

My Medical Journal

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BLACK DEATH

Watch the videos below about Black Death, then complete the chart on the next page.

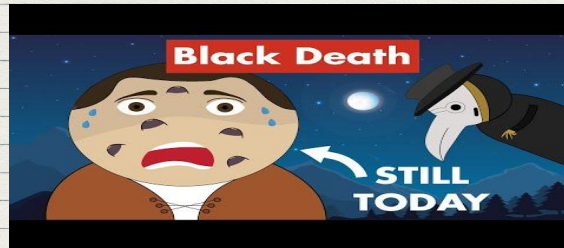




Photo of bubo and picture of plague transmission source: CDC. Use of CDC photos does not constitute endorsement by the U.S. Government, Department of Health and Human Services, or Centers for Disease Control and Prevention.

Symptoms of Bubonic plague chart, plague doctor picture and cityscape picture in public domain.

BLACK DEATH

Complete the chart below based on what you learned from the book, videos, and pictures on the previous slides.

Where and when did it begin?	
What were the symptoms?	
How did it spread?	
What was the treatment?	
What was the death toll?	



CHOLERA


Watch the videos below and check out the pictures on the next slide to learn more about cholera, then complete the chart on the next page.




CHOLERA

Check out the pictures below to learn more about Cholera, then complete the chart on the next slide.


Make water safe




Prepare safe food



Wash your hands




Keep toilets clean



CHOLERA

Acute, diarrheal illness caused by infection of the intestine with the bacterium *Vibrio cholerae*



Profuse watery diarrhea "rice water stools"


Vomiting

Dehydration

Circulatory collapse

Shock

Infected by ingesting contaminated water or food




Incubation period: 2 hours to 5 days

Annual infection: 3-5 million


Annual deaths: 100,000

Bacteria exits body through feces. Feces can be contagious for up to 14 days.




#roypath histopathology-india.net

Cholera



Cramps
Diarrhea
Vomiting
Dehydration



NOTICE.

PREVENTIVES OF CHOLERA!


Published by order of the Sanitary Commission under the direction of the Medical Officer.

BE TEMPERATE IN EATING & DRINKING!
Avoid Raw Vegetables and Fruits. Fruit.
 Abstain from **COLD WATER**, when heated, and above all from **ardent Spirits**, and if habit has rendered them indispensable, take much less than usual.

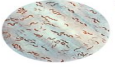
SLEEP AND CLOTHE WARM!
DO NOT SLEEP OR SIT IN A DRAUGHT OF AIR.
 Avoid getting Wet!
 Attend immediately to all disorders of the Bowels.

TAKE NO MEDICINE WITHOUT ADVICE.
Medicine and Medical Advice can be had by applying to all houses of the day and night, by applying to the Sanitary Commission, or to the Medical Officer.

JAMES KELLY, Chairman of Sanitary Committee.



Water contaminated with *Vibrio cholerae*



Cholera graphic (top) by Dr. Sampurna Roy, used with permission
 Cholera graphic (bottom) by Susan McCormick, faucet photo in public domain, V. cholera and illustrations from CDC. Use of CDC photos does not constitute endorsement by the U.S. Government, Department of Health and Human Services, or Centers for Disease Control and Prevention.

Cholera Notice picture in public domain

CHOLERA

Complete the chart below based on what you learned from the book, videos, and pictures on the previous slides.

What is cholera?	
What are the symptoms?	
How does it spread?	
What is the treatment?	
How fatal is it?	



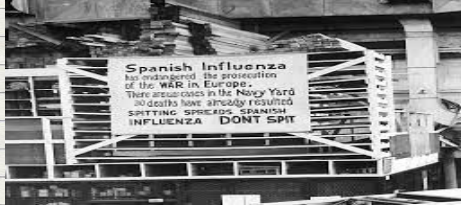
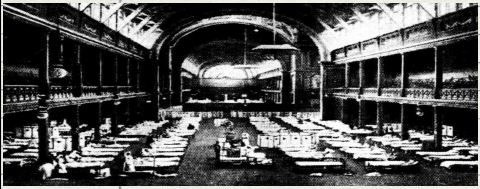
LA GRIPPE SPANISH FLU

Watch the videos below about the the
Spanish flu, then complete the chart
on the next page.



