

Health

Quarter 1 – Module 1

Lesson 1: 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 different ways to manage them. The module consists of two lessons:

Lesson 1 – Personal Health Issues and Concerns on:

- Height and Weight
- Hearing
- Vision

After going through this module, you are expected to describe personal health issues and concerns on height and weight, hearing and vision
(MELC – H6PH – Iab – 18a).



What I Know

Directions: Identify what personal health and issues each statement refers to.

Choose the letter of the correct answer. Write your answer in your notebook.

1. The normal growth rate in a person has been reduced. This is called _____.
 - a. Stunted Growth
 - b. Astigmatism
 - c. Overweight and Obesity
2. What term is used to describe a person whose body weight is considered too low to be healthy?
 - a. Underweight
 - b. Overweight and Obesity
 - c. Stunted Growth
3. Far-sightedness which is also known as long-sightedness refers to what eye condition?
 - a. Astigmatism
 - b. Myopia
 - c. Hyperopia
4. This is a group of inflammatory diseases of the middle ear. What is it?
 - a. Otitis Media
 - b. Swimmer's Ear
 - c. Impacted Cerumen
5. What is defined as excessive fat in the body that presents a risk to health?
 - a. Stunted Growth
 - b. Underweight
 - c. Overweight and Obesity
6. This is a common eye condition experienced by young people. The symptoms include blurry vision, eyestrain, headaches and trouble seeing at night. What is it?
 - a. Astigmatism
 - b. Hyperopia
 - c. Myopia

7. This is an infection in the outer ear canal. It happens when water is trapped in the ears causing bacterial or fungal infection that spreads in the inner ear. What disorder is being referred to?
 - a. Otitis Media
 - b. Swimmer's Ear
 - c. Impacted Cerumen
8. What kind of medical condition in which the eye fails to produce tears cause by vitamin A deficiency.
 - a. Xerophthalmia
 - b. Hyperopia
 - c. Astigmatism
9. What condition in which the eyes do not properly align with each other when looking at an object.
 - a. Astigmatism
 - b. Strabismus
 - c. Myopia
10. Which of the following shows proper self-management?
 - a. Staying late at night
 - b. Eating healthy foods
 - c. Using cotton buds and hard objects to clean the ears

Lesson 1

Personal Health Issues and Concerns on:

- Height and Weight
- Hearing
- Vision

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 is wealth.

It means that a fit and healthy body is the real wealth of a person. A healthy body is free from illnesses and diseases. A person who is healthy keeps doing things that are good for the body like eating nutritious foods, exercising and getting enough rest and sleep.

We should be aware of personal health issues and concerns like height and weight, vision and hearing. Knowing these issues will make us observe healthy habits and lifestyles for us to live a healthy life.



What's New

Directions: Read the 5 words below. Tell what personal health issue or concern does each one refers to. Choose your answer from the given words inside the box. Write the answer in your notebook.

1. Myopia
2. Overweight
3. Impacted Cerumen
4. Stunted Growth
5. Strabismus

Height and Weight

Hearing

Vision



What is It

Directions: The pupils are sharing ideas about personal health issues and concerns on height and weight. Read the comic strip and take note of what they are saying.

The person in the picture is suffering from stunted growth.

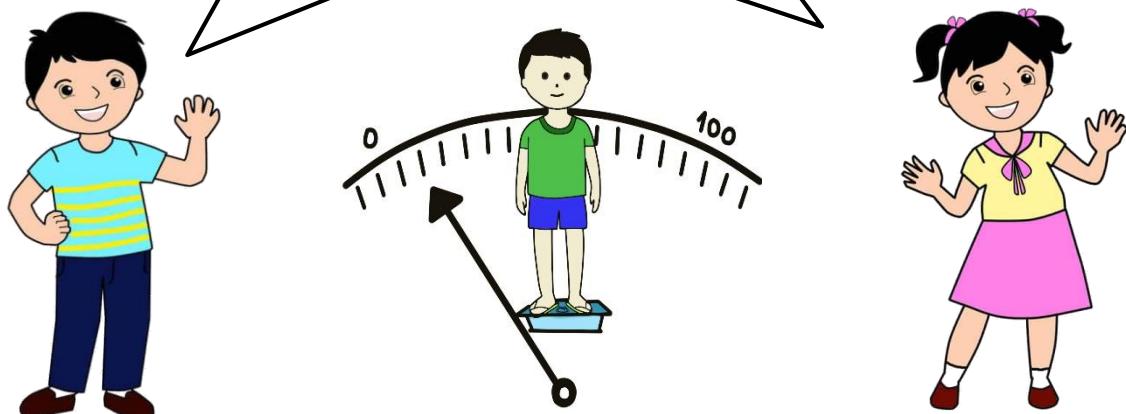
Stunted growth means that the normal growth rate in a person has been reduced. It is a primary manifestation of malnutrition or under nutrition in early childhood.

