

WHAT'S WRONG WITH ME?

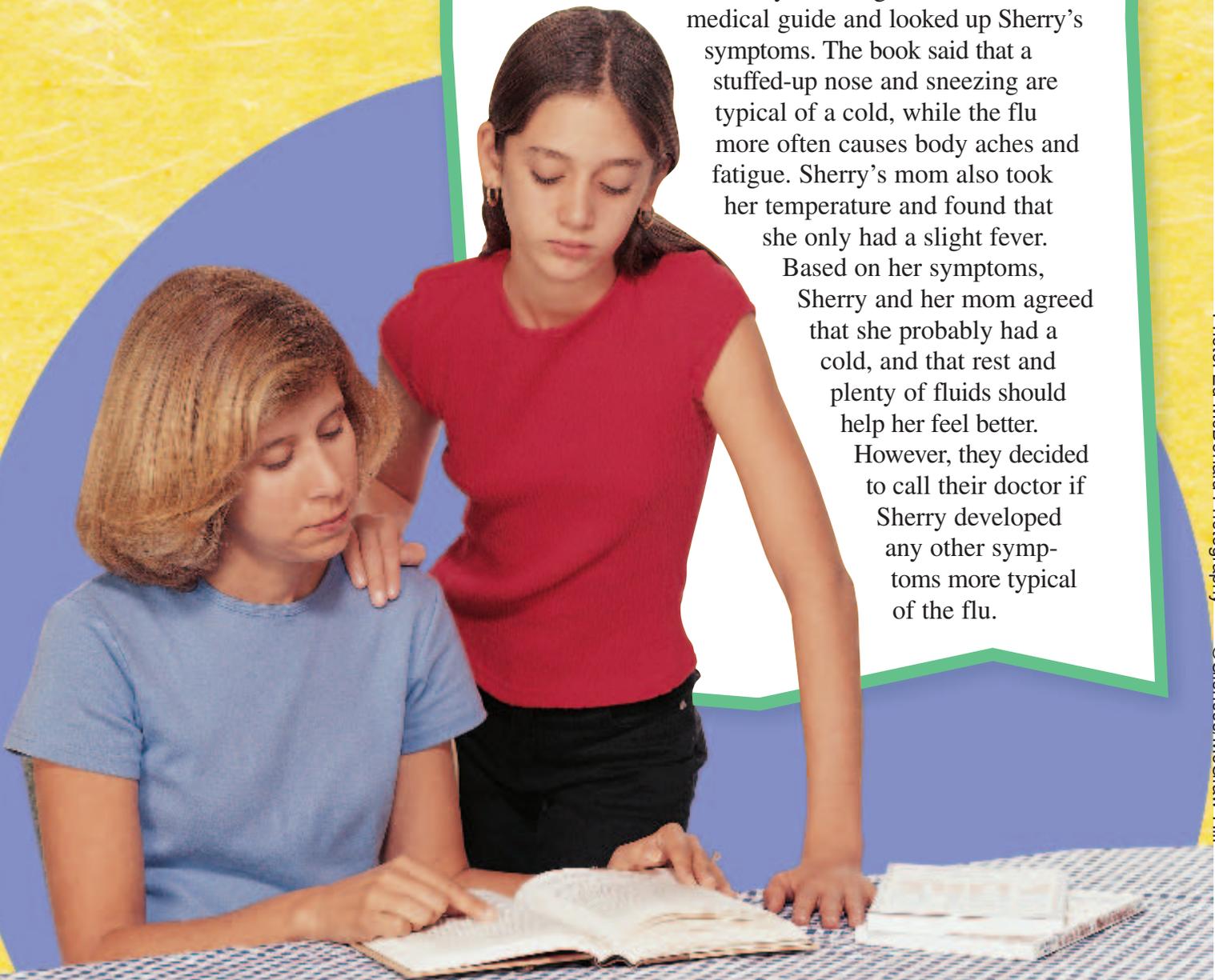
Model

Sherry woke up this morning feeling awful. Her throat hurt, her head felt stuffed up, and she felt like she had a fever. She thought she probably had a cold, but then she remembered that one of her classmates had been home with the flu. Sherry was worried because she knew that influenza could be serious. She decided to ask her parents to help her diagnose her problem.

Sherry's mom got out her home medical guide and looked up Sherry's symptoms. The book said that a stuffed-up nose and sneezing are typical of a cold, while the flu more often causes body aches and fatigue. Sherry's mom also took her temperature and found that she only had a slight fever.

Based on her symptoms, Sherry and her mom agreed that she probably had a cold, and that rest and plenty of fluids should help her feel better.

However, they decided to call their doctor if Sherry developed any other symptoms more typical of the flu.



Practice

Read the following scenario about a teen with a particular set of symptoms. Use your textbook and any other sources available to help you answer the questions below.

Joey has been feeling sick for almost a week. He feels very tired and he aches all over. Now his joints have started to swell, and his temperature is 100°F.

1. Which diseases might cause the symptoms Joey is experiencing?
2. What steps can Joey take to find out what the problem is?
3. Why is it important for Joey to get an accurate diagnosis?

Apply/Assess

Here's a simple game to help you identify communicable diseases. Choose one of the communicable diseases described in this chapter. On a note card, write down the name and symptoms of this disease. In addition to your textbook, use at least one other reliable health source to find symptoms. List your sources and write a brief statement telling why this information is important to know.

Now choose a partner. Try to guess what disease your partner has written down by asking yes-or-no questions about the symptoms. For example, you could ask, "Does this disease cause a fever?" When you think you know the disease, take a guess. If you guess right, you get five points. However, every time you guess wrong, you will lose one point.

Disease: Pneumonia

Symptoms:

Chills, high fever, Chest pain, cough

Source: Teen Health, Course 3, Chapter 17

Why source is reliable: My teacher chose it.

Source: Centers for Disease Control and Prevention Web site

Why source is reliable: U.S. government site

Why the information is important to know:
Immediate medical attention is necessary.



Accessing Information

Accessing reliable health information involves

- understanding reasons for getting information.
- using a variety of reliable sources.
- making sure your information is accurate and complete.

Self-Check

- Did I list the symptoms accurately?
- Did I list at least one reliable health source in addition to my textbook?
- Did I explain why this information is important to know?