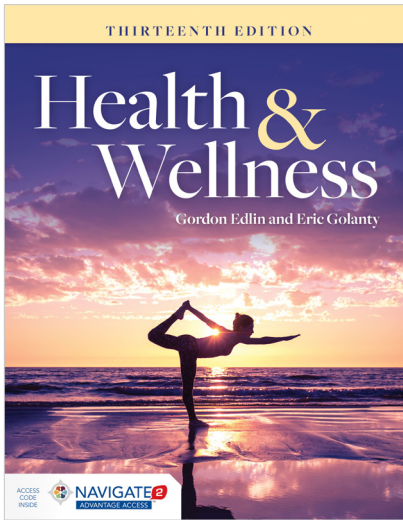


TRANSITION GUIDE



Gordon Edlin, PhD
Eric Golanty, PhD

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Paperback with Navigate 2 Advantage
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This transition guide serves to outline the updates and new content found in **Health & Wellness, Thirteenth Edition**.

SUMMARY

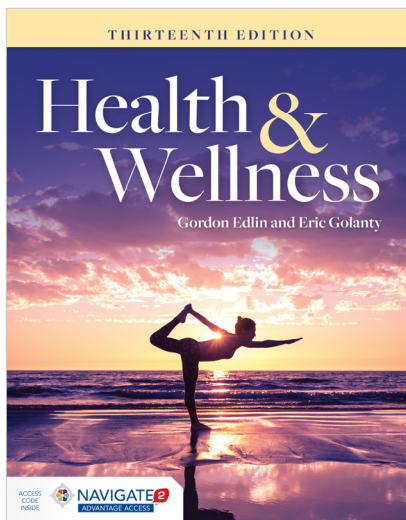
The Thirteenth Edition of Health & Wellness explores the many facets of personal health and self-responsibility, while focusing on the basic principles of physical, mental, and spiritual health. It provides students with the tools they need to make informed health decisions that promote lifelong wellness. Written in a personal and engaging style, the Thirteenth Edition of this best-selling text, encourages readers to be responsible for their own health-related behaviors and outlines how to improve overall health through nutrition, fitness, stress management, and maintaining an overall healthy lifestyle.

KEY FEATURES:

- Each chapter of the book begins with a list of Learning Objectives to help you focus on the most important concepts in that chapter.
- Key Terms are defined on or near the page on which they are introduced, as well as in the glossary at the end of the book.
- Epigrams enliven each chapter with thought-provoking (and often humorous) quotations about health.
- Health Tips in every chapter enable students to make immediate changes to their behavior.
- Current topics are highlighted in boxes to give a complete perspective in your study of health and wellness. Global Wellness boxes explore health and wellness topics as they affect different countries and cultures.
- Wellness Guides offer tips, techniques, and steps toward a healthy lifestyle and self-responsibility.
- Managing Stress boxes give you practical strategies for coping with stress.
- Dollars & Health Sense boxes focus on the influence of economic forces on individual and community health; for example, the marketing of worthless and sometimes dangerous supplements and devices for weight management, fitness, and stress relief; direct-to-consumer advertising in the marketing of minimally effective and sometimes dangerous pharmaceuticals; and cigarette advertising to encourage youths to start smoking.
- Chapters conclude with Critical Thinking About Health—a set of questions that present controversial or thought-provoking situations and ask you to examine your opinions and explore your biases.
- End-of-chapter material includes Chapter Summary and Highlights (a brief review of the chapter), For Your Health (new self-evaluation exercises), References, Suggested Readings, and Recommended Websites where you can find additional health information.

