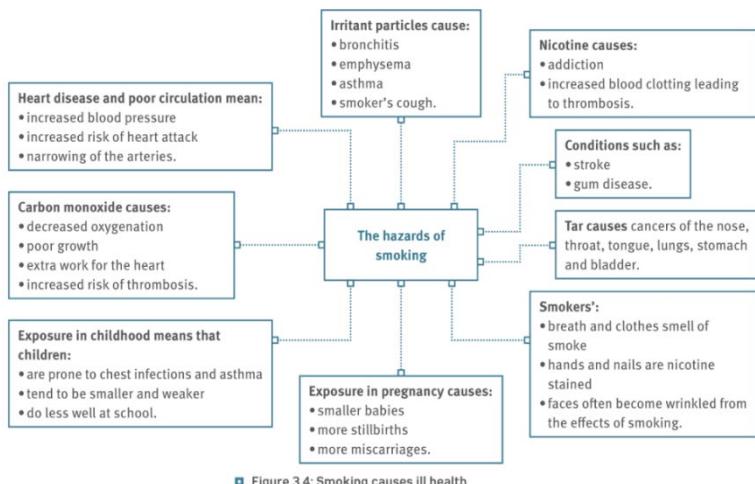


# Component 3: HEALTH AND WELLBEING

## Learning Aim A: Factors that affect health and wellbeing

### Substance Use

- Alcohol – it can become an addiction for some people and cause many illnesses and problems e.g. increase the risk of cancer. Should not consume more than 14 units a week e.g. 7 glasses of wine/ 6 pints of beer. People should avoid binge drinking.
- Nicotine – Smoking cigarettes is legal but banned in public places and carries a government health warning.



### Illegal drugs / misuse of prescribed drugs

Substance abuse includes:

- The unsafe use of solvents
- Taking illegal drugs such as cannabis or ecstasy
- Misusing prescription drugs

It can have a profoundly damaging effect to your organs such as the brain, liver and kidneys.



### Personal Hygiene

The importance of personal hygiene

Our bodies offer the correct temperature and moistness for bacteria to grow and we are exposed to bacteria every day (some cause disease).

Bacteria travel when you:

- Cough
- Scratch
- Fiddle with your hair
- Sneeze
- Pick spots
- Rub your face
- Do not wash hands

### **Conditions caused by bacteria**

- Food poisoning
- Tetanus
- Sore throats
- Tuberculosis or TB
- Whooping cough
- Meningitis
- Syphilis

### Caring for others

When caring for others you will need to get physically close to them. If either of you has offensive body odour or bad breath it is unpleasant and may stop better communication taking place. This could affect:

- Your relationship with the person you are caring for
- Their health and wellbeing

If a person is immobile for some length of time, pressure on the skin from a bed or wheelchair can cause an ulcer.

A pressure ulcer, or bed sore, can form and become infected with bacteria leading to:

- Extreme discomfort
- Blood poisoning
- Tissue death