

# CHAPTER 7

# Caring for Your Body

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“**My toothache** was really intense.

The pain was **sharp** and **sudden**.

I had to go to the **dentist right away**.

Now, I brush and floss my teeth every day.

I never want to feel pain like that again!”

## Health IQ

### PRE-READING

Answer the following true/false questions to find out what you already know about caring for your body. When you've finished this chapter, you'll have the opportunity to change your answers based on what you've learned.

1. The outer layer of your skin is made of dead cells.
2. Acne is an inflammation of the skin.
3. Hair helps you sense the world around you.
4. The flap of skin around a fingernail is called the cornea.
5. The dentin of your tooth is the hardest substance in the body.
6. You should brush your teeth a few times per week.
7. You should floss your teeth every day.
8. Tiny bones in your ears enable you to hear.
9. Only adults are healthcare consumers.
10. You should change your toothbrush every few months.
11. Figuring out the unit price can help you find the best price for a particular product.
12. Smart shoppers gather as much information as they can before they buy.
13. Loud sounds can damage your ears.
14. Fingernails and hair are made of the same material.
15. Dandruff is made by tiny insects.
16. Stress can make acne worse.

ANSWERS: 1. true; 2. true; 3. true; 4. false; 5. false; 6. false; 7. true; 8. true; 9. true; 10. true; 11. true; 12. true; 13. true; 14. true; 15. false; 16. true

# Lesson 1

## Caring for Your Skin

### What You'll Do

- Describe the structure and function of skin.
- Explain how to care for your skin.

### Terms to Learn

- epidermis
- dermis
- acne

### Start Off Write

How does your skin help you stay healthy?

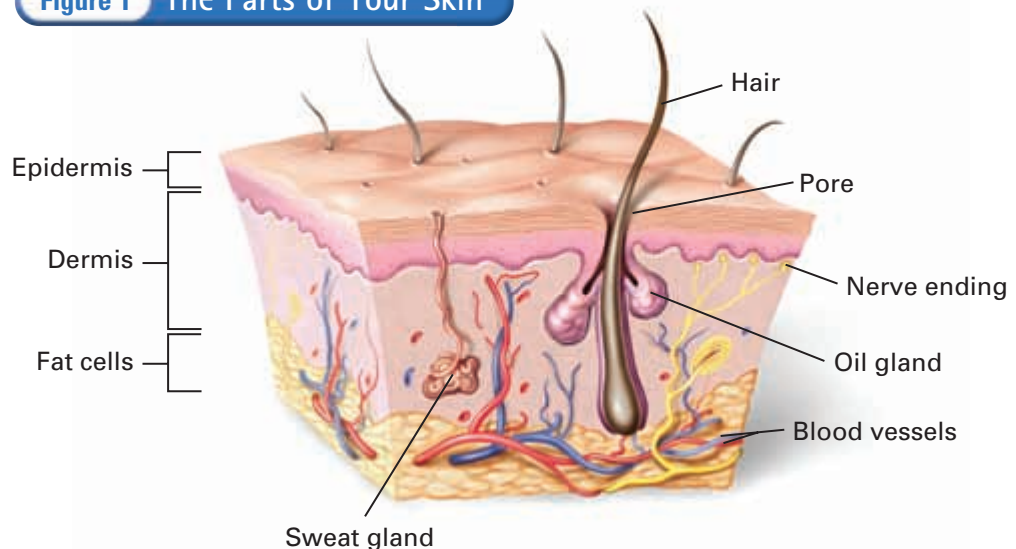
Taking care of your physical health means caring for your body. Learning how different body parts work helps you learn how to take care of them. For example, when you know how your skin works, you know how to care for it better.

Your skin helps you stay healthy. Skin may look like a simple covering. But your skin is a complex organ that has many jobs.

### You're Covered!

Your skin is made up of two basic layers. The **epidermis** (EP uh DUHR mis) is the outer layer of skin. The outermost cells of the epidermis are dead. The layer of living cells below the epidermis is called the **dermis** (DUHR mis). Together, these layers protect you from germs that could enter your body. So, when your skin is punctured or cut, you risk getting an infection. Your skin also contains nerve endings, pores, hairs, and sweat glands. Nerves give you a sense of touch. Sweat from pores helps cool you off and eliminates some wastes. The layer of fat under the skin helps keep you warm. Oil glands make oil that helps keep your skin soft and flexible. Sometimes, the glands make too much oil, and the pores can get clogged. **Acne** is an inflammation of the skin that happens when pores get clogged with dirt and oil. The bumps that develop from acne are called *pimples*.

Figure 1 The Parts of Your Skin



## Caring for Your Skin

To care for your skin, wash it thoroughly and often. Washing skin gets rid of dirt, sweat, and bacteria. When you sweat, the bacteria on your skin multiply. When bacteria multiply, they can cause body odor. Showering every day and after physical activity can keep bacteria under control. Treat the skin on your face gently. This skin is very sensitive. Use warm (not hot) water and mild soap. Use your hands or a soft cloth.

Be especially gentle with skin that has acne. Don't squeeze or disrupt pimples. Stress may make acne worse. So, relieving stress in healthy ways can help keep acne under control. Get plenty of rest. Foods don't cause acne. But eating a balanced diet and drinking plenty of water helps your skin get the nutrients it needs to stay healthy.