STUDENT RESOURCES:

- Interactive eBook with 19 animations now with audio and text captions
 - Antigen Presentation
 - Immune Systems
 - The Male Reproductive System
 - The Female Reproductive System
 - Steps Required by the FDA for Reviewing a New Drug
 - Brain's Reward Center
 - A Healthy Lung and a Lung from a Person Emphysema
 - The Health Consequences of Repeated Exposure Second Hand Smoke
 - The Digestive System



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- Sports Nutrition: ATP-CP Energy
- Diet and Health: Development of Atherosclerosis
- An Arterial Stent
- Balloon Angioplasty
- CT Scan of Stroke Victim
- How Cancer Cells Multiply and Spread
- The Chain of Infection
- Antibody Function and Antigen Clearance
- Cell-Mediated Immunity
- Environmental and Lifestyle Risk Factors that Contribute to Cancer
- Revised Student Workbook with various health related activities, such as Can I Read a Food Label? and My Sexual Values
- New Writable PDFs available online
- New and updated Practice Questions
- Web Links: Explore external sites that provide additional information about topics covered in this text.
- Image Bank: Review the 400 figures and tables used to illustrate challenging concepts.
- Flashcards: Enhance retention as these helpful tools guide you through the key terms vital to understanding important topics.

INSTRUCTOR RESOURCES:

Qualified Instructors will receive a full suite of Instructor Resources, including the following:

- 3,000 new and updated assessment items, including Practice Activities, Midterm, and Final Exam
- More than 250 slides in PowerPoint format
- An updated Instructor's Manual containing Discussion Questions and Model Answers
- Updated Weblinks to relevant health-related sites, including myOptumHealth and the Center for Disease Control and Prevention (CDC)

WHAT'S NEW:

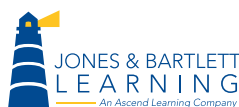
The following are some examples of topics that are new to this edition or have been expanded upon from prior editions:

- 29 new and updated boxed features, including:
 - Health Tips: Tips for Meeting Basic Human Needs
 - Wellness Guide: What Do Indoor Tanning Beds and Cigarettes Have in Common?
 - Dollars & Health Sense: Plastic Microbeads and Microfibers Pollute Oceans and Seas
 - Global Wellness: After Childhood and Adulthood, There's Oldhood
- New and updated illustrations, photos, and tables highlighting important health information, such as Chapter 18, Table 18.6, "Alcohol-Related Illness, World," and Chapter 19, Figure 19.1, "Adult Health Insurance Coverage by Percentage"
- Extensive changes made to Chapter 8, Healthy Sexuality and Intimate Relationships, to expand on the LGBTQ community
- Chapter 19, Making Decisions About Health Care, has been updated to discuss changing healthcare policies
- References, Suggested Reading, and Recommended Websites have been updated for every chapter

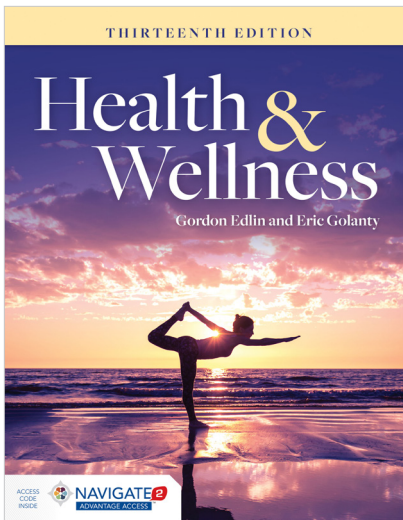
Though the TOC covers all of the same topics as the previous edition, new sections have been added. Below lists the sections new to the Thirteenth Edition:

CHAPTER 4:

- Compassion
- Gratitude
- Forgiveness



Jones & Bartlett Learning | 5 Wall Street | Burlington, MA | 01803
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CHAPTER 5:

- Dietary Guidelines for Eating Right
- Dyes and Colorings
- Functional Foods

CHAPTER 8:

- Gender

CHAPTER 12:

- The Human Microbiome
- Fecal Microbiota Transplantation
- A Healthy Microbiome
- Antibiotic Resistance

CHAPTER 13:

- Most Skin Cancers are Preventable
- Cancer Immunotherapies

CHAPTER 14:

- The Heart Beat
- Heart Failure
- Cardiopulmonary Resuscitation
- Physical Activity
- Psychosocial Factors

CHAPTER 15:

- Genome Editing

CHAPTER 17:

- Nicotine Delivery Systems
- Bidis and Kreteks

CHAPTER 19:

- Hospital Emergency Rooms (ER)
- Types of Private Health Insurance

CHAPTER 21:

- Chronic Traumatic Encephalopathy (CTE)

CHAPTER 22:

- Stress, Telomeres, and Aging