The image shows the front cover of a notebook. The cover has a black and white marbled pattern. In the center, there is a white, rounded rectangular label with a black border. Inside the label, the words "My Medical" are on the top line and "Journal" is on the bottom line, both in a bold, black, sans-serif font. There are two horizontal lines between the two words.

My Medical Journal

My Medical Journal

My Medical Journal

My Medical Journal

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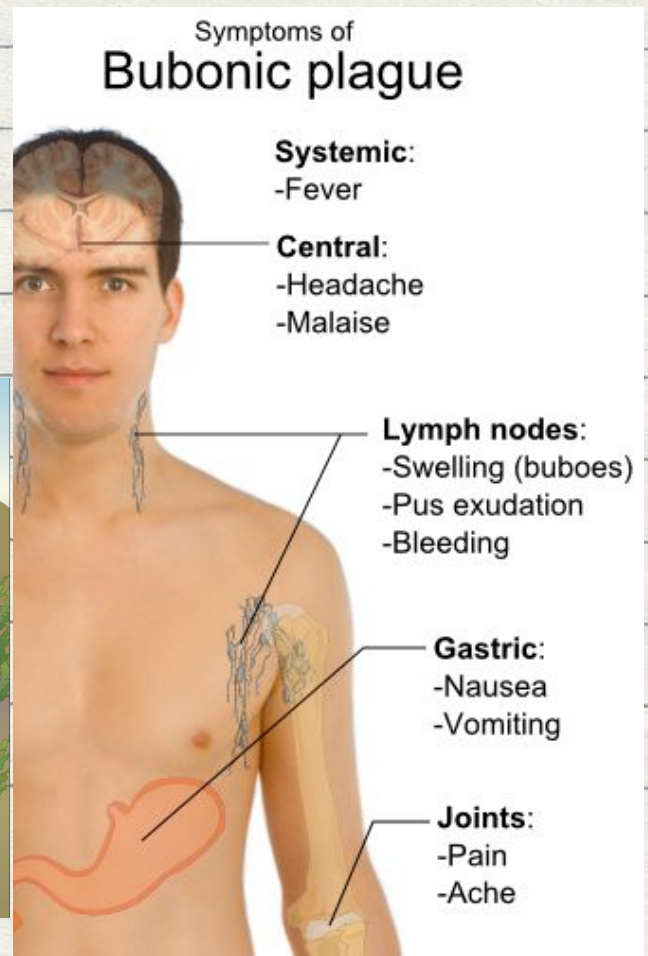
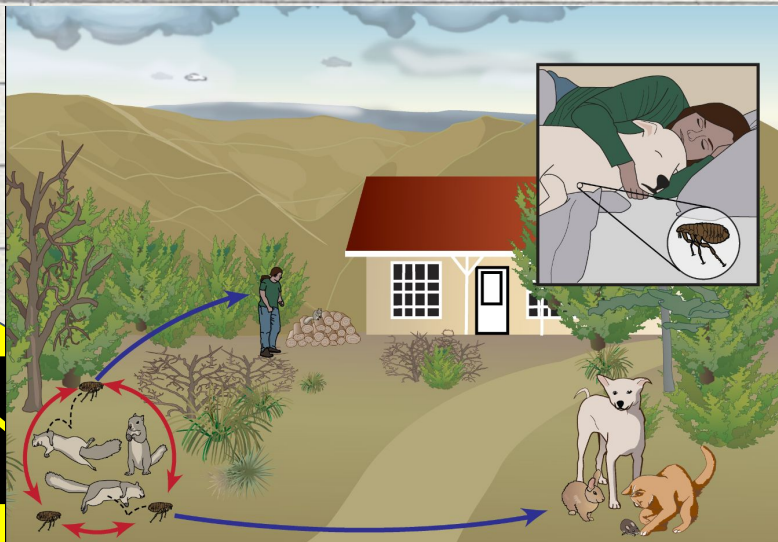
BLACK DEATH

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



BLACK DEATH

Check out the pictures below that depict Bubonic Plague (Black Death).



BLACK DEATH

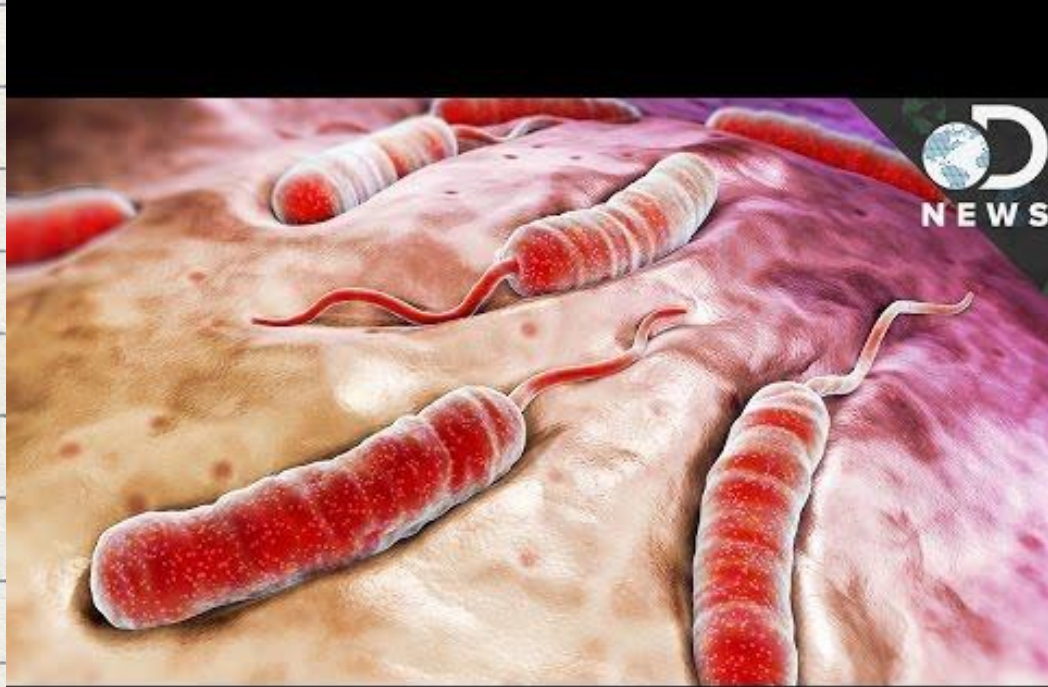
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slides.