LA GRIPPE SPANISH FLU

Check out the pictures below that were taken during the Spanish flu pandemic.



Photos in the public domain

LA GRIPPE SPANISH FLU

Complete the chart below based on what you learned from the book and videos on the previous slide.

Where and when did it begin?	
What were the symptoms?	
How did it spread?	
What was the treatment?	
What was the death toll?	



HEART ATTACK

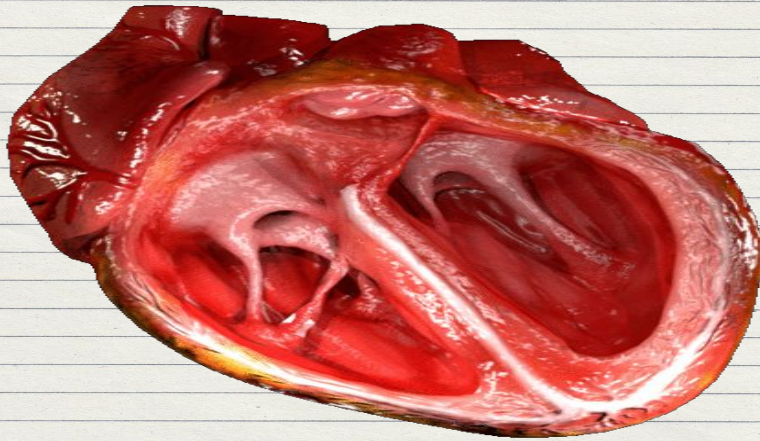
Watch the videos below about what a heart attack, catheterization, and stent are, then complete the chart on the next page.



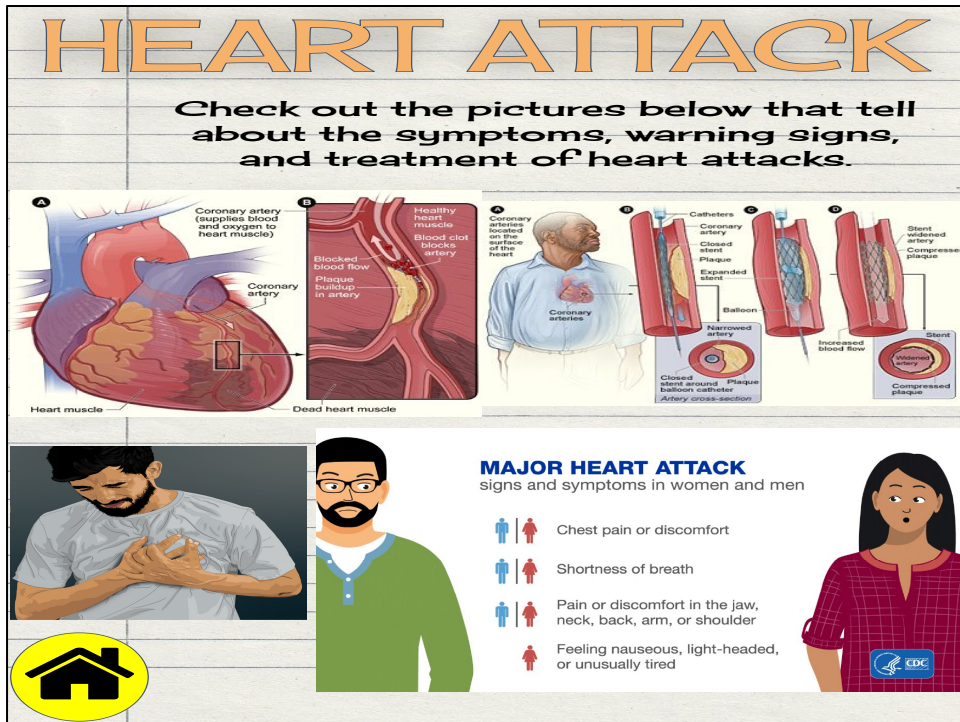
WHAT HAPPENS DURING
A **HEART** ATTACK?