Acne is not the only skin problem. The sun can harm your skin. Always keep your skin safe from getting too much sun. Avoid the strong sunlight in the middle of the day (from about 10:00 A.M. until 2:00 P.M.). When you are outside, use plenty of sunscreen that has a skin protection factor of at least 15. Also, wear clothing that protects you from the sun. For example, wearing a hat can protect your face, ears, and neck from strong sunlight.



**Figure 2** Sunscreen helps protect your skin from the harmful rays of the sun.

### SCIENCE ACTIVITY

Use colored pencils to draw and label the diagram of the skin. Under each label, write what each part of the skin does.

## Lesson Review

### Using Vocabulary

1. Define *acne*.

### Understanding Concepts

2. Name the different structures and layers of your skin.
3. Describe four functions of skin.
4. Explain how to clean your skin.

### Critical Thinking

5. **Making Inferences** Alex is going swimming. His sunscreen is not waterproof. What should he do to protect himself from the harmful rays of the sun after he swims?

# Lesson 2

## Caring for Your Hair and Nails

### What You'll Do

- Describe two functions of hair.
- Explain how to care for your hair and nails.
- Describe two functions of fingernails.

### Terms to Learn

- dandruff
- head lice
- cuticle

### Start Off Write

Why is it a bad idea to bite your nails?

How would you describe what you look like? What features make you look like you? One of those features is probably the color and style of your hair.

### Hair

Hair grows from *follicles* (FAHL i kuhlz) on almost every part of your skin. Hair is made of a material called *keratin* (KER uh tin). Keratin's strength allows hair to stick out from the surface of the skin. Because hair sticks out, it can help you in two ways.

First, hair traps air near your skin. This layer of air works as insulation and keeps you warm. Hair also helps you sense the world around you. When something touches a hair on your skin, the nerve endings near the base of the hair let you know something is close to you. Gently touch your eyelash to see how hair can help your sense of touch.

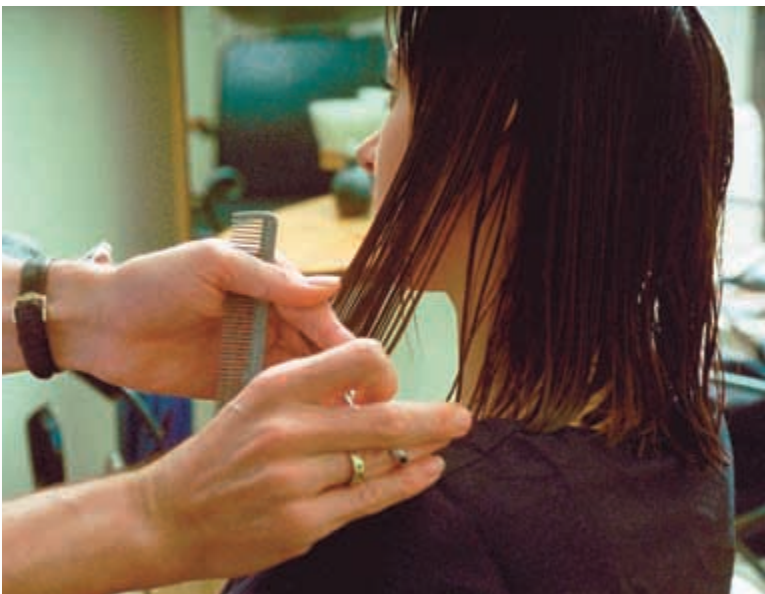
### Hair Care

Keeping your hair neat and clean helps it stay healthy. Trimming and brushing your hair helps keep it neat. Use a soft brush, and brush your hair gently. Wash your hair at least twice a week. Use

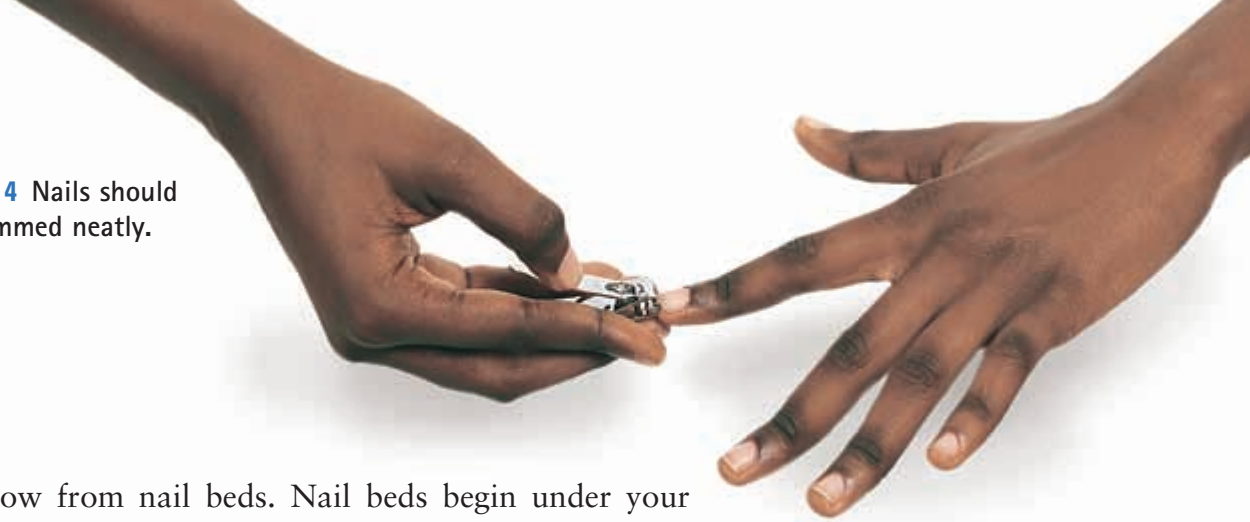
mild shampoos and warm water so that you do not hurt or dry out your scalp. A dry scalp can make flaky, dried clumps of dead cells, which are called **dandruff** (DAN druhf).

