

OMNIGRAPHICS

FALL 2017 HEALTH CATALOG

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A photograph of a man and a woman embracing outdoors. The man, in the foreground, has dark curly hair and a beard, wearing a plaid shirt and a watch. The woman, behind him, has curly hair and is wearing a teal top. They are both smiling and looking down. The background is a clear blue sky with some light clouds.

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Section 35.1

Sinusitis

Excerpted from "Sinusitis," National Institute of Allergy and Infectious Diseases (www.niaid.nih.gov), January 2012.

Your nose is stuffy. You have thick, yellowish mucus. You're coughing, and you feel tired and achy. You think that you have a cold. You take medicines to relieve your symptoms, but they don't help. When you also get a terrible headache, you finally drag yourself to the doctor. After listening to your history of symptoms and examining your face and forehead, the doctor says you have sinusitis.

What is sinusitis?

Sinusitis simply means your sinuses are inflamed—red and swollen—because of an infection or another problem. Your sinuses—specifically, paranasal sinuses—are four pairs of cavities (air-filled spaces) located within the skull or bones of your head surrounding the nose.

There are several types of sinusitis. Health experts usually identify them as follows:

- Acute, which lasts up to four weeks
- Subacute, which lasts four to 12 weeks
- Chronic, which lasts more than 12 weeks and can continue for months or even years
- Recurrent, with several attacks within a year

What are the symptoms of sinusitis?

One of the most common symptoms of any type of sinusitis is pain, and the location depends on which sinus is affected.

- If you have pain in your forehead, the problem lies in your frontal sinuses (over the eyes in the brow area).
- Experiencing pain between your eyes, sometimes with swelling of the eyelids and tissues around your eyes, and tenderness

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Less common symptoms of sinusitis (acute or chronic) can include tiredness, decreased sense of smell, cough that may be worse at night, sore throat, bad breath, and fever.

On very rare occasions, acute sinusitis can result in brain infection and other serious complications.

Because your nose can get stuffy or congested when you have a condition like the common cold, you may confuse simple nasal congestion with sinusitis. A cold usually lasts about seven to 14 days and goes away without treatment. Acute sinusitis often lasts longer and typically causes more symptoms than a cold.

How is sinusitis treated?

After diagnosing sinusitis and identifying a possible cause, your healthcare professional can suggest various treatments.

Acute sinusitis: If you have acute sinusitis, your healthcare professional may recommend the following:

- Antibiotics to control a bacterial infection, if present
- Pain relievers to reduce any pain
- Decongestants (medicines that shrink the swollen membranes in the nose and make it easier to breathe)

Even if you have acute sinusitis, your healthcare professional may choose not to use an antibiotic because many cases of acute sinusitis will end on their own. However, if you do not feel better after a few days, you should contact your healthcare professional again.

Follow your healthcare professional's instruction on how to use over-the-counter or prescription decongestant nose drops and sprays. You should use these medicines for only a few days, as longer term use can lead to even more congestion and swelling of your nasal passages.

If you suffer from sinusitis and nasal allergies, such as hay fever, your healthcare professional may recommend medicine to control your allergies. This may include a nasal steroid spray that reduces the swelling around the sinus passages and allows the sinuses to drain.

If you have asthma and then get sinusitis, your asthma may worsen. You should contact your healthcare professional, who may change your asthma treatment.

Chronic rhinosinusitis: Healthcare professionals often find it difficult to treat chronic rhinosinusitis successfully. They have two options to offer patients: medicine and surgery. Medicine options include the following:

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Illustrations, tables, and other visual aids enhance understanding

Sinus Pain

when you touch the sides of your nose may mean sinusitis has developed in your ethmoid sinuses (just behind the bridge of the nose, between the eyes).

- Pain in your upper jaw and teeth, with tender cheeks, may mean your maxillary sinuses (inside each cheekbone) are involved.
- Pain in your neck, with earaches, and deep achiness at the top of your head could be a sign that your sphenoid sinuses (behind the ethmoids in the upper region of the nose and behind the eyes) are involved (though these sinuses are affected less often).



Figure 35.1. The sinuses are named for the bones that contain them. (Courtesy: National Institute of Allergy and Infectious Diseases)

Most people with sinusitis have pain or tenderness in several places, and their symptoms usually do not clearly indicate which sinuses are inflamed. Pain is not as common in chronic sinusitis as it is in acute sinusitis.