THE HEART



Computer Generated Cross Section 3d Model of Heart by [DrJanaOfficial](https://www.drjanaofficial.com) is licensend under <https://creativecommons.org/licenses/by-sa/4.0/deed.en>



Coronary artery picture source: NIH

Cardiac stent picture source: NIH

Major Heart Attack figure source: CDC. Use of CDC photos does not constitute endorsement by the U.S. Government, Department of Health and Human Services, or Centers for Disease Control and Prevention.

Picture of man with chest pain by myupchar.com/en license

<https://creativecommons.org/licenses/by-sa/4.0/deed.en>, cropped

HEART ATTACK


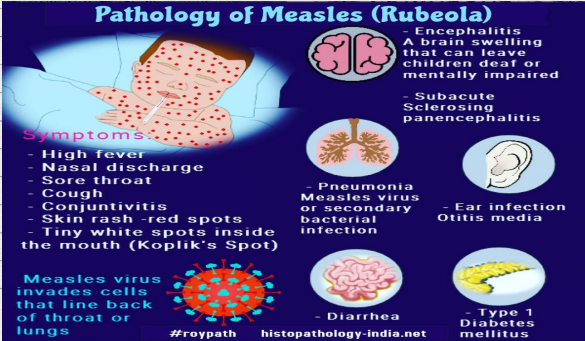
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slides.



What is a heart attack?	
What are the symptoms?	
What is the treatment?	
What does it look like?	
What should you do if you think someone is having a heart attack?	



MEASLES

Watch the video below about measles, and check out the pictures, then complete the chart on the next page.

Measles graphic by Dr. Sampurna Roy, used by permission

Photos of measles rashes source: CDC. Use of CDC photos does not constitute endorsement by the U.S. Government, Department of Health and Human Services, or Centers for Disease Control and Prevention.

MEASLES

Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

What is measles?	
What are the symptoms?	
What is the treatment?	
What does it look like?	
What should you do if you think you have measles?	



BEE STING ALLERGIES

Watch the video below about bee sting allergies and check out the pictures, then complete the chart on the next page.



BEE STINGS

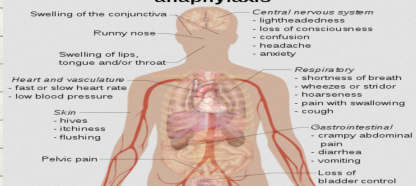
Local Reaction
Redness
Pain
Swelling at site of sting
Lasts minutes to hours



Moderate Reaction
Extreme redness
Swelling grows larger
Lasts 7 - 10 days
Talk to doctor
Need plan for future stings

**Severe Reaction/
Anaphylaxis**
Hives, skin swelling, flushing
Trouble breathing
Throat swelling
Nausea and/or vomiting
Dizziness
Loss of consciousness
Shock
Need emergency attention
Call 911

Signs and symptoms of anaphylaxis



Bee Stings chart by Susan McCormick, bee photo in public domain
Anaphylaxis chart in public domain

BEE STING ALLERGIES

Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

What can happen when someone is stung by a bee?	
What are the symptoms of a bad allergic reaction to a bee sting?	
What is the treatment?	
What does it look like?	
What should you do if you think you are having a bad allergic reaction to a bee sting?	



POLIO

Watch the videos below about polio and check out the pictures, then complete the chart on the next page.

















Photo of girl with leg deformity source: CDC. Use of CDC photos does not constitute endorsement by the U.S. Government, Department of Health and Human Services, or Centers for Disease Control and Prevention.

Photo of Jonas Salk and newspaper photo in public domain.

Graphic by Dr. Sampurna Roy, used with permission.

POLIO

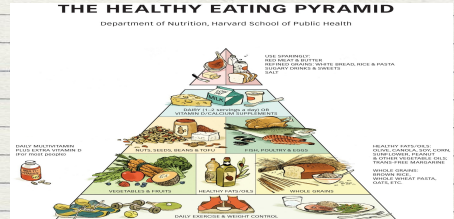
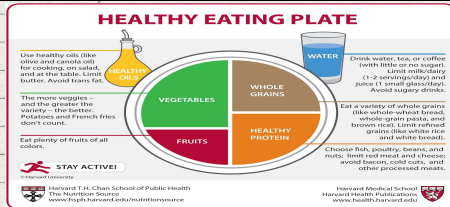
Complete the chart below based on what you learned from the book and videos on the previous slide.