Another common hair problem is head lice. **Head lice** are small insects that live on the scalp and suck blood. Lice lay eggs on hair shafts. Special shampoos can help a person get rid of lice. But it's best to avoid lice in the first place. Don't share hats, combs, brushes, or any other items that can transfer lice to you.

**Figure 3** Keeping your hair neat and clean helps your hair stay healthy.



**Figure 4** Nails should be trimmed neatly.



## Nails

Your nails grow from nail beds. Nail beds begin under your skin, between the base of your nail and the knuckle closest to it. Like your hair, your nails are made of keratin. But in your nails, the keratin forms hard layers. Because nails are hard, they help protect the sensitive ends of your fingers and toes. Fingernails help with everyday tasks, too. Picking up a pin or scratching an itch is easier because you have fingernails.

The **cuticle** (KYOOT i kuhl) is a thin flap of skin around the nail. Sometimes, the cuticle becomes dry and cracks. The cracking can be painful. Using lotion on your hands can help you keep your cuticles soft and healthy.

## Nail Care

Keeping your fingernails and toenails cleaned and trimmed is important. Germs and dirt collect under nails. Even when you cannot see bugs and bacteria, they are there! When washing your hands, carefully clean underneath your fingernails with a brush. When you bathe, make sure your toenails are clean.

Because germs collect under your nails, biting your fingernails is unhealthy. Instead, use a nail clipper or a pair of nail scissors to trim your nails. When clipping your nails, trim them neatly.

**STUDY TIP** for better reading

**Reviewing Information**  
Trace your hand on a piece of paper. Draw your fingernails. Label your nails and cuticles.

## Lesson Review

### Using Vocabulary

1. Define *cuticle*.

### Understanding Concepts

2. Describe two common hair problems.
3. Describe two functions of hair.

4. Describe good hair and nail care.

5. Describe two functions of fingernails.

### Critical Thinking

6. **Identifying Relationships** Describe two ways that hair and nails are similar. Describe two ways that they differ.

# Lesson 3

## Caring for Your Teeth

### What You'll Do

- Describe the structure and function of teeth.
- Identify two minor problems of teeth.
- Describe how a cavity forms.
- Describe effective dental care.

### Terms to Learn

- plaque
- cavity

Start Off  
Write

How does a cavity form?

Karen held the soccer ball tightly. She blocked the shot despite getting kicked in the chin. Later, she was glad that she had worn her mouth guard. Imagining herself without front teeth was scary.

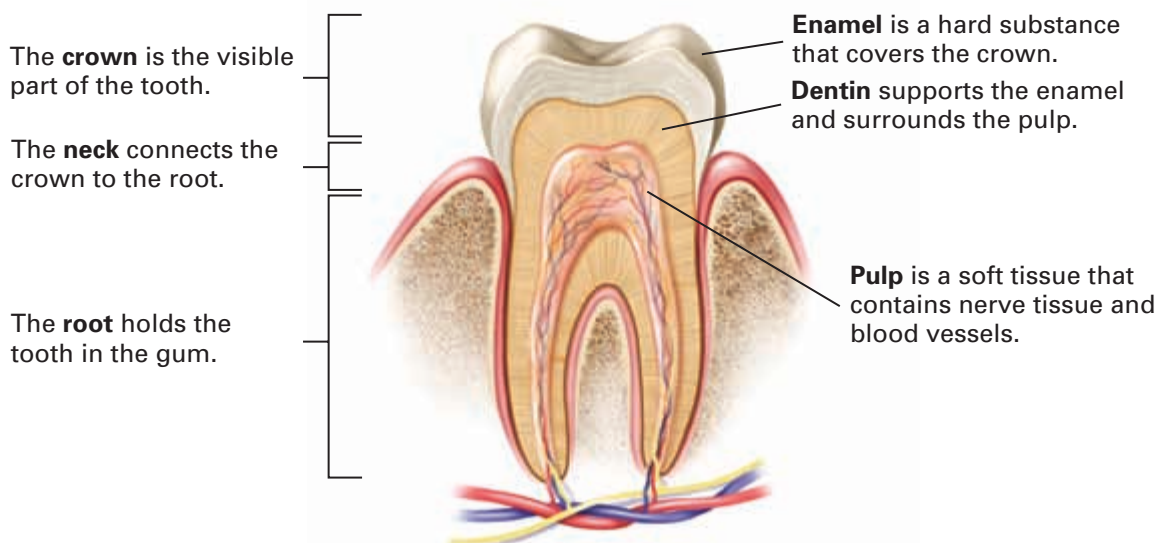
Karen is smart to take care of her teeth. You should care for yours, too. If you lose a permanent tooth, it won't grow back. When you were about 6 or 7 years old, you began losing your baby teeth, and your permanent teeth began to grow in. By age 14 or so, you will have 28 permanent teeth. You may get 4 more teeth (called *wisdom teeth*) when you are about 20.