In addition to the pain, people who have sinusitis (acute or chronic) often have thick nasal secretions that can be white, yellowish, greenish, or blood-tinged. Sometimes these secretions drain in the back of the throat and are difficult to clear. This is referred to as "post-nasal drip." Also, cases of acute and chronic sinusitis are usually accompanied by a stuffy nose, as well as by a general feeling of fullness over the entire face.

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Comprehensive chapters with headings and subheadings ease navigation through text

Chapter 54

Resources for More Information about Pain Management

Agency for Healthcare Research and Quality
Office of Communications and Knowledge Transfer
540 Gaither Road, Suite 2000
Rockville, MD 20850
Phone: 301-427-1104
Website: www.ahrq.gov

American Burn Association
311 South Wacker Drive
Suite 4150
Chicago, IL 60606
Phone: 312-642-9260
Fax: 312-642-9130
Website: www.ameriburn.org
E-mail: info@ameriburn.org

American Academy of Orthopaedic Surgeons
6300 North River Road
Rosemont, IL 60018-4262
Phone: 847-823-7186
Fax: 847-823-8125
Website: www.aaos.org
E-mail: pemr@aaos.org

American Academy of Pain Management
975 Morning Star Drive, Suite A
Sonoma, CA 95370
Phone: 209-533-9744
Fax: 209-533-9750
Website: www.aapainmanage.org
E-mail: info@aapainmanage.org

Information in this chapter was compiled from many sources deemed reliable. Inclusion does not constitute endorsement, and there is no implication associated with omission. All contact information was verified in March 2013.

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Resource directories with contact details for further help and information

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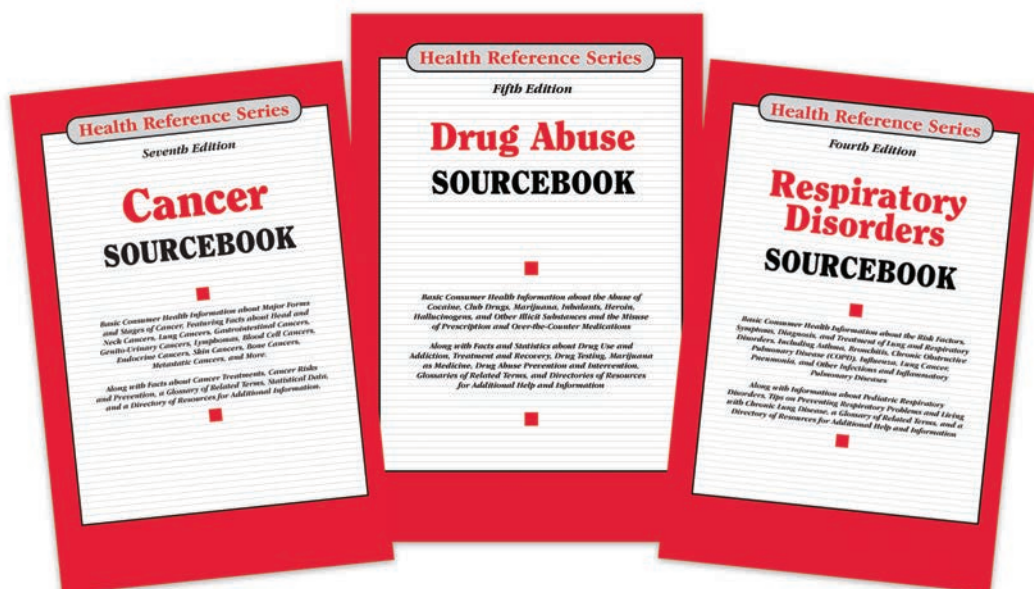
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Chapter 1

What Is Fitness?

Defining Fitness

Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. More specifically, it can be defined like this:

"The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well-being."

Physical fitness involves the performance of the heart and lungs, and the muscles of the body. And, since what we do with our bodies also affects what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability.

As you undertake your fitness program, it's important to remember that fitness is an individual quality that varies from person to person. It is influenced by age, sex, heredity, personal habits, exercise and eating practices. You can't do anything about the first three factors. However, it is within your power to change and improve the others where needed.