What is polio?	
What are the symptoms of polio?	
What is the treatment?	
How does it spread?	
How can polio be prevented?	



HEALTHY DIET

Watch the videos below about the importance of a healthy diet and check out the pictures, then complete the chart on the next page.



Healthy Eating Plate: Copyright © 2011, Harvard University. For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, www.thenutritionsource.org, and Harvard Health Publications, www.health.harvard.edu.

Healthy Eating Pyramid: Copyright © 2008. For more information about The Healthy Eating Pyramid, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, www.thenutritionsource.org, and Eat, Drink, and Be Healthy, by Walter C. Willett, M.D., and Patrick J. Skerrett (2005), Free Press/Simon & Schuster Inc.”

HEALTHY DIET




Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.


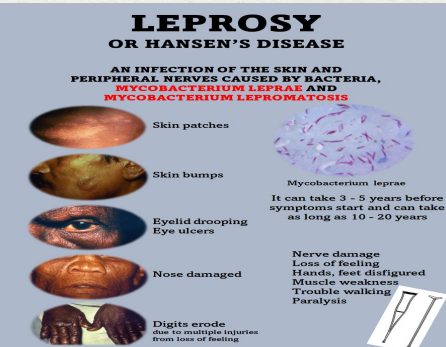
What is considered a healthy diet?	
What kinds of foods are not part of a healthy diet?	
What kinds of foods are important in a healthy diet?	
What diseases can an unhealthy diet cause?	
How can people live a healthier lifestyle?	



LEPRA

Watch the videos below about leprosy and check out the pictures, then complete the chart on the next page.

LEPROSY OR HANSEN'S DISEASE

AN INFECTION OF THE SKIN AND PERIPHERAL NERVES CAUSED BY BACTERIA, MYCOBACTERIUM LEPRAE AND MYCOBACTERIUM LEPROMATOSIS

- Skin patches
- Skin bumps
- Eyelid drooping
- Eye ulcers
- Nose damaged
- Digits erode due to multiple injuries from loss of feeling

Mycobacterium leprae

It can take 3 - 5 years before symptoms start and can take as long as 10 - 20 years

Nerve damage

- Loss of feeling
- Hands, feet disfigured
- Muscle weakness
- Trouble walking
- Paralysis

Home for Lepers (Burma, 1891) photo source: International Leprosy Association, https://leprosyhistory.org/geographical_region/country/myanmar

Leprosy chart created by Susan McCormick.

Photos of ear and leprosy complications source: CDC. Use of CDC photos does not constitute endorsement by the U.S. Government, Department of Health and Human Services, or Centers for Disease Control and Prevention.

Picture of crutches in public domain.

LEPRA

Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

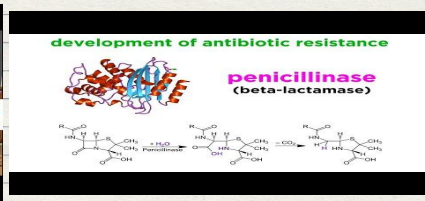
What is lepra/leprosy?	
What are the symptoms of lepra?	
What is the treatment?	
How does it spread?	
How were people with leprosy treated? Why did society treat them this way?	



STAPH INFECTION

MRSA

Watch the videos below about MRSA and check out the pictures, then complete the chart on the next page.



MRSA

METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS

MRSA is a bacteria that causes infection that is hard to treat due to antibiotic resistance

Overuse of antibiotics

Starts as a painful red bump like a pimple or bug bite
Grows and spreads
Warm to touch
Can ooze or drain pus

S. aureus growing in lab

Can lead to deeper infection in the tissues or blood
Fever
Fatigue
Sick

MRSA

- Many people are carriers without symptoms
- Usually affects the skin, but can get into the body
- Spreads in crowded places where people touch
- Children and elderly more vulnerable
- Prevent with hand washing
- Keep cuts and scrapes clean
- Don't share personal items (razors, washcloths, etc)

The block contains two photographs of skin infections. The first shows a small, red, raised bump on a person's arm. The second shows a larger, more inflamed, and possibly infected lesion on a person's leg, with an arrow pointing from the first photo to the second to indicate progression.

MRSA charts created by Susan McCormick. Photos/pictures in public domain.

