**Careers in Health Care**

While there are many things you can do yourself to keep your body healthy, sometimes it is necessary to seek help from professionals. People who work in the health care sector are specially trained to keep you healthy by preventing and treating illnesses and injuries. There are many different health care professions that deal either directly or indirectly with the health of our body systems. The following are only a few examples.

**Doctor** – Doctors treat our illnesses by determining what is wrong, prescribing treatment and medication, referring us to other doctors that specialize in the problem we are having, and following up after treatment. A family doctor will also conduct regular check-ups to make sure that there are no problems we are not aware of.

**Nurse** – A nurse assists the doctors in keeping you healthy. Nurses help patients in hospital by assisting them with bathing, administering medication, checking vital statistics, assisting doctors during surgeries, and much more.

**Physiotherapist** – A physiotherapist work with people to identify and maximize their ability to move and function. They also help with rehabilitation after an injury or the effects of disease or disability with therapeutic exercise programs.

**Nutritionist** – A nutritionist is an expert in the science of nutrition. They give advice on how food affects your health and can help patients with special needs, allergies, health problems, or a desire for increased energy or weight change.

**Massage therapist** – A massage therapist is a person trained in manipulation of the soft tissues of the body by rubbing and kneading for therapeutic or healing purposes.

**Surgeon** – A surgeon is a doctor who performs operations that involve cutting into someone's body in order to repair or remove damaged or diseased parts. Surgeons are medical specialists.

**Dentist**- A dentist is qualified to treat the diseases and conditions that affect the teeth and gums, especially the repair and extraction of teeth and the insertion of artificial ones. Dentists also offer preventative care.

**Acupuncturist** – An acupuncturist is a person practices [acupuncture](http://dictionary.reference.com/browse/acupuncture). Acupuncture is a system of complementary medicine that involves pricking the skin or tissues with needles, used to alleviate pain and to treat various physical, mental, and emotional conditions.



**Organ and Tissue Transplant and Repair**

Sometimes there are problems with human organs and tissues and they need to be replaced or repaired. Repair can be done through medicine and treatment by medical specialists. However, sometimes organs and tissues can’t be repaired and they then have to be removed or replaced. Organs that can be transplanted are the heart, kidneys, liver, lungs, pancreas, and intestine. Tissues that can be replaced include bones, tendons, cornea, skin, heart valves, nerves and veins.

**Healthy & Unhealthy Behaviours**

**Food** – The food we eat plays a large part in our health. If we eat nutritional foods, our body has the fuel it needs to run all of organs and organ systems properly. However, if we eat unhealthy foods we do not get adequate nutrition and we are susceptible to diseases and our bodies will not work properly. In addition to eating the right kinds of food, we must also be sure to eat the right amount of food. If a person eats too much food, especially foods that are high in sugar and fat, you run the risk of gaining weight. If you gain too much weight it can cause a lot of health problems such as heart, liver, skin, pancreatic, bone, and joint problems. However, it is equally dangerous to not eat enough food. If you do not eat enough food, you run the risk of being underweight. Being underweight is dangerous as it can cause a strain on your organs and joints, especially the heart. It is very important to find balance in the amounts and kinds of food we eat.

**Exercise** – It is important to exercise. Exercising keeps our body healthy by keeping our circulatory, muscular, and respiratory systems healthy. It also helps to maintain a healthy body weight. It is important to fuel our bodies properly to exercise.

**Sleep** – In order for our bodies to function properly they must be well rested. It is important to get 8 hours of sleep per night.

**Not smoking or using tobacco** – Smoking and tobacco use is very bad for our health. Cigarettes are filled with chemicals that can cause various problems with the respiratory system including cancer.