odorless drug found in tobacco.

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

**plaque.** An invisible film of bacteria that forms on your teeth.

**poison.** Any substance that harms the human body.

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

**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.

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

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

**strains.** Injuries that result from overstretching muscles.

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

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

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