Photo of leg infection source: [Mangostar](https://www.mangostar.com/), license creativecommons.org/licenses/by-sa/3.0/, cropped to fit

STAPH INFECTION

MRSA

Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

What is a staph infection?	
What is MRSA?	
What is the treatment?	
How does it spread? How can it be prevented?	
What happens if MRSA is left untreated?	
Who is most likely to develop MRSA?	



THE DANGERS OF SMOKING

Watch the videos below about the effects of smoking and check out the pictures, then complete the chart on the next page.

Biology
DANGERS OF SMOKING

Brain POP
Health Smoking

Smoker's Teeth
Larynx Cancer

Common adverse effects of Tobacco smoking

- Larynx cancer
- Esophagus cancer
- Myocardial infarction
- Systemic atherosclerosis
- Bladder cancer
- Oral cavity cancer
- Lung cancer
- Chronic bronchitis
- Emphysema
- Peptic ulcer
- Pancreas cancer

Normal Lungs
Lungs with COPD

Teeth and larynx photos in public domain

Adverse Effects of Smoking graphic in public domain

Lung photo source: NIH

COPD graphic source: Heart, Lung, and Blood Institute

THE DANGERS OF SMOKING

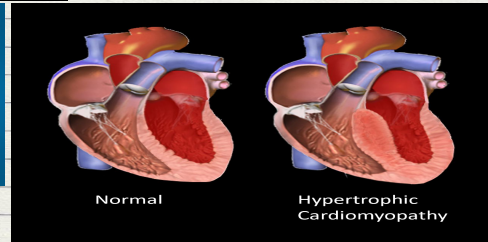
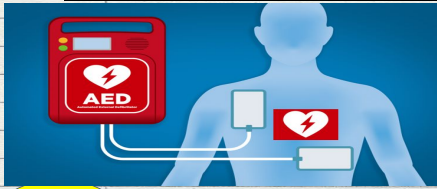
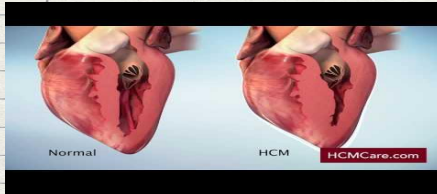
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

What are some of the diseases that someone can develop if they smoke?	
What are the effects of smoking on the lungs?	
Why is it so hard to quit smoking?	
What are some ways people can quit smoking?	
What advice would you give to someone who wants to quit smoking?	



HYPERTROPHIC CARDIOMYOPATHY

Watch the videos below about hypertrophic cardiomyopathy and check out the pictures, then complete the chart on the next page.



AED source: FDA

Hypertrophic cardiomyopathy picture source: [Npatchett](https://www.flickr.com/photos/npatchett/), license <https://creativecommons.org/licenses/by-sa/3.0/deed.en>, realigned for size

HYPERTROPHIC CARDIOMYOPATHY

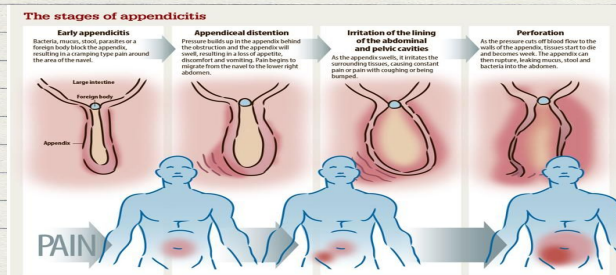
Complete the chart below based on what you learned from the book and videos on the previous slide.

What is hypertrophic cardiomyopathy?	
What is an AED?	
What are the symptoms of hypertrophic cardiomyopathy?	
What is a cause of hypertrophic cardiomyopathy?	
What should you do if you witness someone having sudden cardiac arrest?	
What types of places do you think should have an AED? Why?	



APPENDICITIS

Watch the videos below about appendicitis and check out the pictures, then complete the chart on the next page.



Appendicitis graphic source: National Library of Medicine

APPENDICITS

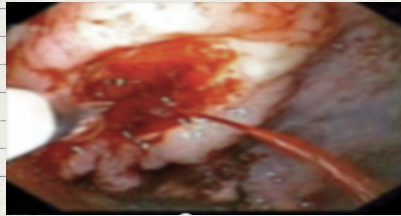
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

What is appendicitis?	
What is your appendix?	
What are the symptoms of appendicitis?	
What is the treatment?	
What causes appendicitis?	
What should you do if you think you may have appendicitis?	



