

# أكاديمية العلوم الصحية

## أكاديمية العلوم الصحية

بنين – بنات

تحت إشراف المعهد الأكاديمي لجراحات القلب

لخريجي وخريجات الثانوية العامة بقسميها العلمي والأدبي

دبلومات معتمدة

شركاء في صناعة المستقبل الطبي المصرى

الدبلومات مصنفة ومعتمدة من وزارة التعليم العالى

حصريا لطلاب وطالبات الأكاديمية

برامج ودورات متخصصة فى الحاسب الألى واللغة الإنجليزية وأخلاقيات  
المهن الطبية

دبلوم التخدير  
والإنعاش

دبلوم إدارة  
الخدمات الصحية

دبلوم طب  
الطوارئ

دبلوم الأجهزة  
الصحية

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دبلوم مساعد  
الصيدلة

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الأشعة

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دبلوم مساعد  
التمريض

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الصحي

برنامج المساعد  
الصحي

دبلوم مساعد  
ماكينة القلب  
الصناعي

دبلوم مساعد  
طبيب الأسنان

## المدون من المشروع

الهدف من هذا المشروع الوطني هو توطين وظائف التمريض ومساعدى الأطباء والخدمات الطبية المساعدة وإحلال اليد المصرية المدربة مكان الأجنبية وضمان مستقبل وظيفي وأمان معيشي في مصر والعالم العربي. وبهذا فان مشروع الأكاديمية سيكون رافداً ومكماً لبرامج التدريب التي تنفذها الحكومة في مختلف القطاعات التعليمية من جامعات وكليات سواء تلك التابعة لوزارة الصحة أو تابعة لقطاعات أخرى حيث أن هذا المشروع سيساهم برفع نسبة الخدمة الطبية من غير خريجي البرامج الحكومية والأهلية خلال العشر السنوات القادمة بأكثر من 20%. إضافة إلى ذلك فإن هذا المشروع يعتبر أحد المشاريع الوطنية الهامة لإيجاد فرص وظيفية للعنصر الشبابي بعد إعدادهم وتأهيله من خلال هذا المشروع الوطني .

## شروط الإلتحاق :

- أن يكون مصري الجنسية
- أن لا يقل تقدير الطالب في الثانوية العامة عن جيد تخصص علمي أو يجتاز البرنامج التأهيلي لخريجي القسم الأدبي .
- أن يكون لائق طبياً ويجتاز الكشف الطبي.
- أن يجتاز المقابلة الشخصية.

وتخضع الأكاديمية للإشراف والمتابعة من قبل المعهد الأكاديمي لجراحات القلب وكلية الطب – جامعة عين شمس . كما تم ربط جميع التخصصات بشبكة الحاسب الآلي ليتم من خلالها متابعة الشؤون الأكاديمية والإدارية والوقوف على مستوى تحصيل الطلاب ومستوى أداء أعضاء هيئة التدريس والمادة العلمية التي يقومون بتدريسها.

## التخصصات

دبلوم مساعد التمريض	دبلوم مساعد طبيب الأسنان
دبلوم مساعد الصيدلة	دبلوم إدارة الخدمات الصحية
دبلوم تكنولوجيا الأشعة	دبلوم التخدير والإنعاش
دبلوم المراقبة الصحية	دبلوم السكرتارية الطبية
دبلوم المختبرات الطبية	دبلوم التأمين الصحي
دبلوم السجلات الطبية	دبلوم الأجهزة الصحية
دبلوم طب الطوارئ	برنامج المساعد الصحي
دبلوم مساعد ماكينة القلب الصناعي	