### Structure and Function of Teeth

When you look at your teeth, you see only the part that grows out of your gums. This shiny, white portion of the tooth is called the *crown*. It is white and hard because it is covered by enamel (e NAM uhl), the hardest substance in your body. You can learn the parts of the tooth by studying the figure below.

As you know, teeth are very important for chewing. Imagine trying to bite into an apple without your teeth. Teeth are also helpful when you speak. Notice how both your tongue and lips touch your teeth when you say the words "fine teeth"!

Figure 5 The Parts of Your Teeth



## Tooth and Gum Problems

You should take care of problems with your teeth and gums as soon as possible. If you do not, small problems can become big ones. Check your gums regularly by looking at them in the mirror. Your gums should be bright pink and free from sores.

One of the most common tooth problems is plaque (PLAK). **Plaque** is a mixture of bacteria, saliva, and food particles. It is very sticky and binds to the enamel of your teeth. The bacteria and acid found in plaque can cause bad breath and even worse—cavities!

## Dental Cavities

A **cavity** is a hole in your tooth that is made by acids. A cavity begins when plaque forms on your tooth. The bacteria in the plaque make acids from food particles. The plaque holds the acids very close to the enamel of the tooth. Even though the enamel is very tough, the acids eventually eat through it and make a hole. This process is called tooth decay. You probably won't feel anything at first. However, the hole in the enamel can enlarge and go deeper into the tooth. As the decay continues through the dentin (DEN tin), the hole eventually reaches the pulp. The cavity now reaches from the surface of the tooth all the way to the sensitive nerves inside. When the acids that made the hole touch the nerves in the pulp, you get a toothache. If you have a toothache, visit a dentist right away.

### SCIENCE ACTIVITY

Tooth enamel is very hard. To drill through it, dentists need to use drills that are even harder. Research dental drills. What are they made of? How do dental drills make holes in hard enamel?

**Figure 6** Tooth Decay



#### Step 1

Bacteria in plaque make acids.



#### Step 2

The acids make a hole in the enamel. The hole is called a cavity.



#### Step 3

If the cavity enlarges, it can reach the nerves in the pulp and cause a toothache.

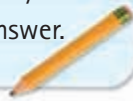


## How to Brush Your Teeth

One way to avoid cavities is to brush properly. Brushing helps get rid of plaque before it binds tightly to your teeth. If possible, brush your teeth after each meal. Brushing your teeth helps get rid of trapped food particles before the bacteria in your mouth can use the food to make acids. If you can't brush after each meal, brush at least twice a day. Brush once after breakfast and once before bed. When you brush, move the toothbrush up and down and back and forth. Be sure to get in between your teeth where food particles and plaque tend to build up. Also, be sure to brush your gums to ensure that they stay healthy, too.

### Health Journal

In your Health Journal, write down your dental care for 1 week. Be sure to include when you eat, when you brush, how long you brush, and when you floss. Do you think you are spending enough time caring for your teeth? Explain your answer.



## How to Floss Your Teeth

No matter how good you are at brushing your teeth, it is almost impossible to get all of the food particles out from between them. These hard-to-reach areas are a perfect place for plaque to form. As a result, cavities often form on the surfaces between teeth. To get your teeth really clean, you should floss once a day. Flossing is easy. Simply grab 12 to 18 inches of dental floss, wrap a few inches around one finger of each hand, and pull tight. Slip the floss between two teeth, and move it up and down and back and forth on each inner surface of each tooth. Go slightly below gum level to reach the trapped plaque and bacteria. If you floss between all of your teeth, you will be rewarded with healthy teeth and gums.

**Figure 7** When you floss your teeth, move the floss gently up and down and back and forth to remove food trapped between teeth.



## Keeping Your Teeth for Life!

The best way to prevent cavities is to brush and floss properly. Use a toothpaste that contains fluoride (FLAWR IED) and that is recommended by the American Dental Association. Use a toothbrush with soft bristles, and replace it every few months. Your diet is also an important part of good dental health. Eat plenty of fresh fruits and vegetables. Drinking milk and eating yogurt and cheese helps provide calcium (KAL see uhm), a mineral needed for strong teeth. Avoid eating too many sweets. Soft, gooey foods that stick to your teeth are especially likely to promote cavities.

Also, even though your teeth are the hardest part of your body, if they are not protected, they can break or chip. Don't use your teeth to pry things open. And be sure to wear a mouth guard when you play sports.

Visit your dentist regularly. Mention any problems that you have been having with your teeth, and listen to the advice that your dentist gives you. Caring for your teeth will help you keep them for life!



**Figure 8** Visiting the dentist is part of good tooth care.

### Lesson Review

#### Using Vocabulary

1. What is a cavity?
2. Define *plaque*.

#### Understanding Concepts

3. Describe the structure and function of teeth.
4. Identify two common tooth problems.
5. Describe how a cavity forms.

6. Describe effective dental care.
7. Explain how to floss and why flossing is a good idea, even if you brush regularly.

#### Critical Thinking

8. **Identifying Relationships** Sticky foods contribute to cavities. Why might crunchy vegetables, such as raw carrots, help fight cavities?

**internet connect**

[www.scilinks.org/health](http://www.scilinks.org/health)  
Topic: **Teeth**  
HealthLinks code: **HD4098**

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# Lesson 4

## Caring for Your Eyes

After her eye appointment, Mary Beth wore her new glasses to school for the first time. She could finally see the board! She couldn't believe what she had been missing.

