

## Education Site at

A teacher said that her favorite part about USA TODAY's Education website was that she could tell the night before what articles were going to be in the next day's newspaper. Some of the teacher's colleagues were impressed – not knowing that USA Today lesson plans are posted the night before the publication is printed!



If you are a middle school or high school HOSA Advisor and Health Occupations/Health Science instructor, you'll find an instructional resource at [www.usatoday.com/educate/home.htm](http://www.usatoday.com/educate/home.htm). The daily lesson plan always has at least one article that is health-related.

Check out the Collegiate Section at [www.usatoday.com/educate/college/home.htm](http://www.usatoday.com/educate/college/home.htm). Go to the menu bar at the top of the page and notice a section on Health & Science. This is an EXCELLENT resource for the Health Occupations/Health Science classroom.

Another exciting section involves a series of case studies. Check out these case studies at [www.usatoday.com/educate/college/case-studies.htm](http://www.usatoday.com/educate/college/case-studies.htm):

### **Steroids: Are they worth it?**

There are sports figures who use anabolic steroids to enhance their athletic prowess, but at what risk? Players acknowledge there is pressure to take steroids to compete. However, doctors caution that side effects from steroid use can include kidney failure, heart disease, brain tumors and impotency as well as behavioral changes. And yet, some contend that when used in lower doses there isn't a negative effect on liver function, the immune system or cardiac risk profile.

Should athletes be tested? The decision of whether or not players should be tested for steroids and how that would be implemented brings about questions of privacy, fairness and the politics of sports. This case study will review viewpoints and policies from Major League Baseball and other sports like the NFL, NBA, U.S. Olympic team, NCAA and high school sports.

### **Diabetes**

With over 17 million American afflicted and over 30 million projected by 2050, diabetes has become an alarming problem in this country. In the past it affected primarily older people but because of our sedentary life styles and poor eating habits younger generations are now suffering. This case study will focus on the disease, those who are affected by it, how to cope with it and promising new research and developments.

### **Weighing in on Healthy Living**

Living a healthy and long life is a common goal, which is often reinforced as a New Year's resolution. For many, it is easier said than done. As a 90 year old said, "If I had known I would live so long, I would have taken better care of myself." Being overweight and overstressed continue to be major health issues. By examining the challenges of others and seeking the advice of experts, a healthy life can become a reality — not just a dream.

### **Bioterrorism**

Are we ready for the invincible invader? How many people will live or die from a bioterrorism attack? It hinges on decisions made from a medical system that is learning how to react immediately with the help of Federal, state and local officials. This case study examines how anthrax is made, how agents are spread, who is at risk and the role of genetic research in combating bioterrorism.

### **Human Genome**

Biotech and genetic research promises to yield huge benefits to patients of the future while becoming a multimillion-dollar industry. The three USA TODAY articles in this case study present the scientific progress made and the challenging questions it is generating. Technology has the potential to redefine the moral landscape. Will it? It is an important topic of discussion for current and future leaders in business, government and communities.