Knowing The Basics

Physical fitness is most easily understood by examining its components, or parts. There is widespread agreement that these four components are basic:

About This Chapter: Information in this chapter is excerpted from "Fitness Fundamentals: Guidelines for Personal Exercise Programs," President's Council on Fitness, Sports, and Nutrition (www.fitness.gov), February 8, 2012.

3

Illustrations,
charts, and tables
provide visual aids.

Fitness Information For Teens, Third Edition

The size of your heart can vary depending on your age, size, and the condition of your heart. A normal, healthy, adult heart usually is the size of an average clenched adult fist. Some diseases can cause the heart to enlarge.

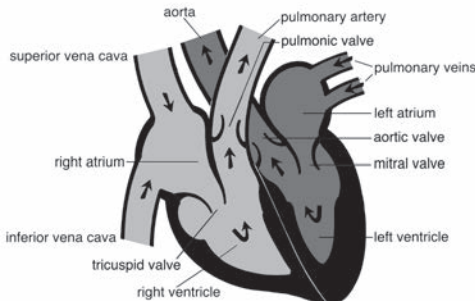


Figure 5.1. A normal, healthy heart. The arrows show the direction of blood flow. (Source: © 2008 Leonard Dank)

Figure 5.1 illustrates a normal, healthy, human heart and the pathway of blood through the heart. The heart is the muscle. It has four chambers. The heart's upper chambers are the right and left atria. The heart's lower chambers are the right and left ventricles. Some of the main blood vessels (arteries and veins) that make up your circulatory system are directly connected to the heart.

The superior vena cava and inferior vena cava (the plural form of the word cava is *cavae*) are on the left of the heart muscle as you look at the picture. These veins are the largest veins in your body. After your body's organs and tissues have used the oxygen in your blood, the vena cavae carry the oxygen-poor blood back to the right atrium of your heart. The superior vena cava carries oxygen-poor blood from the upper parts of your body, including your head, chest, arms, and neck. The inferior vena cava carries oxygen-poor blood from the lower parts of your body.

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Fitness Information For Teens, Third Edition

- **Cardiorespiratory Endurance:** The ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Long runs and swims are among the methods employed in measuring this component.
- **Muscular Strength:** The ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting exercises.
- **Muscular Endurance:** The ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Pushups are often used to test endurance of arm and shoulder muscles.
- **Flexibility:** The ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs.
- **Body Composition** is often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimal ratio of fat to lean mass is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass.

A Workout Schedule

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider. For example, an athlete training for high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs.

Your exercise program should include something from each of the four basic fitness components described previously. Each workout should begin with a warm-up and end with a cool-down. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

Here are the amounts of activity necessary for the average healthy person to maintain a minimum level of overall fitness. Included are some of the popular exercises for each category:

- **Warm-Up:** 5–10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles, or trunk rotations. Low intensity movements that simulate movements to be used in the activity can also be included in the warm-up.

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▲
◀ Easy-to-read chapters with headings and subheadings to break up descriptive text.

Chapter 61

Resources For More Information About Fitness

Action for Healthy Kids
600 West Van Buren Street, Suite 720
Chicago, IL 60607
Toll-Free: 800-416-5136
Fax: 312-212-0098
Website:
<http://www.actionforhealthykids.org>

Aerobics and Fitness Association of America
15250 Ventura Boulevard, Suite 200
Sherman Oaks, CA 91403
Toll-Free: 877-YOUR-BODY
(877-968-7263)
Website: <http://www.afiaa.com>

Amateur Athletic Union
National Headquarters
P.O. Box 22409
Lake Buena Vista, FL 32830
Toll-Free: 800-AAU-4USA
(800-228-4872)
Phone: 407-934-7200
Fax: 407-934-7242
Website: <http://www.ausports.org>

Amateur Endurance
Endurance Media, Inc.
P.O. Box 9799
San Diego, CA 92169
Website:
<http://www.amateurendurance.com>
E-mail: service@amateurendurance.com

About This Chapter: Information in this chapter was compiled from many sources deemed reliable. Inclusion does not constitute endorsement and there is no implication associated with omission. All contact information was verified in 2012.

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