Malnutrition during fetal development brought by a malnourished mother causes physical health and poor brain development.

Pregnant women should observe healthy diet and lifestyle. Mothers should breastfeed their babies for the first 6 months to prevent stunted growth.

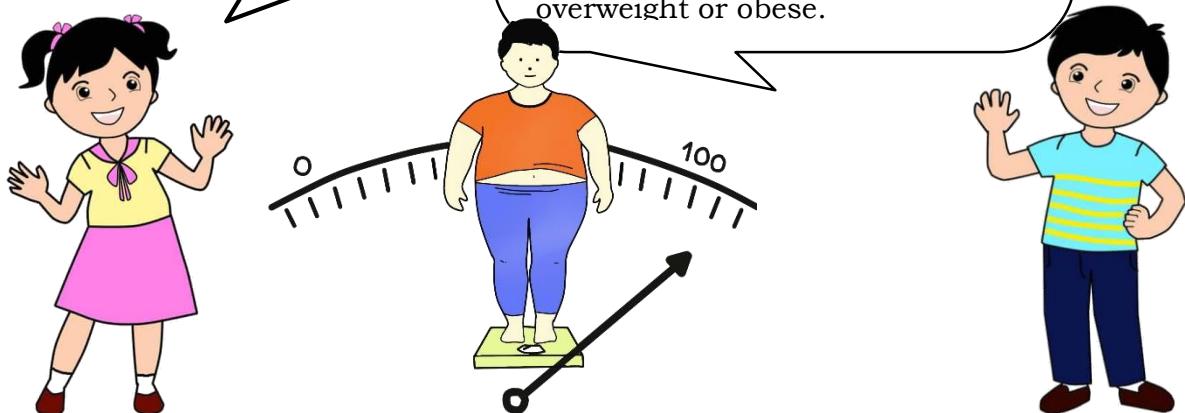
The person in the picture is underweight. **Underweight** is a term used to describe a person whose body weight is considered too low to be healthy.

A person is considered underweight if the Body Mass Index (BMI) is less than 18.5 or the weight is 15% to 20% below normal for the age and height group. An underweight person should choose nutrient-rich foods and do regular exercise.



Take a look at the person who is overweight or suffering from obesity.

Overweight and **obesity** are defined as excessive fat in the body that presents a risk to health. A person is overweight or obese if there is an increase body weight in relation to height. If the Body Mass Index (BMI) is 15% to 20% above normal for the age and height group, he or she is considered overweight or obese.



Some of the causes of obesity are poor diet like eating large amount of food that is high in sugar, fat and carbohydrates and lack of exercise. An overweight or obese person is likely to suffer from cardiovascular or heart diseases, diabetes and cancer.

We should minimize sugar, fat and carbohydrate intake and perform regular physical activity to prevent obesity.



Be aware of personal health issues and concerns about height and weight.

Observe healthy diet, regular exercise and enough rest and sleep to prevent diseases.



Underweight

Height and Weight Problems

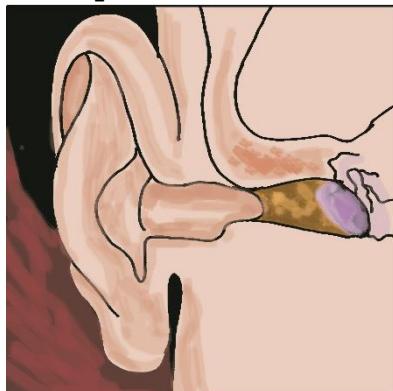
Stunted Growth

Overweight/ Obesity



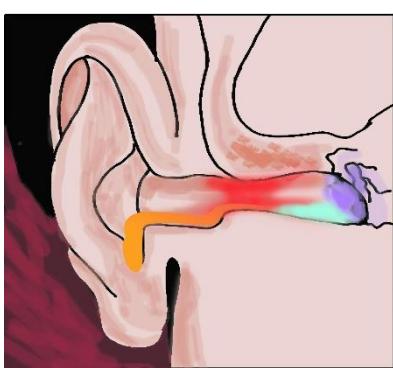
Our ears are our sense organ for hearing. Let us learn the personal health issues and concerns about it.