يعتبر فني التمريض والخدمات الطبية المساعدة العمود الفقري للقطاع الصحي ، لذلك فالحاجة لوجود ممرضين مؤهلين ماسة جداً للقيام بمهام هذا المجال في القطاع الصحي. كما تنفرد الأكاديمية بتقديم مقرر دراسي لجميع طلابها باسم " أخلاقيات العمل في المهن الصحية " حيث أن العمل في المجالات الصحية و المهن الطبية من أرقى و أهم المهن في المجتمع فهي تتعامل مع أعز و أغلى ما يملكه الإنسان و هي صحته . و لما لهذه المهن الطبية من قدر كبير و أهمية بالغة فإنه من الضروري أن يكون كل ممارس لهذه المهنة الشريفة على قدر عالٍ من الخلق و الالتزام بشرف هذه المهنة والبعد عن كل ما قد يخدش سمو العمل الصحي . ومن هذا المنطلق تبنت أكاديمية العلوم الصحية و تنفرد بطرح هذا المقرر الدراسي ضمن خططها الأكاديمية في برنامج التمريض يتضمن المفاهيم الأساسية لأخلاقيات المهن الطبية وتأسيس قدسية هذه المهنة و أن من ينتسب للعمل الصحي يجب أن يكون على قدر عالٍ من المسؤولية والبعد عن كل ما يسيء لسمعته وذلك من خلال عرض المقرر لمحاوور و أخلاقيات العمل الطبي و علاقات ممارس المهنة الطبية مع زملائه و مرضاه .

## الدراسة

الدراسة بالمشروع تشمل عدد 300 طالب وطالبة سنوياً، وألوية القبول في هذا المشروع للمتفوقين والمتفوقات وعند تخرجهم يلتحقوا بوظيفة بمرتبة شهري لا يقل عن 3000 جنية مصرى وذلك لتوفير فرص العمل في القطاع الصحي مما يضمن لهم وظيفة فور تخرجهم .

ولضمان جدية الطلاب وحرصهم على الاستمرار في دراسة هذا التخصص المهم الذي يحتاج القطاع الصحي لأمثالهم بعد تأهيلهم يقوم الطلاب بدفع رسوم رمزية تبلغ 3000 جنية مصرى شاملةً كامل تكاليف الدراسة للحصول على دبلوم التمريض أو التخصص والبالغة مدته سنتان وستة أشهر متضمنة هذه الرسوم التدريب الإكلينيكي أثناء الدراسة وتدريب الامتياز لمدة ستة أشهر والذى والكتب الدراسية وتكاليف دورات الحاسب الآلي واللغة الإنجليزية ودورة أخلاقيات المهن الطبية مع الأخذ بعين الاعتبار الظروف الخاصة لكل طالب وطالبة .

## الامتحانات :

سعيًا من أكاديمية العلوم الصحية وحرصاً منها على المستوى العلمي لطلابها فقد تم طرح امتحانات موحدة لجميع الفروع يتم إعدادها مركزياً في الإدارة العامة للتأكد من تغطية وطرح كامل المنهج الدراسي ويتم اختيار عينات عشوائية من إجابات الطلاب لمراجعتها والتأكد من مستوى تحصيل الطالب والدرجة التي حصلت عليها في الامتحان.

## التدريب الإكلينيكي :

نظراً لما لي التدريب العملي والإكلينيكي من أهمية بالغة في صقل المعرفة النظرية للطلاب وتطبيق ما اكتسبه من معارف وعلوم أثناء دراسته لإعداده للعمل مستقبلاً في مختلف القطاعات الصحية والتأكد من إلمامه بالمهارات الإكلينيكية تم التعاقد مع عدد مستشفيات جامعة عين شمس الكبيرة ليقوم الطالب أثناء دراسته أو أثناء فترة تدريب الامتياز بالتدريب على هذه المهارات وشملت مراكز تدريب الطلاب المستشفيات التابعة لجامعة عين شمس ، كما تم تطبيق آلية دقيقة لمتابعة تحصيل الطالب من خلال لقاءات أسبوعية مع مشرفي التدريب في الأكاديمية والمستشفيات القائمة على تدريب الطالبات.

## التوظيف بعد التخرج :

وهذا البرنامج الوحيد الذي يضمن الوظيفة للمتقدمين والمتقدمات . ورغبةً من الأكاديمية بأن يكون مستوى الأداء الإداري والأكاديمي على مستوى يرقى لدرجة طموحنا فقد تم استقطاب كفاءات وخبرات متميزة من أستاذة وأكاديميين من حملة درجة الدكتوراه للعمل في الإدارة العامة للأكاديمية والإشراف على البرنامج وإدارة الفروع ليكون الأداء الأكاديمي والإداري حسب الأنظمة والمعايير الدولية وتم توقيع عقد مع إحدى الشركات المصرية المتخصصة لتقوم بتطبيق نظام الجودة (ISO9001-ISO2000) في جميع فروع الأكاديمية وأقسامها الإدارية والتعليمية.

