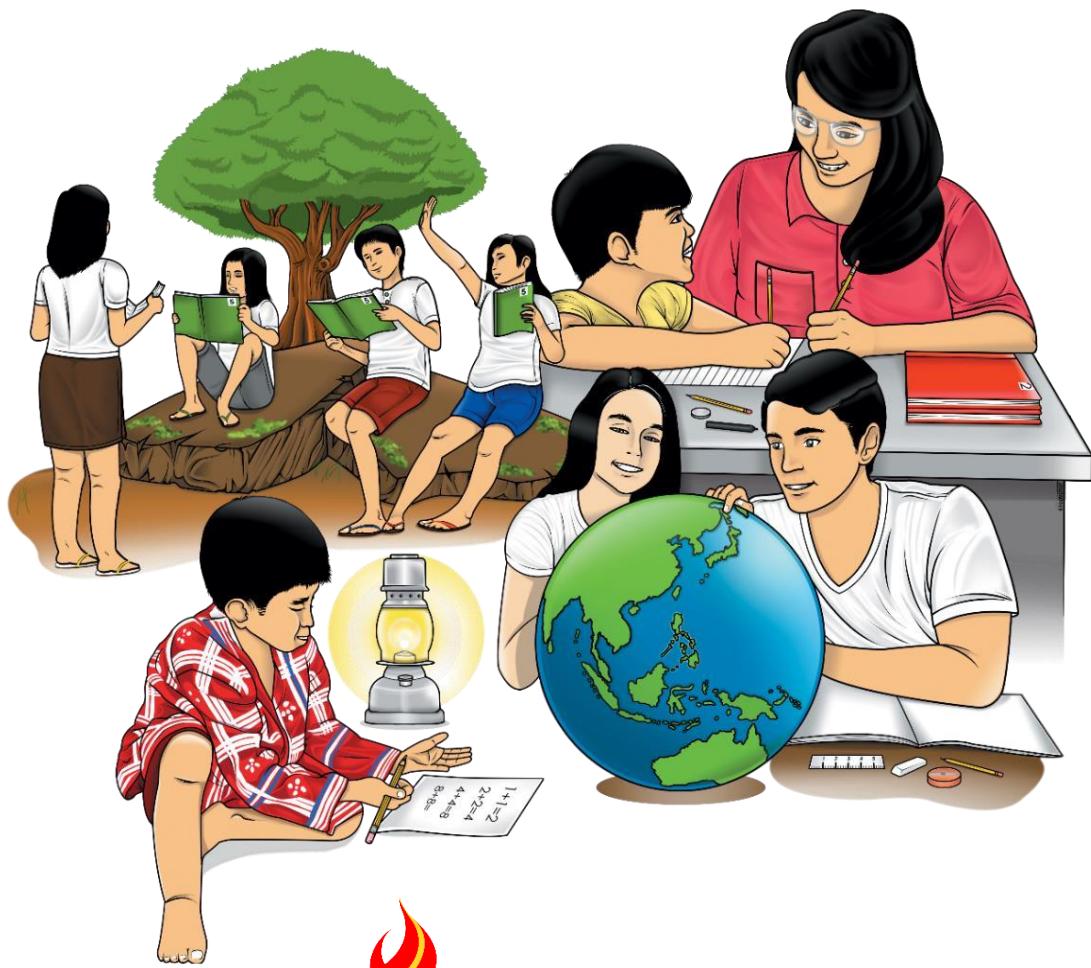


Health

Quarter 1 – Module 1

Lesson 2: Personal Health Issues and Concerns



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What I Need to Know

This module was designed and written with you in mind. It is here to discuss personal health issues and concerns and how you will manage them. The module consists of two lessons:

Lesson 1 – Personal Health Issues and Concerns on:

- Skin, Hair and Nail Problem
- Posture and Spine Disorders
- Oral and Dental Problems

After going through this module, you are expected to describe personal health issues and concerns on skin, hair and nail problem, posture and spine disorders & oral and dental problems (**MELC, H6PH – Iab – 18b**).



What I Know

Directions: Identify the personal health issues and concerns. Write **SHN** if it is a problem concerning skin, hair and nail, **PSD** if it is posture and spine disorders or **ODP** if it is oral and dental problems.

- _____ 1. blisters
- _____ 2. cavities
- _____ 3. sunburn
- _____ 4. scoliosis
- _____ 5. halitosis
- _____ 6. kyphosis
- _____ 7. dandruff
- _____ 8. lordosis
- _____ 9. corns
- _____ 10. gingivitis

Lesson 2

Personal Health Issues and Concerns on:

- **Skin, Hair and Nail Problem**
- **Posture and Spine Disorders**
- **Oral and Dental Problems**

Staying healthy is very important for us to do our everyday activities. There are personal health issues and concerns that we need to know for us to manage our own health.



What's In

Health and fitness is very important in keeping you and the people around you happy as well as healthy. It can be maintained through doing daily regular workouts or physical activity, eating healthier foods and having healthier habits.