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.

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

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

Make water safe

Prepare safe food

Wash your hands

Keep toilets clean

Infected by ingesting contaminated water or food

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

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NOTICE.

PREVENTIVES OF CHOLERA!

Published by order of the Sanatory Committee, under the sanction of the Medical Counsel.

BE TEMPERATE IN EATING & DRINKING!
Avoid Raw Vegetables and Unripe Fruit!
 Abstain from COLD WATER, when heated, and above all from *Ardent Spirits*, and if habit have 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!

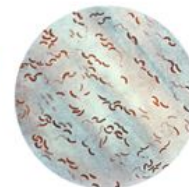
Attend immediately to all disorders of the Bowels.

TAKE NO MEDICINE WITHOUT ADVICE.
 Medicine and Medical Advice can be had by the poor, at all hours of the day and night, by applying at the Station House in each Ward.

CALEB S. WOODHULL, Mayor.
 JAMES KELLY, Chairman of Sanatory Committee.



Water contaminated with *Vibrio cholerae*



Cholera



Cramps
 Diarrhea
 Vomiting
 Dehydration



CHOLERA

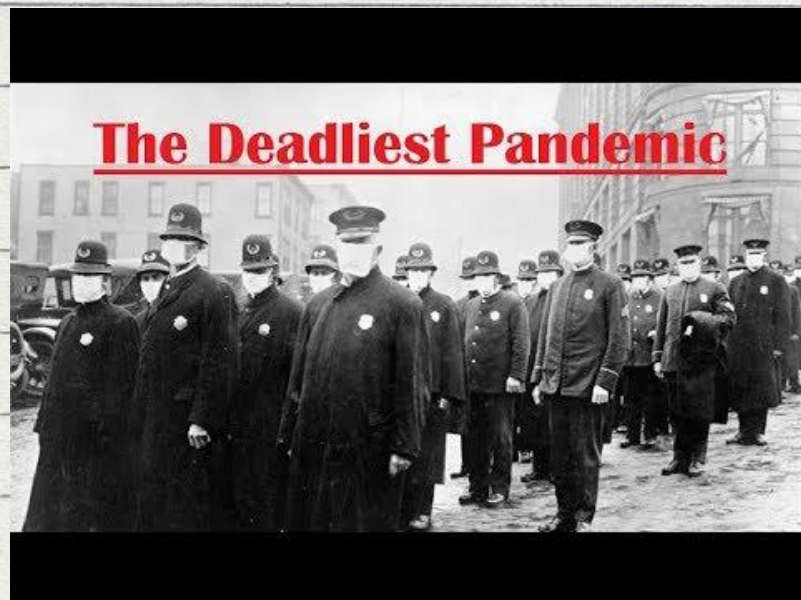
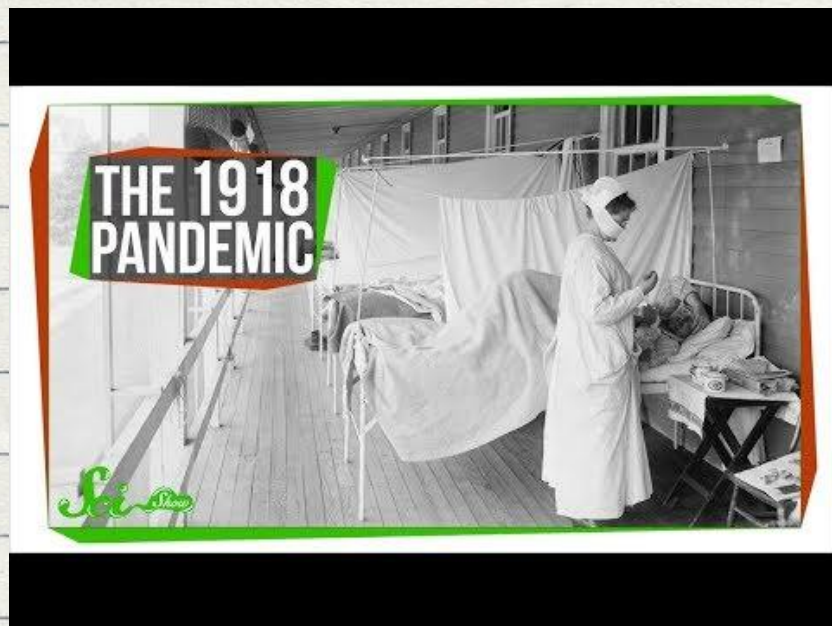
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slides.

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.



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?	