Mary Beth's new glasses help Mary Beth see better. Good vision is important. Your eyes sense the color, shape, and movement of the world around you. You depend on your eyes to recognize your friend's face, see a ball thrown to you, and watch movies.

### What You'll Do

- Identify the parts of the eye.
- Explain how the eye works.
- Describe five ways to take care of your eyes.

### Terms to Learn

- cornea
- iris
- pupil
- lens
- retina

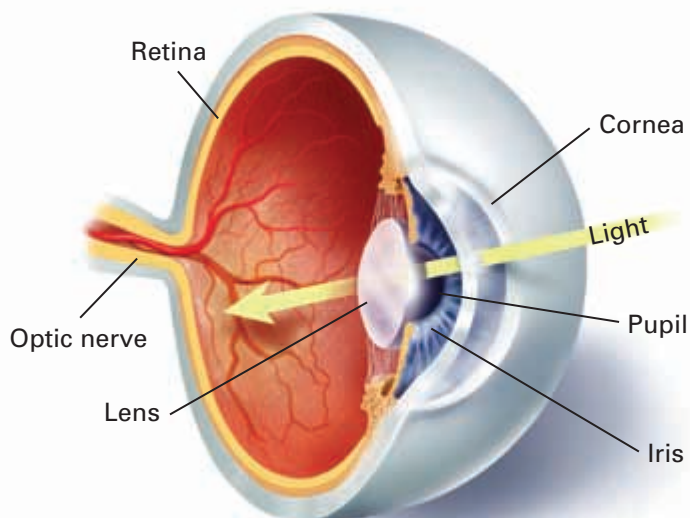
### Start Off Write

Why should you wear eye protection when you work with hand tools?

### How Eyes Work

Your eyes are covered by your eyelids. Your eyelids protect your eyes and bathe them in tears to remove dust and harmful bacteria. Light first passes through the **cornea** (KAWR nee uh), the clear, protective structure at the front of the eye. The **iris** (IE ris) is the colorful part of the eye. It controls the amount of light that enters by opening and closing the pupil (PYOO puh). The **pupil** is a hole in the iris. The pupil gets bigger in low light and smaller in bright light. The **lens** focuses the light on the retina (RET'n uh) at the back of the eye. The **retina** is the part of the eye that contains millions of light-sensitive cells that detect the energy from the light. These cells convert light energy into nerve signals that are sent along the *optic nerve* to the brain. The brain processes the nerve signals into the images that you see.

Figure 9 The Parts of Your Eye



**TABLE 1 Common Eye Problems**

Condition	What is the difficulty?	What can be done?
<b>Nearsightedness</b> (NIR SIET id nis)	seeing things at a distance	glasses or contact lenses; surgery is an option for adults
<b>Farsightedness</b> (FAHR SIET id nis)	seeing things up close	glasses or contact lenses
<b>Astigmatism</b> (uh STIG muh TIZ uhm)	seeing things clearly	glasses or contact lenses
<b>Colorblindness</b>	telling the difference between certain colors	no treatment; person adjusts to condition without treatment

## Eye Care

Some eye problems, such as those in Table 1, can't be prevented. Other problems can be prevented. Be careful with your eyes. Eyes can be damaged easily. Some ways to protect your eyes are listed below.

- Wear a protective face mask or goggles whenever your eyes could be hit or hurt. Always wear eye protection when working in science labs, when playing sports that could hurt your eyes, or when working with tools.
- Wear sunglasses to prevent eye damage from the sun.
- Don't rub your eyes. Rubbing your eyes can spread germs from your hands to your eyes, which can lead to infection.
- Get regular eye exams, and follow your doctor's advice. If you are supposed to wear glasses, wear them.
- Never wear glasses that are prescribed for someone else.

## Lesson Review

### Using Vocabulary

1. Name the parts of your eye.

### Understanding Concepts

2. Explain how eyes work.
3. Why should you avoid rubbing your eyes?

4. Describe five ways to care for your eyes.

### Critical Thinking

5. **Applying Concepts** What might happen if a cornea were cloudy and not perfectly clear? How would someone's ability to see be affected?

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Topic: **The Eye**

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# Lesson 5

## Caring for Your Ears

### What You'll Do

- Describe how the ear works.
- List three common hearing problems.
- Explain good ear care.

### Terms to Learn

- cochlea

### Start Off Write

What is a good way to clean your ears?

After the school dance, Wayne could hear ringing in his ears as he waited for a ride home. Wayne likes music, but he was starting to wonder when his hearing would return to normal.

Wayne's hearing returned to normal the next day. But Wayne now knows that he has to care for his ears so that they will work properly.