## أعضاء هيئة التدريس والهيئة الإدارية

تم اختيار نخبة متميزة من الكوادر التعليمية والهيئة الإدارية من أطباء وأكاديميين مؤهلين وتم تكليف هيئة إشرافية من حملة الشهادات العليا ليقوموا بالإشراف على آلية تنفيذ برنامج التمريض ومتابعة الأداء المهني لدى الأساتذة ومستوى تحصيل الطالبات وذلك لضمان تطبيق أعلى المعايير الأكاديمية والتعليمية والتدريبية لكل برنامج . تم استحداث وتشكيل مجلس استشاري مكون من عدد من مختلف التخصصات من الأساتذة والأكاديميين المؤهلين تأهيلاً علمياً من أبناء كلية الطب جامعة عين شمس ومن العاملين في الأكاديمية هذا المجلس له دور فعال للرفع من المستوى العلمي والأكاديمي للطلبة والطالبات والقيام بإجراء المراجعات الدورية للمناهج العلمية والأكاديمية والإكلينيكية التي تقدم للطلاب سعياً إلى تضمين تلك المناهج ما يخدمهم أثناء عملهم مستقبلاً في مختلف القطاعات الصحية ، ومن مهام هذا المجلس ما يلي :

- تقويم العملية التعليمية ببرامج الدبلوم ، وذلك عن طريق تشكيل لجان منبثقة من المجلس للمتابعة.
- وضع أسس ومعايير تطوير وتقويم العملية التعليمية بفروع الأكاديمية.
- إعداد اللوائح التفسيرية ودليل إجراءات العمل بفروع الأكاديمية والرفع بها لمجلس الإدارة.
- وضع أسس ومعايير اختيار أعضاء هيئة التدريس.
- وضع أسس ومعايير قبول الطلاب.
- وضع أسس ومعايير إنشاء واستحداث أقسام تخصصية جديدة.

## الجماع المشاركة في تنفيذ المشروع

- المعهد الأكاديمي لجرارات القلب
- كلية الطب – جامعة عين شمس
- كلية طب الأسنان - جامعة عين شمس
- كلية الصيدلة - جامعة عين شمس
- كلية التمريض – جامعة عين شمس
- كلية الهندسة - جامعة عين شمس
- كلية الحاسب الألى - جامعة عين شمس

## QuickStudy



## MEDICAL



## Medical Facts



## On Average

- A human being loses an average of 40 to 100 strands of hair a day.
- An average human drinks about 16,000 gallons of water in a lifetime.
- Every square inch of the human body has an average of 32 million bacteria on it.
- Humans shed about 600,000 particles of skin every hour — about 1.5 pounds a year. By 70 years of age, an average person will have lost 105 pounds of skin.
- On average, women blink nearly twice as much as men.
- The average adult falls asleep seven minutes after turning the light off.
- The average human being will accidentally eat about a pound in weight of insects over the course of a lifetime.
- Right-handed people, on average, live nine years longer than left-handed people.
- The average human body has enough fat to make seven bars of soap.
- The average human body has enough iron to make a nail.
- The average human body contains enough sulfur to kill all fleas on a dog.
- The average human body has enough carbon to make 900 pencils.
- The average person blinks their eyes about 11,500 times per day or about 4.2 million times per year.
- Americans use more than 16,000 tons of aspirin a year.
- The skin of the armpits can harbor up to 516,000 bacteria per square inch, while drier areas, such as the forearm, have only about 13,000 bacteria per square inch.
- The average adult eyeball weighs about one ounce.
- The average adult has between 40 and 50 billion fat cells.
- The average adult stands 0.4 inches (1 cm) taller in the morning than in the evening, because the cartilage in the spine compresses during the day.
- The spine of the average human male measures 28 inches and the average female's is 24 inches.
- The average brain comprises 2 percent of a person's total body weight. Yet it requires 25 percent of all oxygen used by the body, as opposed to 12 percent used by the kidneys and 7 percent by the heart.
- The average digestive tract of an adult is 30 feet in length.
- The average duration of a single blink of the human eye is 0.3 seconds.
- The average human eye can distinguish about 500 different shades of gray.
- The average human eyelash lives about 150 days.



- The average person has at least seven dreams a night.
- The average person has over 1,460 dreams a year.
- The average human dream lasts only 2-3 seconds.