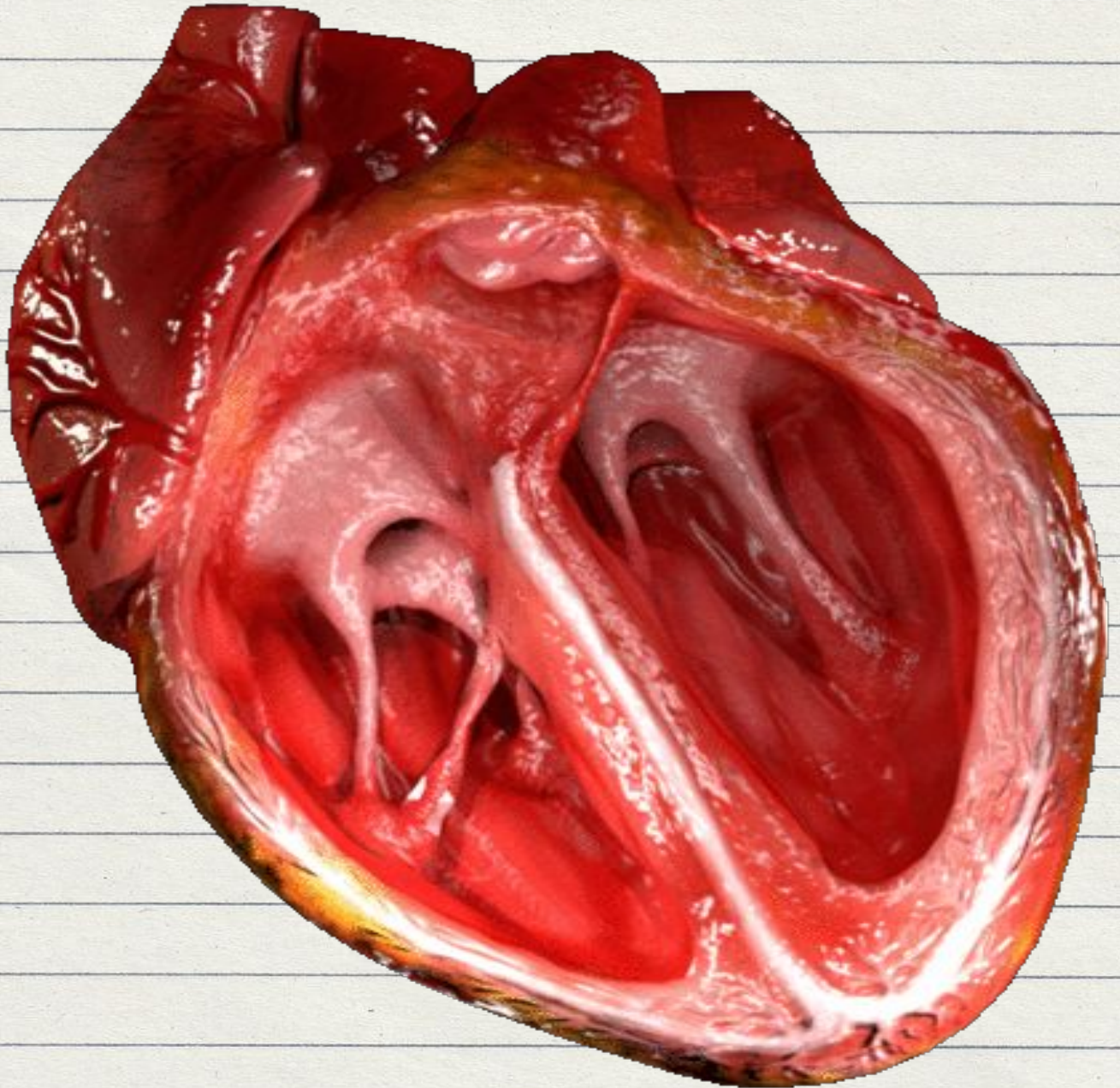


HEART ATTACK

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

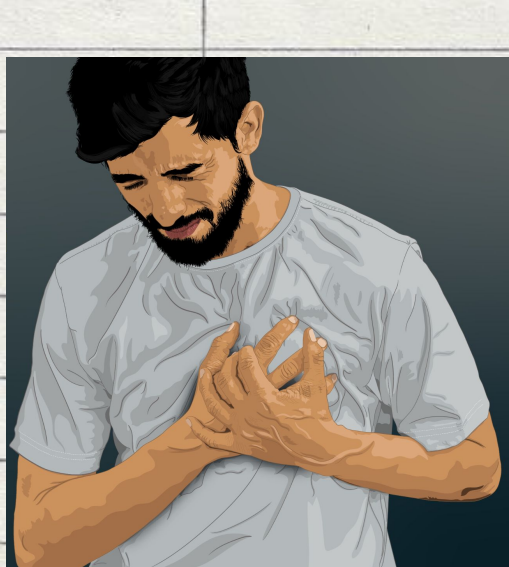
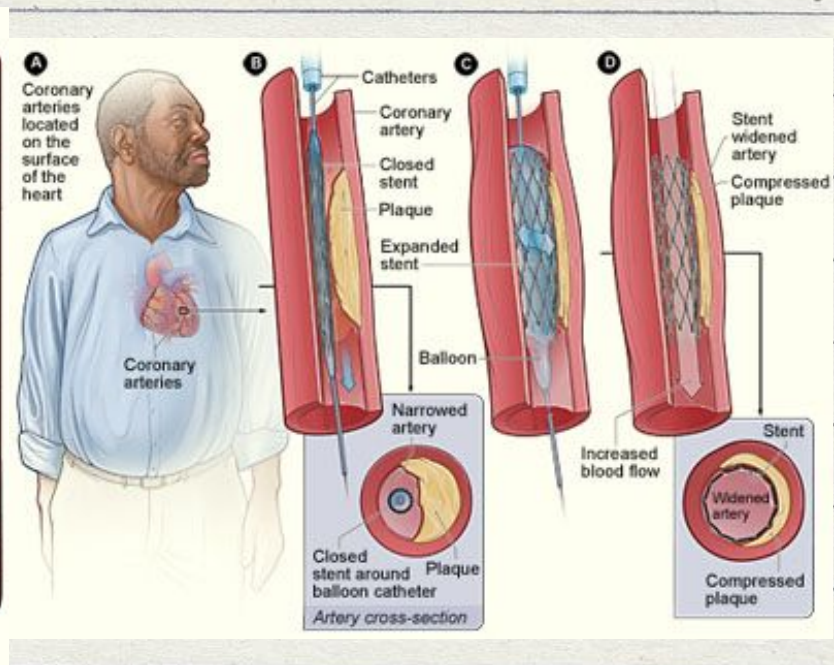
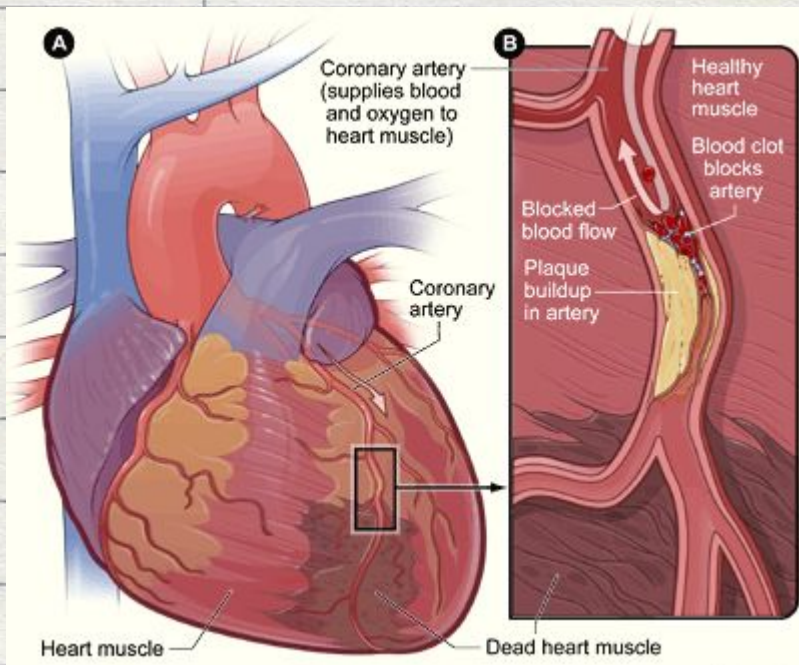