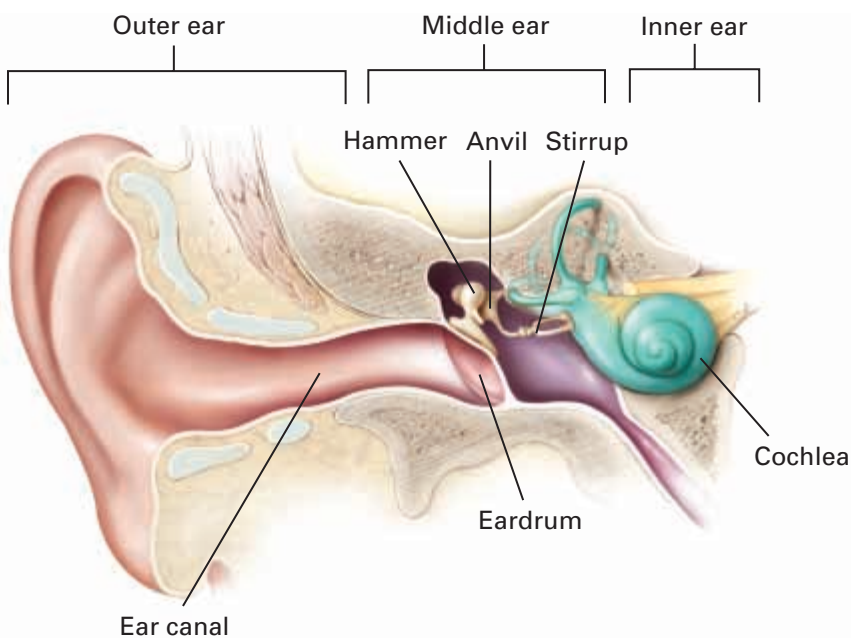
### How You Hear

To care for your ears, you need to know how the ear works. Sound waves are caused by vibrations that travel through solids, liquids, or air. For example, when someone strikes a drum, the drum vibrates. The vibrations of the drum cause the air around the drum to vibrate. The vibrations travel as sound waves through the air. Sound waves enter the outer ear and are funneled into the middle ear through the ear canal. The sound waves cause the eardrum to vibrate. The vibrations in the eardrum move three tiny bones (the hammer, anvil, and stirrup). The vibrations of the ear bones are transferred through a small membrane to the cochlea (KAHK lee uh). The **cochlea** is a tiny, snail-shaped, fluid-filled part of the

inner ear. The fluid in the cochlea moves when vibrations come into the inner ear. Cells in the cochlea convert these vibrations into nerve impulses. The nerve impulses are sent to the brain and are processed into recognizable sounds.

Ears help you hear because tiny parts inside your ears vibrate delicately. Loud sounds, such as those made by lawn mowers, jet engines, and loud music make the tiny parts vibrate much too hard. If you expose your ears to loud sounds too often, the tiny parts of your ear can break. Hearing loss may result.

Figure 10 The Parts of Your Ear



## Other Hearing Problems

Besides loud sounds, the most common causes of hearing problems are earwax buildup and middle-ear infections. Anything that blocks the ear canal can create hearing problems. Sometimes, earwax builds up and hardens in the canal. This can block the sound waves and prevent the eardrum from vibrating. Infections in the middle ear can cause fluid buildup, which can also prevent the eardrum from vibrating properly.

## Hearing and Ear Care

The best way to keep your ears healthy and working well is to protect them from loud sounds and to keep them clean. Wear ear protection whenever you are around loud sounds. Don't put anything into your ear canal. Inserting anything into your ear canal can damage your eardrum.

The best way to clean your ears is in the shower while you are washing your hair. Use your fingers to gently clean your ears. Don't stick your finger in your ear canal. Turn your head to the side to let the shower rinse out the water and wax. Hardened earwax should be removed by a doctor.

**Figure 11** Airplanes make a lot of noise. People who work around them need to protect their ears.



**WARNING!**

### Wear Earplugs

Listening to loud music can cause permanent hearing damage. Even rock stars wear earplugs to avoid damaging their hearing!

## Lesson Review

### Using Vocabulary

1. What is a cochlea?

### Understanding Concepts

2. Describe how the ear works.
3. What are three common things that can cause hearing problems?

4. Explain good ear care.

### Critical Thinking

5. **Making Inferences** Loud sounds cause the parts of your ear to vibrate too much. Why do you think some sounds are too soft for you to hear?

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Topic: **The Ear**

HealthLinks code: **HD4033**

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# Lesson 6

## Healthcare Resources

### What You'll Do

- Describe three things that influence healthcare purchases.
- Describe how to make a careful healthcare purchase.
- Calculate a unit price.
- Describe how to communicate clearly with healthcare providers.
- Explain how state, local, and federal agencies help keep you healthy.

### Terms to Learn

- healthcare consumer
- unit price
- healthcare provider

### Start Off Write

Why do you need to communicate clearly with your doctor?

Rosa has a cold. She stood in the drugstore with her mother and looked at dozens of cold medicines. She was afraid that by the time they read all of the labels, she would also have a headache!

Rosa went to the store to buy cold medicine, so she is a healthcare consumer (kuhn SOOM uhr). A **healthcare consumer** is anyone who pays for healthcare products or services. Healthcare products are things that help you get or stay well. They include medicine, soap, and even sunglasses. Healthcare services include the care of any professional who treats a medical problem or helps you stay well.

### Why Do You Buy?

Many factors influence your choice of healthcare products and services. A few of these influences are listed below.

- **Advertising** TV, radio, magazines, and billboards all have ads that try to influence what you buy and use.
- **Tradition** You may choose to buy something because your family has always used it.
- **Peer Pressure** You may buy something because your friends and classmates buy it.

**Figure 12** Healthcare products are things that you buy to help yourself stay healthy.



## Smart Shopping

Many things can influence you. But a smart consumer gathers a lot of information about a product or service before paying for it. Ask your parents for advice. Talk to healthcare professionals, including doctors, nurses, and pharmacists, and to librarians. Good healthcare products work well, and are endorsed by medical and dental groups. Companies that make good products stand by their products. Watch out for wild claims and quick fixes. If a claim sounds too good to be true, it probably is.