STOMACH ULCER

Watch the videos below about stomach ulcers and check out the pictures, then complete the chart on the next page.



Bleeding stomach ulcer, white needle about to inject to stop the bleeding (via scope through mouth)



Bleeding ulcer photo source: [Jeremias](#) with license [licenses/by-sa/3.0/deed.en](#), photo cropped, blurred, and desaturated

STOMACH ULCER

Complete the chart below based on what you learned from the book, video and, picture on the previous slide.

What is a stomach ulcer?	
How does a stomach ulcer form?	
What causes stomach ulcers?	
What are the symptoms of a stomach ulcer?	
What can happen if someone gets a stomach ulcer and it is left untreated?	
What should you do if you think you may have stomach ulcer?	



SMALLPOX

Watch the videos below about smallpox, check out the pictures, and complete the chart on the next page.

HOW WE BEAT SMALLPOX

smallpox

Highly contagious, disfiguring and often deadly disease caused by the smallpox virus, an orthopoxvirus

No cases have occurred in the world since 1977

Spread:

- By blood product
- By skin to skin contact
- By airborne respiratory droplets
- By saliva (shared drink, kissing)

Severe constitutional symptoms

Prodromal rash develops first on the face, hands, forearm and later torso.

Mortality rate -30%

Vaccine can prevent it.

www.rgppath.com histopathology.india.net

The boy on the right was vaccinated. Both boys were exposed to smallpox.

Photo by Dr. Allan Warner in public domain
Smallpox graphic by Dr. Sampurna Roy, used with permission.

SMALLPOX

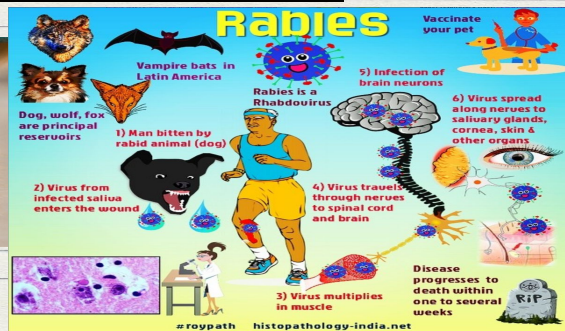
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

What is smallpox?	
What are the symptoms?	
What does it look like?	
Why don't we have smallpox today?	
What were the effects of smallpox on society?	



RABIES

Watch the videos below about rabies and check out the pictures, then complete the chart on the next page.



Dog with rabies photo source: [chefjancris](https://creativecommons.org/licenses/by/2.0/deed.en) license
<https://creativecommons.org/licenses/by/2.0/deed.en>
Graphic from Dr. Sampurna Roy, used with permission

RABIES

Complete the chart below based on what you learned from the book, video, and picture on the previous slide.

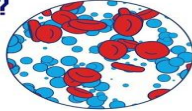
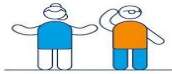
What is rabies?	
How is rabies spread?	
What are the symptoms?	
What is the treatment?	
What animals can get rabies?	



DIABETES

Watch the videos below about diabetes and check out the pictures, then complete the chart on the next page.

WHAT IS DIABETES?



Type 1 Diabetes

Affects 1.6 mil people in US
Usually diagnosed as child
Can be triggered by a virus
Requires insulin

Type 2 Diabetes

Affects 1 in 10 US adults, >30 mil
Usually affects adults
Exercise, weight loss reduce risk
Treated by diet, medicine, or insulin

90-95% of diabetes is Type 2



Chart by Susan McCormick, illustration source: myupchar.com/en, license <https://creativecommons.org/licenses/by-sa/4.0/deed.en>, cropped

DIABETES

Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

What is diabetes? What are the two types?	
What is Type 1 Diabetes? How is it treated?	
What is Type 2 Diabetes? How can you decrease your risk of getting it?	
What organs can be damaged by both types of diabetes?	
What are the symptoms of both types of diabetes?	



NOTES

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