THE HEART



HEART ATTACK

Check out the pictures below that tell about the symptoms, warning signs, and treatment of heart attacks.



MAJOR HEART ATTACK

signs and symptoms in women and men



Chest pain or discomfort



Shortness of breath



Pain or discomfort in the jaw, neck, back, arm, or shoulder



Feeling nauseous, light-headed, or unusually tired



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.



Pathology of Measles (Rubeola)

Symptoms:

- High fever
- Nasal discharge
- Sore throat
- Cough
- Conjunctivitis
- Skin rash - red spots
- Tiny white spots inside the mouth (Koplik's Spot)

Measles virus invades cells that line back of throat or lungs

Complications:

- Encephalitis: A brain swelling that can leave children deaf or mentally impaired
- Subacute Sclerosing panencephalitis
- Pneumonia: Measles virus or secondary bacterial infection
- Ear infection: Otitis media
- Diarrhea
- Type 1 Diabetes mellitus

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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



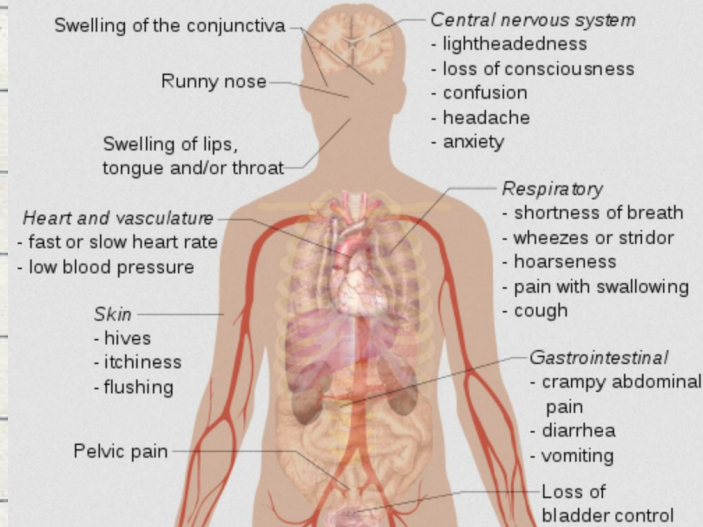
Moderate Reaction

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 STING ALLERGIES

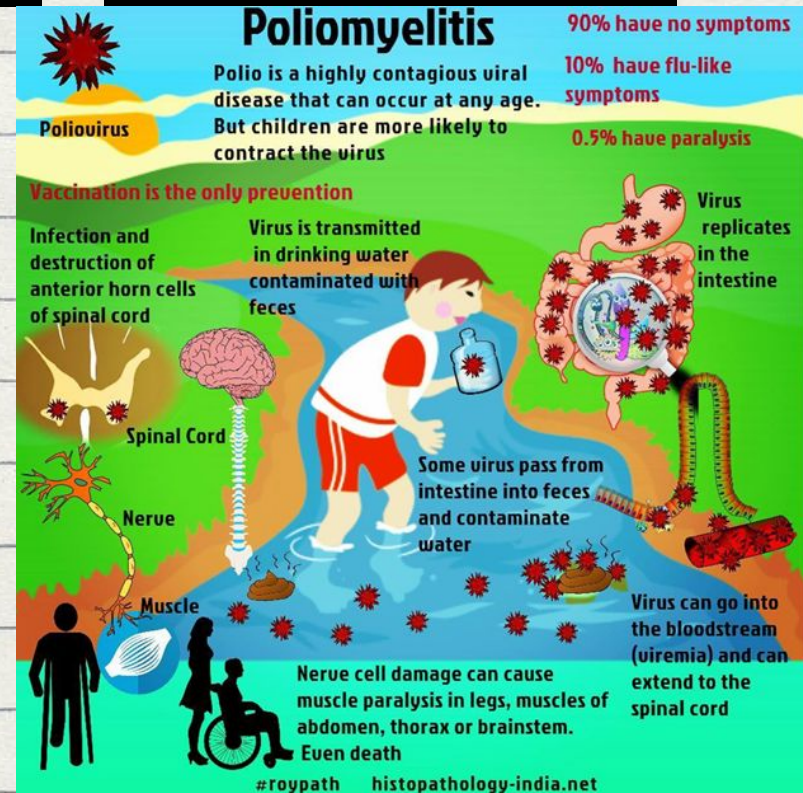
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

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.