- The average human has about 10,000 taste buds — however, they're not all on the tongue. Some are under the tongue; some are on the inside of the cheeks; some are on the roof of the mouth. Some can even be found on the lips — these are especially sensitive to salt.
- The average human liver is more than five times the weight of the human heart.
- The average human scalp contains between 120,000 and 150,000 hairs.
- The average human heart beats about 100,000 times every 24 hours. In a 70-year lifetime, the heart beats more than 2.5 billion times.
- On average, a person has two million sweat glands.
- The average adult male, having 70 to 80 pounds of muscle, can bench-press 88 percent of his body weight.
- The average person can live up to 11 days without water, assuming a mean temperature of 60° F.
- The average healthy person can lose as much as one-third of his or her blood without fatal results.
- The average person takes from 12 to 18 breaths per minute.
- The average person who stops smoking requires one hour less sleep a night.
- The average person's field of vision encompasses a 200-degree wide angle.

- The average person's hair will grow approximately 590 inches in a lifetime.
- The average adult loses 540 calories with every liter of sweat. Men sweat about 40 percent more than women.
- The average person's hand flexes its finger joints 25 million times during a lifetime.
- There are approximately 250,000 sweat glands in your feet, and they sweat as much as eight ounces of moisture per day.



- The average woman's muscles make up about 30 percent of body weight, or about 43 pounds. The average man's muscles comprise about 40 percent of body weight, or about 75 pounds.

- The average person's total skin covering would weigh about six pounds if collected in one mass.
- The average square inch of skin holds 650 sweat glands, 20 blood vessels, 60,000 melanocytes (pigment cells), and more than a 1,000 nerve endings.
- The average time between blinks of the eye is 2.8 seconds.
- The average woman's thighs are 1.5 times larger in circumference than the average man's.
- The average American over 50 will have spent five years waiting in lines.
- An average person uses the bathroom six times per day.
- In a lifetime the average US resident eats more than 50 tons of food and drinks more than 13,000 gallons of liquid.
- The ashes of the average cremated person weigh nine pounds.
- The average person releases nearly a pint of intestinal gas by flatulence every day. Most is due to swallowed air. The rest is from fermentation of undigested food (about 14 occurrences of flatulence a day).
- The skeleton of an average 160-pound body weighs about 29 pounds.
- The average American adult male brushes his teeth 1.9 times a day.
- The average female between the ages of 20 and 44 is more likely to be overweight than are males in the same age category.
- By age 60, most people have lost half their taste buds.
- On average, people fear spiders more than they do death.
- A person who smokes a pack of cigarettes a day will (on average) lose two teeth every 10 years.
- Every day, the average person swallows about a quart of snot.
- 90 percent of the population has an innie belly button.
- On average, men spend 60 hours a year shaving.
- The average amount of time spent kissing for a person in a lifetime is 20,160 minutes.
- The majority of American models are skinnier than 98 percent of American women.
- There are approximately 45 billion fat cells in an average adult.
- The average smell weighs 760 nanograms.
- The average talker sprays about 300 microscopic saliva droplets per minute (about 2.5 droplets per word).
- The average human will shed 40 pounds of skin in a lifetime.
- The average surface of the human intestine is 656 square feet (200 m).

## Body Parts

- A fingernail or toenail takes about six months to a year to grow from base to tip.
- The smile is the most frequently used facial expression. A smile can use anywhere from a pair of five to 53 facial muscles.
- It takes 17 muscles to smile and 43 to frown.
- Every person has a unique tongue print.
- The little lump of flesh just forward of the ear canal, right next to the temple, is called a tragus.
- Hair and fingernails are made from the same substance, keratin.

- The human body has 70,000 miles of blood vessels.
- The thumbnail grows the slowest; the middle nail grows the fastest.
- The eye muscles are the most active muscles in the entire human body.
- Human teeth are almost as hard as rocks.
- The space between your eyebrows is called the glabella.
- The stomach can break down goat's milk faster than cow's milk.
- It takes the stomach an hour to break down cow's milk.
- The stomach of an adult can hold 1.5 liters of material.
- There are 400 species of bacteria in the human colon.
- There are approximately 60 muscles in the face.
- There are five million scent receptors located in a human being's nose.
- There are more than 640 muscles in the human body.



