

Personal & Community Health

Chapter 8

**Suicide, Nephritis, Chronic Liver Disease, HIV/
AIDS**



Suicide

- In a society marked by alcohol, drug abuse, family violence, unemployment, crime, gangs, and instability, the risk of
 - Depression
 - Loss of self-esteem
 - Sense of worthlessness

 - Is Expected!
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Statistics

- ❑ A suicide occurs in America every 17 minutes.
 - ❑ In every 17 minutes – there are 8-20 attempts of suicide.
 - ❑ The oldest recorded suicide note was written 4,000 years ago.
 - ❑ Women attempt suicide more than men. But men complete suicide more than women.
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Facts

- ❑ Suicide rates peak in the spring and on Mondays.
 - ❑ Decreases during war time
 - ❑ Rise during economic crises
 - ❑ 2/3' s of suicide victims give clues to their intentions. (The world would be a better place...)
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Discuss....

- Jack Kevorkian
 - Euthanasia (the right to die)
 - Many terminally ill people suffer from AIDS to cancer, Alzheimer's, multiple sclerosis, etc...
 - Would rather commit suicide than experience the worst possible quality of life.
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Warning Signs...

- Depression
 - Talking about death
 - Sleep Patterns
 - Concentration
 - Eating Habits
 - Low Self-esteem
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Warning signs...

- Lack of goals
 - Making arrangements
 - Giving away things impt. to them.
 - Loss of control
 - Anger, sadness,
 - History
 - Lost a friend, job, etc...
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Suicidal Behavior

- Verbal behavior that is ambiguous or indirect: “*I’m going away on a real long trip.*”, “You won’t have to worry about me anymore.”, “I want to go to sleep and never wake up.”, “I’m so depressed, *I just can’t go on.*”, “Does God punish suicides?”, “Voices are telling me to do bad things.”, requests for euthanasia information, inappropriate joking, stories or essays on morbid themes.
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Suicide

- "Suicide is not chosen; it happens when pain exceeds resources for coping with pain."





Nephritis

- **Nephritis** is inflammation of the kidney. The word comes from the Greek *nepbro-* meaning "of the kidney" and *-itis* meaning "inflammation".
 - Chronic Kidney Failure
 - When kidney function has deteriorated and is no longer adequate to sustain life and the process is irreversible.
 - Dialysis
 - Transplantation
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Underlying diseases

- That can cause progressive kidney failure.
 - Diabetes
 - High Blood pressure
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Chronic Liver Disease

- Chronic liver disease is marked by the gradual destruction of liver tissue over time. Several liver diseases fall under this category, including:
 - cirrhosis of the liver
 - fibrosis of the liver
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What is cirrhosis of the liver?

- Because of chronic damage to the liver, scar tissue slowly replaces normal functioning liver tissue, progressively diminishing blood flow through the liver.
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What causes cirrhosis?

- The most common cause of cirrhosis is alcohol abuse. Other causes include:
 - hepatitis and other viruses
 - use of certain drugs
 - chemical exposure
 - etc....
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Hepatitis C

- A viral infection that is spread from sharing infected needles.
 - Tattooing
 - Piercing
 - Branding

 - Some believe Hepatitis C can be spread through sexual intercourse.
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Acetaminophen Liver damage

- Acetaminophen is the active ingredient in Tylenol. It is also found in many other over-the-counter medications people can buy at the drug store and in many prescription drugs as follows:
 - Common drugs include Actifed, Alka-Seltzer Plus, Benadryl,, Darvocet, Excedrin, Lortab, Midrin, Norco, Percocet, Robitussin, Sinutab, Sudafed, TheraFlu, Vick's Nyquil and DayQuil, Vicodin, and Zydone (and others).



What is fibrosis?

- Fibrosis is the growth of scar tissue due to infection, inflammation, injury, or even healing.
 - Leads to Cirrhosis.
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Cont...

- Damage sustained to the liver is irreversible. However, with proper nutrition, avoidance of certain toxins (i.e., alcohol), vitamin supplementation, and management of cirrhosis complications, further liver damage can often be delayed or stopped. In severe cases of cirrhosis, liver transplantation may be considered.
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Prevention

- Education
 - Vaccines & immunoglobulin products do not exist for Hepatitis C.
 - Avoid Drugs
 - Avoid Alcohol
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HIV/ Aids

- HIV – is the virus that primarily infects cells of the immune systems.
 - Aids... Acquired Immune Deficiency Syndrome – the disease caused by HIV infection.
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HIV

- The infection enters the blood and multiplies in a person's body cells.
 - HIV specifically infects cells of the immune system
 - Eventually destroys the body's ability to fight off infection.
 - The virus starts making copies of itself inside the immune system's cells.
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HIV...