POLIO

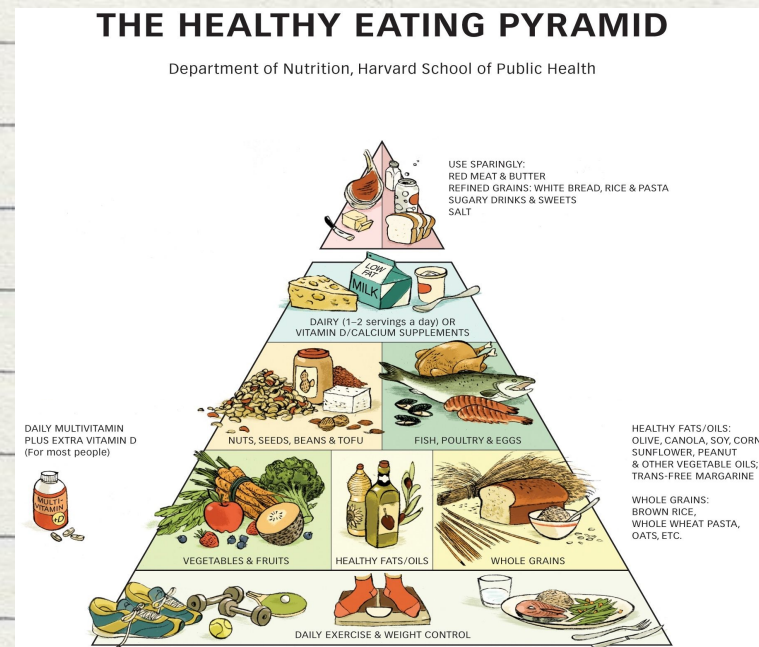
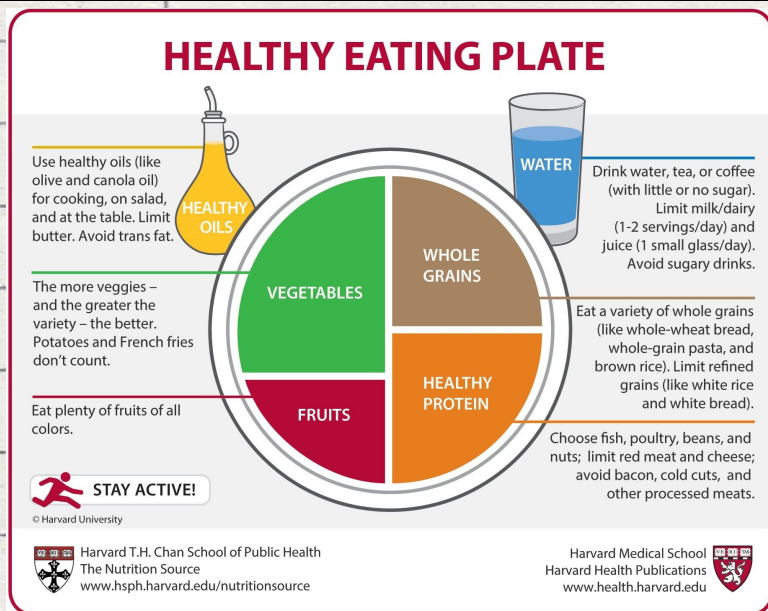
Complete the chart below based on what you learned from the book and videos on the previous slide.

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 DIET

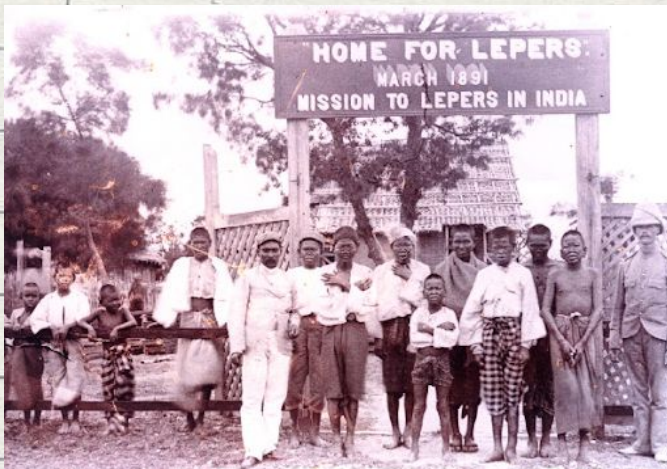
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

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?	



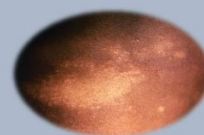
LEPRA

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

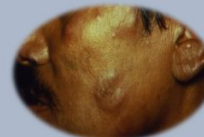


LEPROSY OR HANSEN'S DISEASE

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



Skin patches



Skin bumps



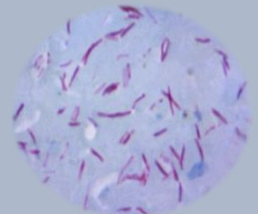
Eyelid drooping
Eye ulcers



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



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?	



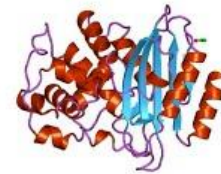
STAPH INFECTION

MRSA

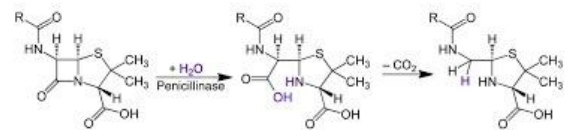
Watch the videos below about MRSA and check out the pictures, then complete the chart on the next page.



development of antibiotic resistance



penicillinase
(beta-lactamase)



MRSA

METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS

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



Overuse of antibiotics



S. aureus growing in lab

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



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)



