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Risking Your Health Causes Consequences

Risking Your Health: Causes, Consequences, and Interventions to Prevent Risky Behaviors (Human Development Perspectives): 9780821399064: Medicine & Health Science Books @ Amazon.com

Risking Your Health: Causes, Consequences, and ...

Behaviors that pose risks for an individual's health and that also represent important threats for public health, such as drug use,

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smoking, alcohol, unhealthy eating causing obesity, and unsafe sex, are highly prevalent in low income countries, even though they are traditionally associated with richer countries.

Risking Your Health : Causes, Consequences, and ...

Drug use, smoking, alcohol, unhealthy eating causing obesity, and unsafe sex are highly prevalent in low-income countries, even though they are... See More +. A growing share of the burden of disease across the world is associated with risky behaviors by individuals. Drug use, smoking, alcohol, unhealthy eating causing obesity, and unsafe sex are highly prevalent in low-income countries, even though they are traditionally associated with richer countries.

Risking your health : causes, consequences, and ...

Here are five consequences to taking any risks that you have to be prepared for: ... The juice cleanse. Yet another popular diet

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trend that promises to magically solve all of your health, nutrition, and weight issues. When you take a close look, juice cleanses aren't as magical as they are made out to be, and in fact, they might do more harm ...

5 Consequences Of Taking Risks

This causes part of your heart (left ventricle) to thicken. A thickened left ventricle increases your risk of heart attack, heart failure and sudden cardiac death. Heart failure. Over time, the strain on your heart caused by high blood pressure can cause the heart muscle to weaken and work less efficiently.

High blood pressure dangers: Hypertension's effects on

...

1. An angry outburst puts your heart at great risk. Most physically damaging is anger's effect on your cardiac health.

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7 Ways Anger Is Ruining Your Health | Everyday Health

Risking your Health: Causes, Consequences and Interventions to Prevent Risky Behaviors concludes that legislation and taxation, for example, tend to be effective, especially when combined with strong enforcement mechanisms. Cash transfers also have proven to be promising in some settings.

Risky Behaviors Constitute Growing Threats to Global Health

Experts believe that excess sugar consumption is a major cause of obesity and many chronic diseases. Here are 11 negative health effects of consuming too much sugar.

11 Reasons Why Too Much Sugar Is Bad for You

Risk factors include: Taking multiple medications to lower your cholesterol Being female Having a smaller body frame Being age 80 or older Having kidney or liver disease Drinking too much

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alcohol Having certain conditions such as hypothyroidism or neuromuscular disorders including amyotrophic ...

Statin side effects: Weigh the benefits and risks - Mayo

...

Masturbation is a fun and normal act used by many to explore their body and feel pleasure. Despite the myths, there are no physically harmful side effects of masturbation. But excessive ...

Masturbation Effects on Your Health: Side Effects and Benefits

Smoking affects the health of your teeth and gums and can cause tooth loss. 1 Smoking can increase your risk for cataracts (clouding of the eye's lens that makes it hard for you to see). It can also cause age-related macular degeneration (AMD).

Health Effects of Cigarette Smoking | CDC

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Marijuana: How Can It Affect Your Health? Marijuana is the most commonly used illegal drug in the United States, with 37.6 million users in the past year, 1 and marijuana use may have a wide range of health effects on the body and brain. Click on the sections below to learn more about how marijuana use can affect your health.

Health Effects | Marijuana | CDC

November 20, 2013 - A new World Bank report, *Risking your Health: Causes, Consequences and Interventions to Prevent Risky Behaviors*, warns that risky behaviors are increasingly prevalent globally, particularly in developing countries, and constitute a growing threat to the health of individuals and their populations.

Risky Behaviors Constitute Growing Threats to Global Health

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Mental health problems can have serious consequences for the individual and their loved ones. People suffering from depression or trauma are at a greater risk for suicide.

Common Health Issues: Causes, Effects & Prevention ...

Addiction is when you can't stop. Not when it puts your health in danger. Not when it causes financial, emotional, and other problems for you or your loved ones. That urge to get and use drugs can...

Drug Abuse & Addiction: Effects on Brain, Risk Factors, Signs

Inadequate nutrition can decrease the number of certain types of blood cells. Anemia develops when there are too few red blood cells or too little iron in the diet. Symptoms include fatigue, weakness, and shortness of breath. Malnutrition can also decrease infection-fighting white blood cells.

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Health Consequences | National Eating Disorders Association

Smoking tobacco damages your heart and blood vessels (cardiovascular system), increasing your risk of heart disease and stroke. It's a major cause of coronary heart disease, which can lead to a heart attack. Smoking causes high blood pressure, lowers your ability to exercise, and makes your blood more likely to clot.

Health Risks of Smoking Tobacco - American Cancer Society

Research shows that these events can trigger emotional and even physical reactions that can make you more prone to a number of different health conditions, including heart attack, stroke, obesity, diabetes, and cancer.

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**Past trauma may haunt your future health - Harvard
Health Perspectives**

Fine particles can also trigger heart attacks, stroke, irregular heart rhythms, and heart failure, especially in people who are already at risk for these conditions. Learn more about the health and environmental effects of fine particles .

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