## Calculating a Unit Price

Figuring out the unit price of a product can also help you make a good choice. The **unit price** of an item is the cost of the item divided by the amount of the item. For example, two similar mouthwashes may each cost \$2.50 a bottle. However, one may have 12 ounces, and the other may have 20 ounces. So, the bigger bottle costs 13¢ per ounce and the other bottle costs about 21¢ per ounce. The bigger bottle has a lower unit price.

## LIFE SKILLS ACTIVITY

### BEING A WISE CONSUMER

Collect two or three empty cereal boxes. Using a ruler, calculate the amount of space on each box that advertises the cereal. Calculate the amount of space that tells you nutritional information about the cereal. Compare the two numbers. Explain what you think may be the reasons for the way the space was divided.

TABLE 2 Unit Prices

Product	Cost	Amount	Unit price
Toothpaste	\$2.89	6.4 ounce tube	45¢ per ounce
Pain reliever	\$3.90	300-tablet bottle	1.3¢ per tablet
Dental floss	\$2.42	55-yard roll	4.4¢ per yard

## Hands-on ACTIVITY

### UNIT PRICING

You are trying to decide which of two similar mouthwashes to buy. You have found the following data:

1. Mouthwash A comes in a 20-ounce bottle and costs \$1.40.
2. Mouthwash B comes in two sizes, a 20-ounce bottle that costs \$1.60 and a 40-ounce bottle that costs \$2.40.

### Analysis

1. What is the unit price of mouthwash A?
2. What is the unit price of each of the two sizes of mouthwash B?
3. Which is the best price per ounce?



## Healthcare Providers

A **healthcare provider** is any professional who helps people stay healthy. You already know about some kinds of healthcare providers. A dentist checks your teeth. If you have braces, you go to an *orthodontist* (AWR thoh DAHN tist). For medical check ups, your family might go to a general practitioner. A *general practitioner* is a doctor who treats people who have common medical problems. Sometimes, a general practitioner will send a patient to a specialist. A *specialist* is a healthcare provider who is an expert in a particular medical field. Some specialists are doctors, but other healthcare providers, such as pharmacists, can be medical specialists, too.

### SCIENCE ACTIVITY

Using the library or Internet, research as many kinds of medical specialists as you can. Create a list that identifies and describes the medical specialists you discover in your research.

## Talking About Your Health

When you visit your doctor, nurse, or other healthcare provider, you should communicate clearly. The doctor or nurse will examine you. But he or she will also rely on what you say. Don't be shy or embarrassed. Healthcare providers are used to hearing about people's bodies and concerns. You may have questions to ask. Write them down ahead of time, and take them with you. Clearly describe any pain that you feel or problems that you have. Also, describe when and how often you have these problems. For example, if your knee hurts when you climb stairs but not when you walk, say so. Before you leave, be sure you understand what you need to do and how soon you can expect to feel better.



**Figure 13** When you talk with healthcare providers, be as clear as you can.

## Local Healthcare Agencies

Doctors, dentists, and nurses are healthcare providers whom you may see regularly. But many other individuals and services also help keep you healthy. Many state and local governments provide services that protect your health. Some of these services include

- collecting trash and garbage
- treating wastewater
- making sure your drinking water is clean
- inspecting restaurant kitchens
- providing health information
- giving emergency medical care



**Figure 14** Some agencies protect your health by making sure that the water supply is clean.

## Federal Healthcare Agencies

The federal government and other national organizations also play a role in healthcare. For example, The National Institutes of Health (NIH) conducts research to help develop treatments for diseases. The NIH also makes recommendations to both consumers and healthcare professionals on health-related issues. The Food and Drug Administration (FDA) is responsible for approving both foods and drugs for widespread use. Other federal organizations help people pay for healthcare.

### Lesson Review

#### Using Vocabulary

1. Define *healthcare consumer*.

#### Understanding Concepts

2. Describe three things that influence consumer decisions.
3. Describe how to make a careful healthcare purchase.
4. Explain how to communicate clearly with healthcare providers.

5. Explain how state, local, and federal agencies help keep you healthy.

#### Critical Thinking

6. **Making Good Decisions** Three bottles of the same kind of hand lotion are for sale at a drugstore. The 14-ounce bottle costs \$5.00. The 10-ounce bottle costs \$4.00. The 8-ounce bottle costs \$3.50. Which bottle has the lowest unit price?

## Chapter Summary

■ Cleaning your skin can help you keep your skin healthy. ■ Keeping your hair and nails neat and clean helps you stay healthy. ■ Brush and floss your teeth every day to prevent cavities. ■ Protect your eyes from damage, and schedule regular eye exams. ■ Avoid exposing your ears to loud sounds. ■ Wear ear protection if you must be around loud sounds. ■ Be smart when you shop for healthcare products. Shop carefully, and compare unit prices to find the best value. ■ Local, state, and national agencies provide services that help keep you healthy.

## Using Vocabulary

- 1 Use each of the following terms in a separate sentence: *plaque*, *retina*, and *dandruff*.