Impacted Cerumen



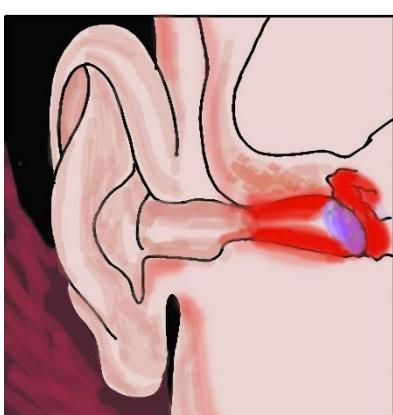
Ear wax, also called cerumen, is made by the body to protect the ears. The ear wax has both lubricating and antibacterial properties. If it is pushed against the eardrum by cotton buds or hairpins, it blocks the ear canal and causes hearing problems. If impacted cerumen or hardened earwax is untreated, it can lead to hearing loss, irritation, pain in the ears, dizziness, ringing ears and other problems. Do not use cotton buds and other objects. Instead, use soft cloth in cleaning the ears.

Swimmer's Ear



Swimmer's Ear is an infection in the outer ear canal. It happens when water is trapped in the ears causing bacterial or fungal infection that spreads in the inner ear. If untreated, it causes severe pain, redness or swelling of the outer ear and fever. This condition needs to be treated by a doctor. It is advised to use ear plugs during swimming activities. Clean your ears with a wet towel after taking a bath to avoid water getting into the ear canal.

Otitis Media



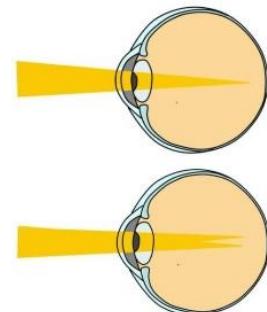
Otitis Media is a group of inflammatory diseases of the middle ear. This disease is common in children because the tube that allows fresh air in the middle ear is not yet fully developed. Children experience middle ear infections due to virus or bacteria caused by common cold. This may result in pulling at the ear, increased crying, and poor sleep. As a remedy, apply a warm moist cloth over the affected ear. You may also use over the counter medicines or eardrops to ease the pain. If the pain worsens, consult a doctor.

Directions: Let's meet the eye doctor or the ophthalmologist. Ophthalmologist is a specialist in treating eye conditions and diseases. Read and understand his story.

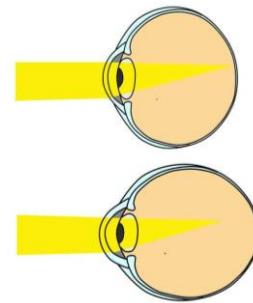
I am an ophthalmologist or eye doctor. I will tell your personal health issues and concerns that may affect the eyes.



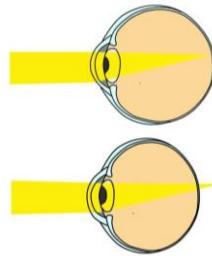
Astigmatism is a common eye condition experienced by young people. The symptoms include blurry vision, eyestrain, headaches and trouble seeing at night.



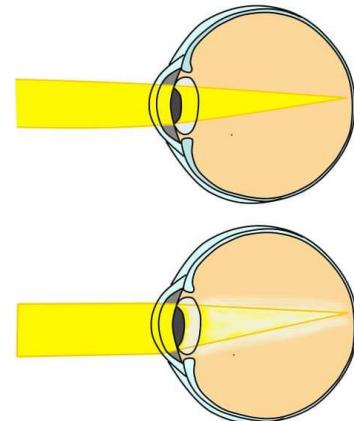
Myopia or near-sightedness is a vision condition in which people can see close objects clearly, but objects farther away appear blurred. People with myopia have difficulty seeing clearly a movie or TV screen, blackboard or whiteboard in school and while driving. In school, pupils with myopia should be seated in front. Wearing eyeglasses are recommended for eye correction.



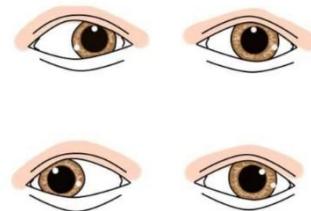
Hyperopia or Far-sightedness, also known as **long-sightedness**, is a condition where people have difficulty focusing on objects that are too close but can see distant objects very well. It can be corrected by eyeglasses or contact lenses.



Xerophthalmia is a medical condition in which the eye fails to produce tears. It may be caused by vitamin A deficiency characterized by white spots and ulcers on the cornea. If not treated, it could result to night blindness or serious damage to the cornea or outer layer of the eye. Eating foods that are rich in Vitamin A is advised to avoid xerophthalmia.



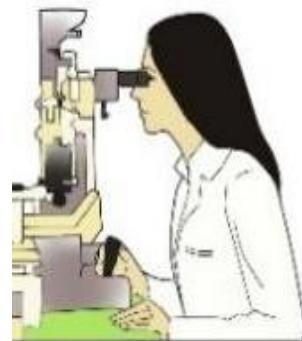
Strabismus is also called **crossed eyes**. It is a condition in which the eyes do not properly align with each other when looking at an object. Mild strabismus can be corrected by a vision therapy or eye exercises performed at home.