What's New

Direction: Choose the correct answer from the box that describes the personal health issues. Write your answer in your notebook.

1. It is a medical condition in which a person's spine is curving sideways.
2. It is caused when the skin is overexposed to the sun.
3. Also known as bad breath, this problem is caused by poor dental and oral hygiene.
4. It is a hard and thickened layers of skin which is often found on the foot.
5. This is a result of tooth decay.

cavities	scoliosis	corns	sunburn	halitosis
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What is It

A. Direction: The pupils are sharing ideas about personal health issues and concerns about skin, hair and nail. Read the comic strip and take note of what they are saying.

The person in the picture is suffering from sunburn.

Sunburn is caused when the skin is exposed to the sun for a long period of time.

The skin burns, turns red, swollen and painful. Intense sunburn can cause skin cancer and deadly melanoma.

To treat sunburn, you need to take frequent cool baths to relieve pain. You can also use a moisturizer to soothe sunburned skin and remember to use sunblock when exposed to sun.

The person in the picture has dandruff. **Dandruff** is a skin condition that causes itching, drying and flaking of the skin on the scalp of a person.

Dandruffs can be controlled by daily cleansing with a gentle shampoo or by using a dandruff shampoo.



Take a look at the person who is suffering from corns and calluses.

Corns and calluses is a hard and thickened layers of skin on the hand and often on feet.

To treat corns and calluses you need to soak it in warm water. You can also apply lotion or cream. In wearing a pair of shoes, be sure that it fits well.



The person in the picture is suffering from blisters.

Blisters are like bubbles that contain fluids within the upper layer of the skin. It is caused by forceful rubbing.



To treat blisters, you need to wash it with warm water and antibacterial soap. Then clean the blister with antiseptic. Use needle to make a hole in the blister and allow water fluid to drain from it. Apply antibacterial ointment and cover it with a bandage.



Take a look at the person who is suffering from ingrown toenails.

Ingrown toenails are common conditions in which the soft flesh grows at the side of the toenails that cause swelling and pain. They are caused by improper trimming of toenails and fungal infections.

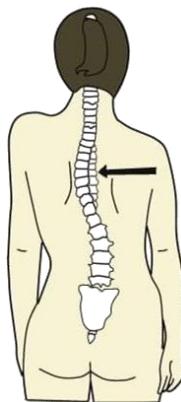


Ingrown toenails can be treated by soaking in warm water. These can be avoided by wearing comfortable shoes and socks.



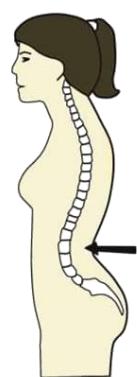
Our spine, is called vertebral column, spinal column or backbone that protects our spinal cord. Without it, we could not keep ourselves upright or even stand up. Let us learn the personal health issues and concerns about it.

Scoliosis



Scoliosis is a medical condition in which a person's spine is curving sideways. **Scoliosis** can be managed by doing exercises and specific physical therapy. To increase flexibility, yoga is recommended.

Lordosis



Lordosis is a condition wherein the spine in the lower back has curved excessively. This can cause pain in the spine. **Lordosis** can be treated through medication to help reduce pain. Physical therapy is also recommended to strengthen muscles and improve posture. Taking of supplements and vitamins especially vitamin D can help avoid it.

Kyphosis



Kyphosis is an abnormally excessive curvature of the spine, resulting in hunching of the back. **Kyphosis** can be managed through physical therapy. Proper exercise is recommended to strengthen muscles and improve posture.

B. Directions: Let's meet the dentist. Dentist treats people's dental problems. Read and understand the story.



I am a dentist. I will share to you the personal health issues and concerns on oral and dental problems so you will know how to manage them later on.

A cavity is a result of tooth decay. It is a damage of the tooth structure. **Cavities** can be prevented by proper brushing of the teeth and regular dental check-up.



Gingivitis is a common gum disease. The inflammation of the gum causes bacterial growth that accumulates on the tooth which may result to its loss.

It can be prevented by brushing your teeth regularly. Soft toothbrush is advised and should be replaced at least every three months. Avoid smoking and have a professional dental cleaning at least once a year.

Periodontitis also known as gum disease, an inflammatory disease that damages and affects the tissues surrounding the teeth. It may also result to loosen or loss tooth. It can be avoided by brushing your teeth after each meal. Replace your toothbrush every three months and visit your dentist regularly. Refrain from smoking and minimize eating sweet foods.



Malocclusion is a misalignment of the teeth or also called crowded teeth. This problem can result to serious oral health complications. Malocclusion is usually inherited. It can be managed by removal of teeth to correct crowded teeth or using braces to correct the position of the teeth

Halitosis also known as bad breath. It is noticeably unpleasant odor present on the breath. To minimize or prevent bad breath, brush your teeth after every meal. Make sure to brush your tongue too. Use dental floss at least once a day and change toothbrush at least every three months. Have a healthy diet and regular dental check-ups.





Take care of your oral or dental health. Do not forget to brush your teeth every after meal, eat healthy foods, and do dental check-up regularly.

