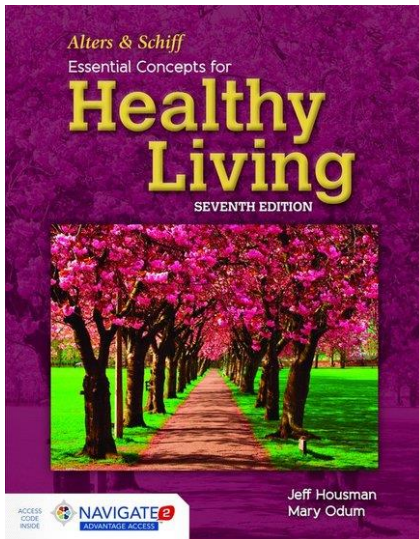


Alters & Schiff Essential Concepts for Healthy Living, Seventh Edition

by Jeff Housman and Mary Odum

Transition Guide



Alters & Schiff
Essential Concepts for Healthy Living
SEVENTH EDITION
Transition Guide

Essential Concepts for Healthy Living, Seventh Edition, continues to discuss major health topics, including:

- **Chapter 1**
 - Genomics
 - *Healthy People 2020* updates
 - Extended discussion of individual, social and environmental factors that influence health behavior, and how understanding these factors can assist us in changing health behaviors
 - Updated recommendations for routine health care
- **Chapter 2**
 - Updated discussion of mental health and mental health disorders, incorporating changes from DSM-5
 - Extended discussion of suicide and suicide prevention
- **Chapter 3**
 - Updated discussion regarding stress management strategies
- **Chapter 4**
 - Expanded discussion regarding sexual assaults on college campuses
 - Extended discussion of workplace violence to include military violence

- **Chapter 5**
 - Updated information about the Plan B One-Step® emergency contraception
 - Expanded instructions for male condom usage
 - Updated recommendations for menopause hormone replacement therapy

- **Chapter 6**
 - Extended explanation of the difference between *gender* and *sex*
 - Expanded discussion of sexual orientation, gender identity, and gender roles

- **Chapter 7**
 - Updated and extended discussion regarding students use of stimulants for academic performance
 - Updated discussion of bath salts

- **Chapter 8**
 - Updates on proposed graphic warning labels on cigarette packages
 - Extended discussion on e-cigarette use and regulation

- **Chapter 9**
 - Updated discussion regarding functional foods, including the current definition and marketer claims
 - Updated and extended discussion of *omega-3* and *omega-6* fatty acids, including suggested consumption and impact on health
 - Discussion of “healthy option” menus at restaurants and how eat healthily when eating out

- **Chapter 10**
 - Updated information on popular diet plans for weight loss
 - Updated discussion regarding FDA-approved prescription drugs for weight loss

- **Chapter 11**
 - Discussion of measures of physical activity, including calories, METS and PAL
 - Inclusion of ACSM guidelines for physical activity
 - Extended discussion of flexibility, including dynamic and PNF stretching
 - Inclusion of the FITT principle for development of an exercise program

- **Chapter 12**
 - Extended discussion of AEDs, including suggested use and public AED locations
 - Updated information on performing CPR using the American Heart Associations *Two Steps for Stayin' Alive*
 - Extended discussion of cholesterol, including LDL, HDL cholesterol, and their functions in the body
 - Updated discussion of C-reactive protein and high-sensitivity C-reactive protein test

- **Chapter 13**
 - Updated information on Surgeon General's statement on skin cancer and mandate for warnings on tanning beds

- **Chapter 14**
 - Updated discussion and graphic of the chain of infection, describing all six links in the chain

- **Chapter 15**
 - Inclusion of physical activity recommendations for older adults
 - Discussion of the impact of social and psychological health on well-being in older adults
 - Discussion of the impact of brain training, or mind games, on mental health in older adults