STAPH INFECTION

MRSA

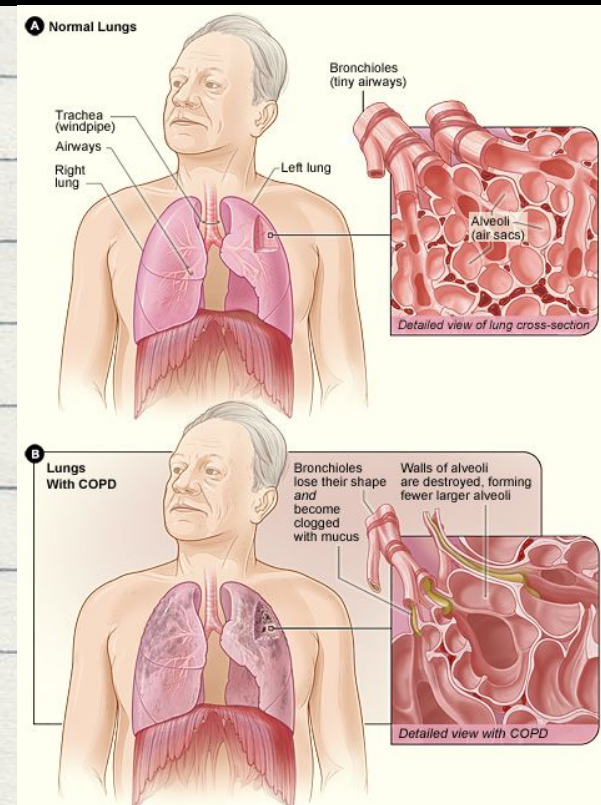
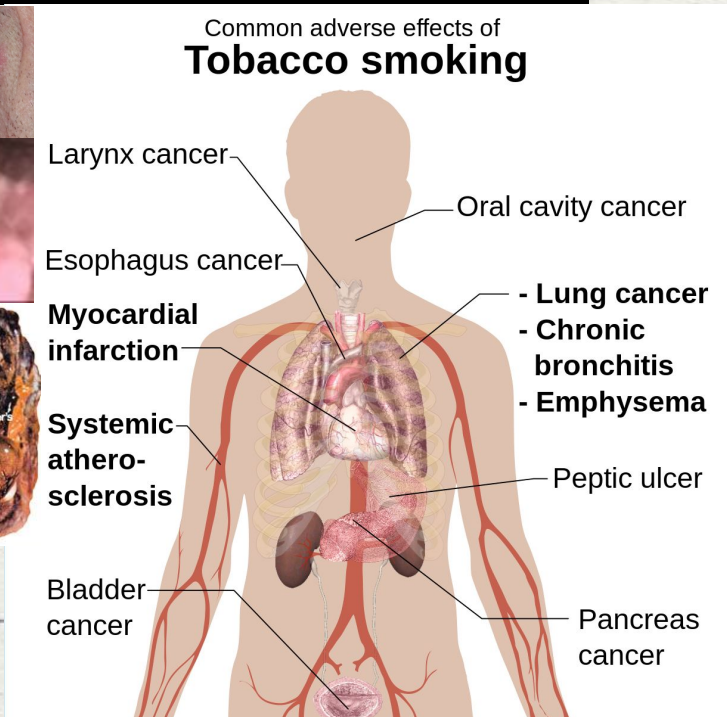
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

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.



THE DANGERS OF SMOKING

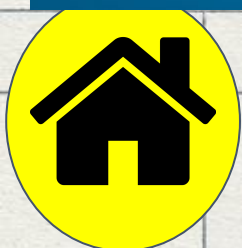
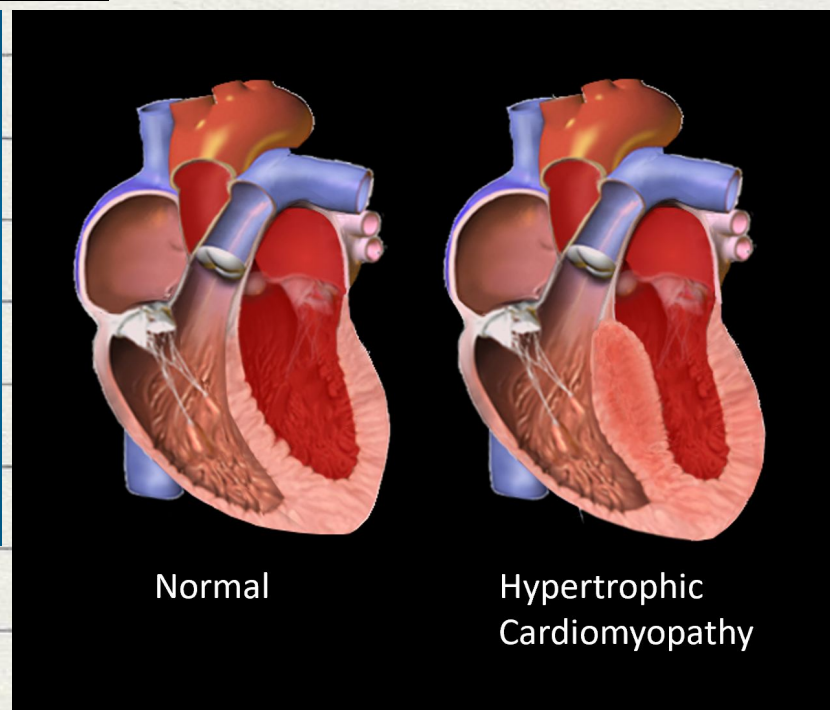
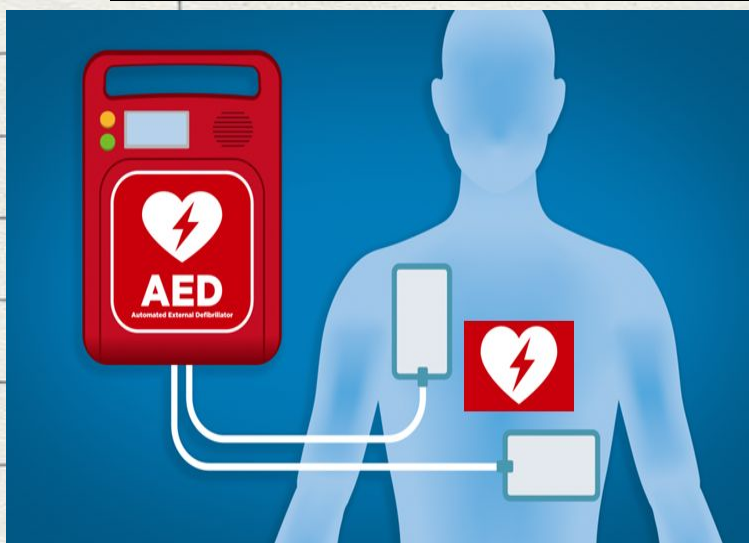
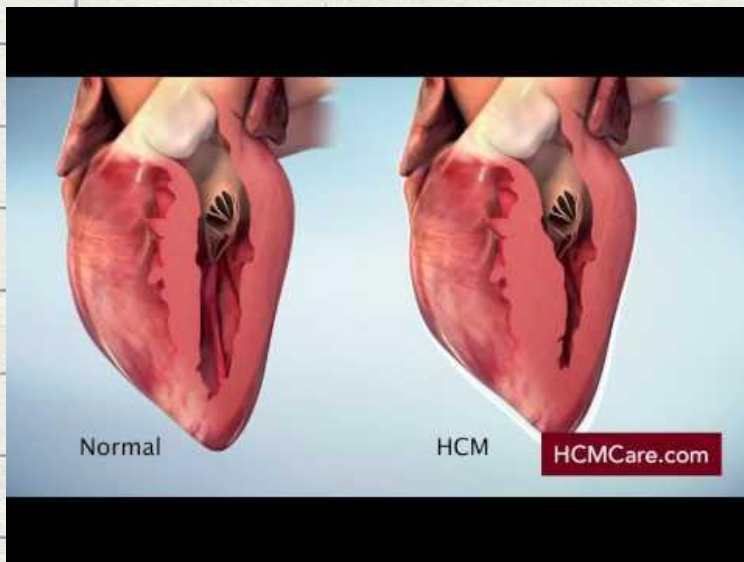
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