Proper care should be given to our eyes. Eat healthy food, get enough sleep and exercise and use protective eye wear to prevent eye injuries.

Visit your eye specialist if you have problems about your eyes. Ophthalmologists are always ready to give proper care and medication to your eye needs.



What's More

A. Directions: Write **True** if the statement is correct and **False** if it is not. Write your answers in your notebook.

1. Stunted growth means the normal growth rate in a person has been reduced caused by malnutrition or under nutrition in early childhood.
2. An underweight person has increased body weight in relation to height.
3. Impacted Cerumen is an infection in the outer ear canal that happens when water is trapped in the ears causing bacterial or fungal infection that spreads in the inner ear.
4. Otitis Media is an inflammatory diseases of the middle ear due to virus or bacteria caused by common cold.
5. Myopia or near-sightedness is a vision condition which people can see close objects clearly, but makes far objects blurred.

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

1. To prevent obesity, we should minimize eating food that is high in sugar, fat and carbohydrates and perform regular exercise.
2. Do not use cotton buds and other objects in cleaning the ears.
3. Visit ophthalmologist or eye specialists if you have eye problems.
4. Rub your eyes if it gets itchy or irritated.
5. An underweight person should eat healthy foods and do physical activity regularly.



What I Have Learned

Directions: Complete the sentences with the correct word from the box below. Write the answer in your notebook.

1. An overweight or _____ person is likely to suffer from cardiovascular or heart diseases, diabetes and cancer.
2. _____ also called crossed eyes is a condition in which the eyes do not properly align with each other when looking at an object.
3. Hyperopia or Far-sightedness is a condition where people have difficulty focusing on objects that are up close but can see distant objects very well. It can be corrected by using _____.
4. Swimmer's ear is an infection in the _____ ear canal caused by water that is trapped in the ears causing bacterial or fungal infection.
5. Pregnant women should observe healthy diet and lifestyle to prevent _____ of their children.

Strabismus

outer

stunted growth

eyeglasses

obese



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

- | | | |
|----|--|--|
| 1. | | a. It is a physical health problem with poor brain development that affects fetal development during pregnancy of a malnourished mother. |
| 2. | | b. It is a group of inflammatory diseases of the middle ear which causes pain and is common in children. |
| 3. | | c. The Body Mass Index (BMI) is 15% to 20% above normal for the age and height group. |
| 4. | | d. Astigmatism can be corrected by using eyeglasses prescribed by eye doctors. |
| 5. | | e. A person whose weight is 15% to 20% below normal for the age and height group and considered too low to be healthy. |



Assessment

Direction: Write **True** if the statement about personal health issues and concerns is correct and **False** if it is not. Write your answers in your notebook.

1. Mild strabismus can be corrected by a vision therapy or eye exercises performed at home.
2. Xerophthalmia is a medical condition in which the eye fails to produce tears caused by vitamin A deficiency.
3. People with myopia or farsightedness can have difficulty in seeing clearly a movie or TV screen, blackboard or whiteboard in school and while driving.
4. An ophthalmologist or eye doctor is a specialist in eye illness.
5. An overweight or obese person is likely to suffer from cardiovascular or heart diseases, diabetes and cancer.
6. Observe healthy diet, regular exercise and enough rest and sleep to prevent diseases.
7. An underweight person should eat lots of junk and processed food and carbonated drinks.
8. Clean your ears with a wet towel after taking a bath to avoid water getting into the ear canal.
9. An underweight person should choose nutrient-rich foods and do regular exercise.
10. If impacted cerumen or hardened earwax is untreated, it can lead to hearing loss, irritation, pain in the ears, dizziness, ringing ears and other health problems.



Additional Activity

Directions: Complete the table by writing personal health issues and concerns related to height and weight, hearing and vision that you have observed or experienced and how did you manage them.

Personal Health Issues and Concerns	How did you manage?
1. Height and Weight <hr/> <hr/>	<hr/> <hr/>
2. Hearing <hr/> <hr/>	<hr/> <hr/>
3. Vision <hr/> <hr/>	<hr/> <hr/>



Answer Key

What I Know		What's More		Assessment	
1. a	1. True	A.			
2. a	2. False				
3. c	3. False				
4. a	4. True				
5. c	5. True				
6. a	6. True	B.			
7. b	7. False				
8. a	8. True				
9. b	9. True				
10. b	10. True				
		What I Have Learned			
	1. Agree				
	2. Agree				
	3. Agree				
	4. Disagree				
	5. Agree				
		What's In			
1. Vision	1. obese				
2. Height and Weight	2. strabismus				
3. Hearing	3. eyeglasses				
4. Height and Weight	4. outer				
5. Vision	5. stunted growth				
		What Can I Do			
	1. b				
	2. a				
	3. d				
	4. e				
	5. c				
		A. Pupil's answer may vary			