- HIV is found in body fluids
 - Blood
 - Semen
 - Vaginal fluid
 - Breast Milk
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Transferred by...

- Cuts in skin – exposed to contaminated blood.
 - Sharing needles
 - Oral and vaginal sex – (kissing???)
 - Blood transfusions
 - During birth
 - While breast-feeding (infected mother)
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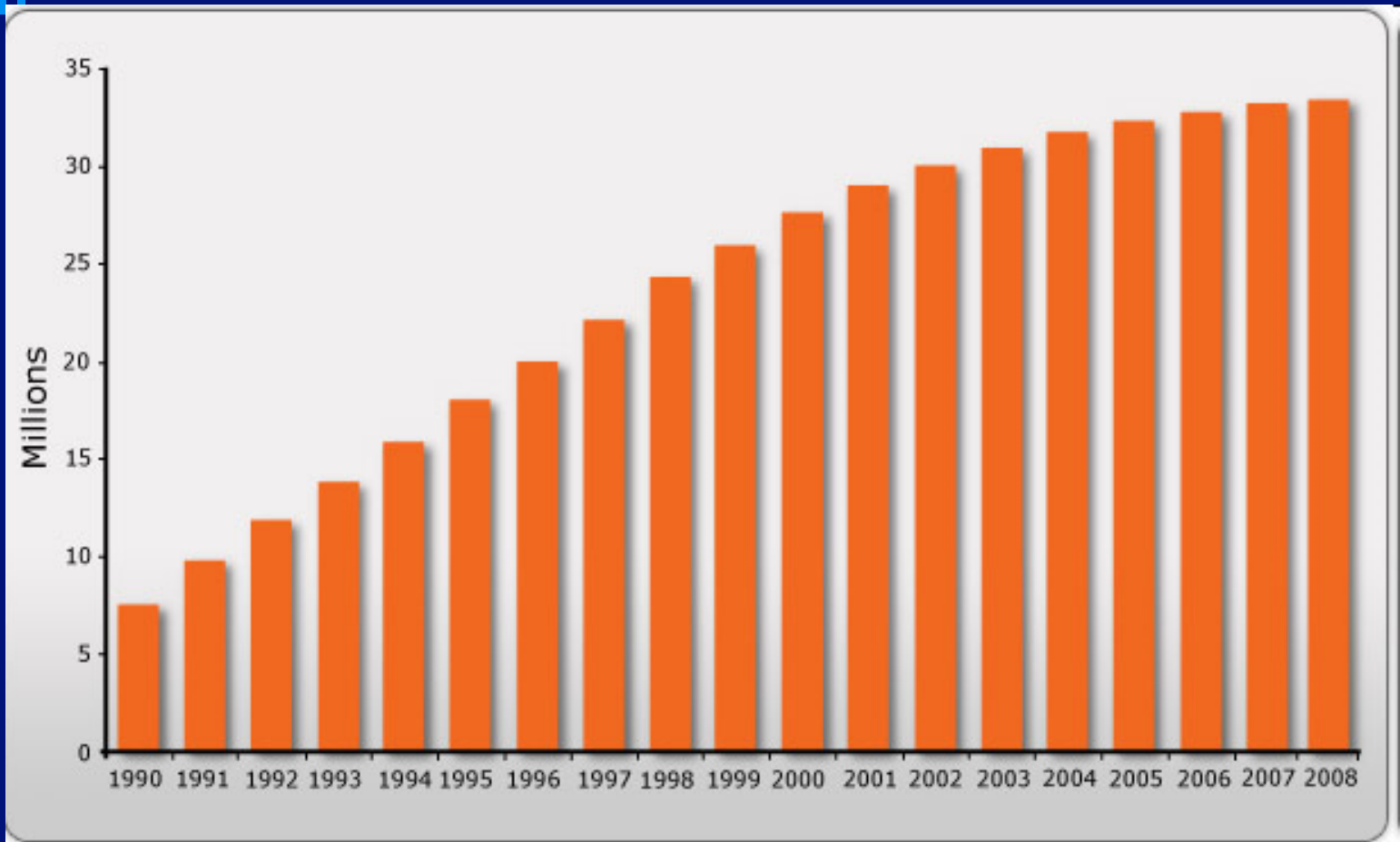


HIV

- HIV is not an airborne, water-borne or food-borne virus, and does not survive for very long outside the human body.
 - Therefore ordinary social contact such as kissing, shaking hands, coughing and sharing cutlery does not result in the virus being passed from one person to another.
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Statistics

The number of people living with HIV has risen from around 8 million in 1990 to 33 million today, and is still growing.





Alabama

Alabama's living HIV and AIDS cases*

HIV	5429
AIDS	3771

*statistics through May 26, 2006



The End

- Activity
 - ? About research article
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