Visit the dentist if you have problems about your teeth and gums. Dentists are always ready to give proper care and medication to your oral and dental needs.



What's More

A. Directions: Write **YES** if the statement below is correct and **NO** if it is not.

1. Sunburn is caused when the skin is exposed to the sun for a short period of time.
2. Halitosis is also known as bad breath.
3. Lordosis is a medical condition in which a person's spine is curving sideways.
4. Malocclusion is also called crowded teeth.
5. Periodontitis is also known as gum disease that affects the tissues surrounding the teeth.

B. Directions: Write **Agree** if the statement tells good management about personal health issues and concerns and **Disagree** if it does not.

1. Ingrown toenails can be avoided by wearing uncomfortable shoes and socks.
2. To prevent bad breath, brush your teeth once a day.
3. Treat blisters by washing it with cold water and antibacterial soap.
4. Scoliosis can be managed by doing exercise.
5. Dandruffs can be controlled by daily cleansing with a gentle shampoo.



What I Have Learned

Directions: Complete each sentence with the correct word or group of words from the box below. Write the answer in your notebook.

1. The _____ and _____ are hard and thickened layers of skin on the hand and often on feet.
2. The _____ can be managed by using braces to correct the position of the teeth.
3. To minimize or prevent bad breath you should brush your teeth _____.
4. Intense sunburn can cause skin cancer and deadly _____.
5. The _____ is a common gum disease caused by bacterial growth that accumulate on the teeth.

Malocclusion

regularly

Gingivitis

Corns and Calluses

Melanoma



What I Can Do

Directions: Match the picture in column A with the correct statement in column B.
Write the letter of the correct answer in your notebook.

Column A**Column B**

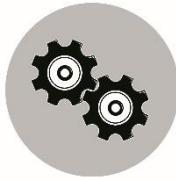
Column A	Column B
1. 	a. Kyphosis is an abnormally excessive curvature of the spine, resulting in hunching of the back.
2. 	b. Ingrown toenails are common conditions in which the soft flesh grows at the side of the toenails that cause swelling and pain.
3. 	c. Scoliosis can be managed by doing exercise and specific physical therapy to increase flexibility and improve posture.
4. 	d. It is a damage of the tooth structure.
5. 	e. You need to take frequent cool baths and apply moisturizer to relieve pain and treat this skin problem.



Assessment

Directions: Write **True** if the underlined word in the statement tells about the correct personal health issue and concern. If not, change the underlined word to make the statement correct.

1. Lordosis is a condition wherein the spine in the lower back has curved excessively.
2. Halitosis is an unpleasant odor present on the breath.
3. Calluses are like bubbles that contain fluids within the upper layer of the skin.
4. Malocclusion is a misalignment of the teeth and also called crowded teeth.
5. Cavities can be prevented by proper brushing of the teeth and regular dental check-up.
6. Sunburn is a skin condition that causes itching, drying and flaking of the skin on the scalp of a person.
7. Blisters can be treated by cleaning it with antiseptic and applying antibacterial ointment.
8. Kyphosis are hard and thickened layers of skin on the hand and often on feet.
9. Gingivitis can be prevented by using soft toothbrush and avoiding smoking.
10. Periodontitis is a condition that affects the tissues surrounding the teeth and may result to loss of teeth.



Additional Activity

Directions: 1. Complete the table below by writing at least two common personal health issues and concerns related to:

- skin, hair and nail problems,
- posture and spine disorders &
- oral and dental problems.

2. Describe how did you manage them.

Personal Health Issues and Concerns	How did you manage?
1. Skin, Hair and Nail Problems a. _____ b. _____	a. _____ b. _____
2. Posture and Spine Disorders a. _____ b. _____	a. _____ b. _____
3. Oral and Dental Problems a. _____ b. _____	a. _____ b. _____



Answer Key

What I Know	What's More	Assessment
1. SHN 2. ODP 3. SHN 4. PSD 5. ODP 6. PSD 7. SHN 8. PSD 9. SHN 10. ODP	1. Yes 2. True 3. Blister 4. Yes 5. True 6. Dandruff 7. True 8. Corns 9. Disagree 10. Agree	1. Disagree 2. Disagree 3. Disagree 4. Agree 5. Agree 6. Agree 7. True 8. Calluses 9. Malocclusion 10. Regularly 11. Sunburn 12. Halitosis 13. Melanoma 14. Gingivitis 15. Corns
1. Scoliosis 2. Sunburn 3. Halitosis 4. Melanoma 5. Gingivitis 6. Corns	1. Scoliosis 2. Sunburn 3. Halitosis 4. Melanoma 5. Gingivitis 6. Corns	A. Pupil's answer may vary
What's New	What I Have Learned	Additional Activities
1. Scoliosis 2. Sunburn 3. Halitosis 4. Melanoma 5. Gingivitis 6. Corns	1. Calluses 2. Malocclusion 3. Regularly 4. Melanoma 5. Gingivitis 6. Corns	A. Pupil's answer may vary