

Snazzlefrag's Here's to Your Health DSST Study Notes

Contact: <http://www.degreeforum.net/members/snazzlefrag.html>

Hosted at: <http://www.free-clep-prep.com>

Endocrine: Hypothalamus

Pituitary Gland: Hormones (base of skull/size of pea)

Adrenal Glands: mood,energy,stress (epinephrine=adrenaline)

Autonomic Nervous System: Involuntary (like resp & card systems)

Sympathetic Nervous System (arouse) Parasympathetic (calm)

General Adaptation Syndrom: Alarm,Resistance,Exhaustion

Deny,suppress,react format,projec,displace,rational,regress,sublim

RU-486: 9wks

Norplant most effective(0.05)

Zygote=egg

46chrom

Down Syndrome(chrom21): Age 25=1:2500,Age 40=1:100

Autism: lack myelin

Alzheimers: deteriorating brain nerve fibers

Sexual response: Excitement,Plateau,Orgasm,Resolution

Young-old: 65-74, Middle-old: 75-84, Old-old: 85+

Kubler-Ross: Denial,Anger,Bargaining,Depression,Acceptance

Beer(3-8%)Wine(7-15%)Spirits(35-75%) Light Beer(4%) Max ferm=15%

12oz beer=14.4oz(x1.2) light beer=12oz cooler=3oz sherry=5oz wine=1shot(1.5oz)

Spirit

Emerg:Alcohol-in-Combi(35%)Cocaine (30%)Marijuana (16%)Heroin (15%)

Drug related deathsCocaine (45%)Heroin (43%)Alcohol-in-Combination (37%)

Systolic (arteries): 160mm/Hg Diastolic (relax heart) 95mm/Hg LDL(Bad)

Isometric:force w/out joint movement Concentric:shorten Eccentric:lengthen

Breads(6-11) Fruit(2-4) Veg(3-5) Meat(2-3) Dairy(2,3preg) Fat/Sweet(sparingly)

Digestions: Esophagus, Stomach, Small intestine(20ft)

Healthy BMI: 19-25 Staphyl: Skin Strep: Fevers

Carcinoma: surfaces

Sarcoma: bone/muscle connective tissue

Identity,Independence,Responsibility,Intimacy

Accept physical decline,maintain function,integrity,