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.



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?	

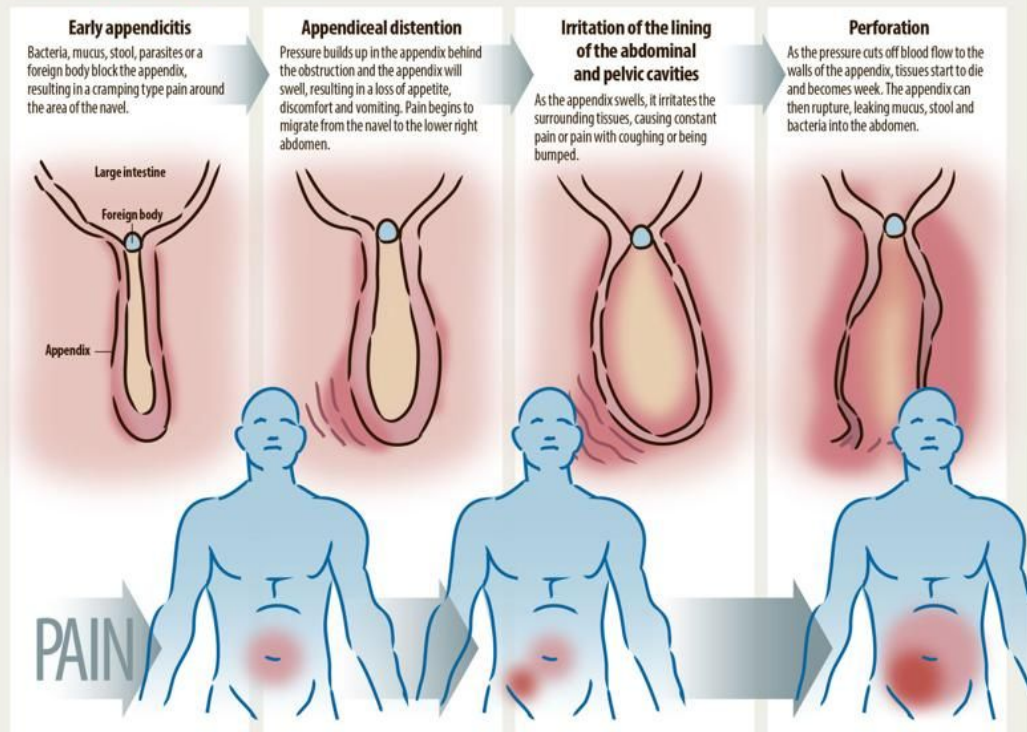


APPENDICITIS

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



The stages of appendicitis



APPENDICITIS

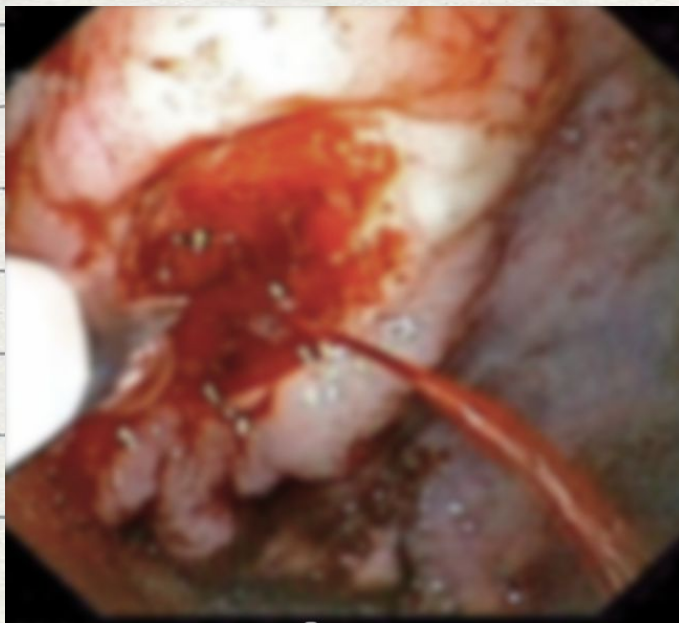
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

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)