For each sentence, fill in the blank with the proper word from the word bank provided below.

head lice	retina
healthcare consumer	cavity
cuticle	cornea
plaque	acne
dandruff	epidermis
pupil	dermis
iris	sound wave
lens	unit price

- 2 A(n) \_\_\_ is made by acids.
- 3 The \_\_\_ is a hole in the iris that changes sizes.
- 4 Calculating a(n) \_\_\_ can help you save money.
- 5 Pimples are small bumps that develop from \_\_\_.
- 6 The \_\_\_ is a skin layer whose outer cells are dead.
- 7 You can avoid getting \_\_\_ by not sharing hats, brushes, or combs.
- 8 Each fingernail is surrounded by a(n) \_\_\_.

- 9 Brushing and flossing help remove \_\_\_.
- 10 When you describe the color of your eyes, you are describing the \_\_\_ of each eye.

## Understanding Concepts

- 11 Explain why plaque is a problem.
- 12 List three ways to research products before making a healthcare purchase.
- 13 What is a medical specialist?
- 14 How may advertisements affect you?
- 15 How is taking care of your eyes similar to taking care of your ears?
- 16 How is taking care of your nails similar to taking care of your hair?
- 17 Why does wax in your ear affect your hearing?
- 18 Explain how the Food and Drug Administration helps people stay healthy.
- 19 How do local agencies help you stay healthy?
- 20 How can writing a list help you talk to healthcare providers?
- 21 What does the lens in your eye do?

## Critical Thinking

### Identifying Relationships

- 22 What is the short-term effect of not brushing and flossing your teeth? What is the long-term effect?
- 23 How can keeping your nails clean help keep you healthy?
- 24 Explain how taking care of your teeth and your ears helps you communicate clearly.

### Making Good Decisions

- 25 One pair of athletic socks costs \$2.00 and lasts 3 months. Another pair of athletic socks costs \$4.00 and lasts 8 months. Which pair costs less to use?
- 26 Glenn doesn't brush his teeth or go to the dentist. What could you tell Glenn about the importance of caring for his teeth and getting dental checkups?
- 27 You read an ad that says: "Our skin lotion not only will make your skin softer but also will actually make you younger!" List ways to analyze the claims in the ad. How could you research the ad and evaluate its claims?
- 28 The unit price of a healthcare product generally changes with the amount of product in the package. The larger the amount of product in a package is, the lower the unit price of the product. So, buying larger amounts of a product can often save you money. When would buying a product that has the lowest unit price be an unwise decision?
- 29 Mark is having trouble hearing in one ear. He thinks wax has hardened in his ear canal. What should Mark do?

- 30 Kathy is having trouble reading. Kathy thinks that she may need glasses. Kathy's friend, Simone, just got new glasses and offered Kathy her old pair. What should Kathy do?

## Interpreting Graphics

### Shampoo Data

Shampoo	Cost	Amount
Brand X	\$1.98	18-ounce bottle
Brand X	\$2.64	24-ounce bottle
Brand Y	\$2.52	18-ounce bottle
Brand Y	\$3.60	30-ounce bottle
Brand Z	\$2.70	18-ounce bottle
Brand Z	\$3.12	24-ounce bottle

Use the table above to answer questions 31–34.

- 31 Which bottle of shampoo costs the most?
- 32 What is the unit price for each bottle of shampoo?
- 33 Which bottle of shampoo has the highest unit price?
- 34 Does the larger bottle of brand X have a lower unit price than the smaller bottle of brand X?

### Reading Checkup

Take a minute to review your answers to the Health IQ questions at the beginning of this chapter. How has reading this chapter improved your Health IQ?

## Practicing Wellness

Practicing wellness means practicing good health habits. Positive health behaviors can help prevent injury, illness, disease, and even premature death. Complete the following activity to learn how you can practice wellness.

### Elijah's Cavity



#### Setting the Scene

Elijah's tooth has been hurting for a few weeks. So he isn't surprised when his dentist tells him that he has a cavity. The dentist drills the tooth and fills the cavity. Elijah finds the whole process unpleasant and a little painful. Elijah tells his dentist that he never wants another cavity.



### The 4 Steps of Practicing Wellness

1. Choose a health behavior you want to improve or change.
2. Gather information on how you can improve that health behavior.
3. Start using the improved health behavior.
4. Evaluate the effects of the health behavior.

### Guided Practice

#### Practice with a Friend

Form a group of three. Have one person play the role of Elijah and another person play the role of his dentist. Have the third person be an observer. Walking through each of the four steps of practicing wellness, role-play Elijah learning how to improve his dental care. Elijah may speak to his dentist to gather information about dental care. The observer will take notes, which will include observations about what the person playing Elijah did well and suggestions of ways to improve. Stop after each step to evaluate the process.

## Independent Practice

### Check Yourself

After you have completed the guided practice, go through Act 1 again without stopping at each step. Answer the questions below to review what you did.

1. What can Elijah do to improve his dental health?
2. Aside from his dentist, where can Elijah find information about how to care for his teeth?
3. When caring for your body, which health behaviors do you want to improve? How could you improve them?



### On Your Own

For the next 6 months, Elijah thoroughly cleaned his teeth every day. At his next dentist appointment, Elijah is happy to learn that he has no cavities and that his teeth are in great condition. Elijah realizes that following a daily routine is an easy way to practice good hygiene. He decides to follow a daily routine to keep his skin healthy and to control his acne. Make a poster showing how Elijah can use the four steps of practicing wellness to care for his skin.