STOMACH ULCER

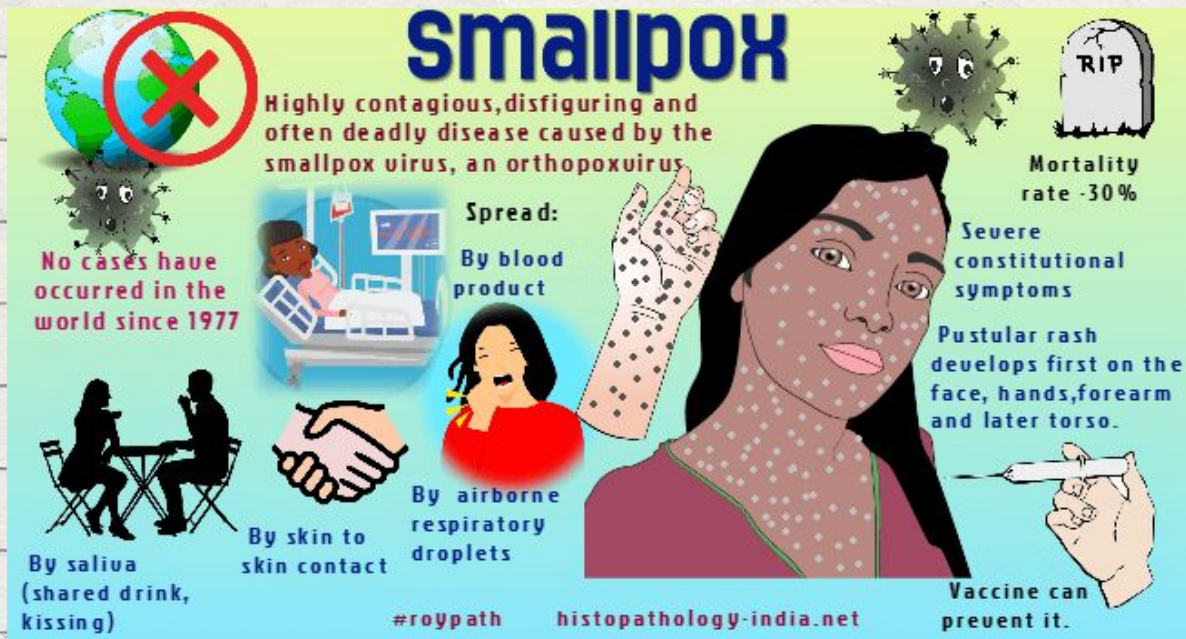
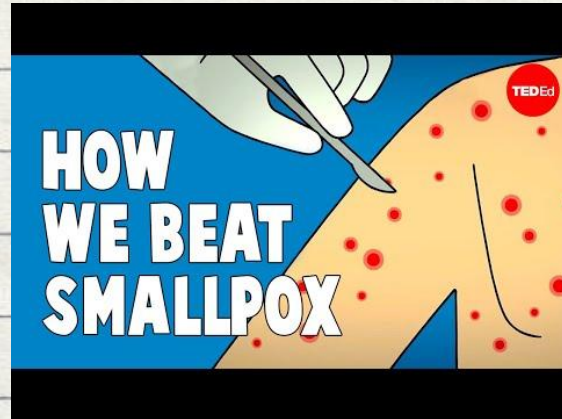
Complete the chart below based on what you learned from the book, video and, picture on the previous slide.

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.



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



SMALLPOX

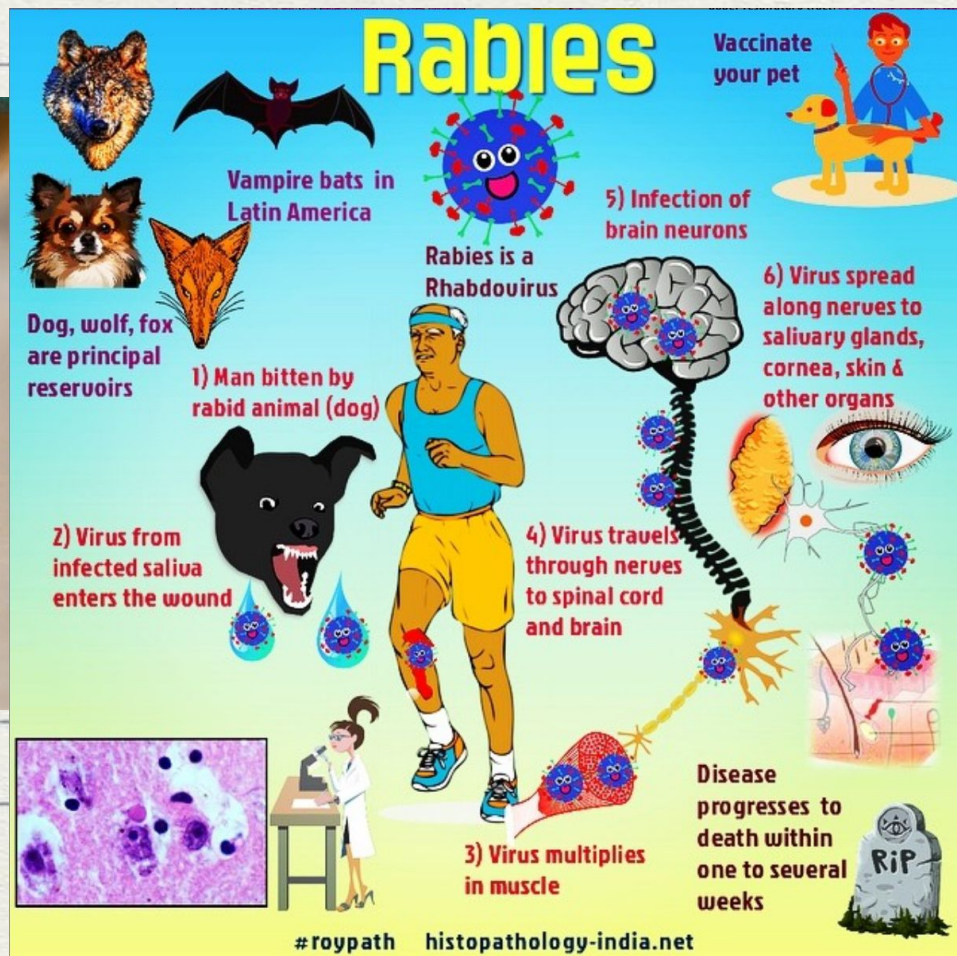
Complete the chart below based on what you learned from the book, videos, and pictures on the previous slide.

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.



RABIES

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

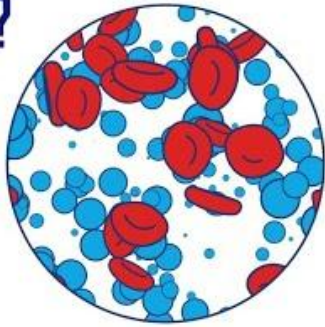
What is rabies?	
How is rabies spread?	
What are the symptoms?	
What is the treatment?	
What animals can get rabies?	



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



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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