- **The strongest muscle in the body is the tongue.**
- **Tongue prints are as unique as fingerprints.**
- **There are approximately 9,000 taste buds on the tongue.**

- The skull is made up of 29 different bones.
- The surface of the human skin is 6.5 square feet (2m).
- The stomach has to produce a new layer of mucus every two weeks or else it will digest itself.
- The eye is the only part of the human body that can function at 100 percent ability at any moment, day or night.
- The only part of the human body that never changes size from birth to death is the eyes.
- The brain has no sensation of pain, even when it is cut!
- The longest human bone is the femur (or thigh bone), which is 48 cm long.
- The adjective "metopic" pertains to the forehead.
- The pop you hear when you crack your knuckles is actually a bubble of gas bursting.
- Our eyes never grow; our nose and ears never stop growing.
- The skin is the body's largest organ. It helps keep the body at the ideal temperature by insulating it in the cold and allowing heat to escape when it is warm.
- The strongest bone in the body, the thigh bone, is hollow. Ounce for ounce, it has a greater pressure tolerance and bearing strength than a rod of equivalent size in cast steel.
- The human brain stops growing at age 18, and is 80 percent water. The skin weighs twice as much as the brain. The storage capacity of the human brain is about four terabytes (4,000 gigabytes).
- The valves of the human heart are as thick as a single piece of tissue paper.
- The white part of the fingernail is called the lunula.
- There are 20 teeth in any human's first set of teeth. By adulthood, humans have 32 teeth that must last for a lifetime.
- There are 22 bones in the adult human skull.
- There are 230 joints in the human body.
- There are 35 million digestive glands in the stomach.
- There are eight bones in the human wrist.
- The back of the human hand is the opisthenar.
- There are 10 human body parts that are only three letters long: eye, hip, arm, leg, ear, toe, jaw, rib, lip and gum.
- To filter unwanted substances out of the blood, the kidneys contain myriad tiny tubes adding up to about 40 miles in length.
- Tooth enamel is the hardest substance manufactured by the human body.
- One-quarter of the bones in the body are in the feet.
- The human heart creates enough pressure when it pumps blood through the body to squirt blood 30 feet.
- A human's small intestine is six meters long.
- The width of your arm span stretched out is the length of your whole body.
- The brain weighs about three pounds, but over two pounds of that is water.
- Jaw muscles can provide about 200 pounds of force to bring the back teeth together for chewing.
- The largest cell in the human body is the female ovum (egg cell). It is about  $\frac{1}{180}$  inch in diameter. The smallest cell in the human body is the male sperm. It takes about 175,000 sperm cells to weigh as much as a single egg cell.
- The left lung is smaller than the right lung to make room for the heart.

- The longest muscle in the human body is the sartorius. This narrow muscle of the thigh passes obliquely across the front of the thigh and helps rotate the leg to the position assumed in sitting cross-legged. Its name is a derivation of the adjective "sartorial," a reference to what was the traditional cross-legged position of tailors ("sartors") at work.
- The only bone in the human body not connected to another is the hyoid, a V-shaped bone located at the base of the tongue between the mandible and the voice box. Its function is to support the tongue and its muscles.
- The tips of fingers and the soles of feet are covered by a thick, tough layer of skin called the stratum corneum.
- The skin is only about as deep as the tip of a ballpoint pen. First-degree burns affect only the very top layers of the skin; second-degree burns, midway through the skin's thickness. Third-degree burns penetrate and damage the entire thickness of the skin.
- In dentistry, a "mulberry molar" is a tooth with more than the usual four cusps.
- The soft mass of the adult brain is motionless. Though it consumes up to 25 percent of the blood's oxygen supply, it does not grow, divide or contract.
- The smooth muscles of the human body operate involuntarily and are located inside organs, such as the stomach and intestines.
- The thumb is such a major player in the human body that it has a special section, separate from the area that controls the fingers, reserved for it in the brain.
- A shank is the part of the sole between the heel and the ball of the foot. Also, a shank refers to a steel, plastic or wood piece inserted in the arch of a shoe.
- The right lung takes in more air than the left.
- The pancreas produces insulin.
- The arteries and veins surrounding the brain stem, called the "circle of Willis," look like a stick person with a large head.
- Each square inch of human skin consists of 20 feet of blood vessels.
- The two lines that connect your top lip to the bottom of your nose are known as the philtrum.
- Human hair is estimated to grow at 0.0000001 miles per hour.
- An adult esophagus can range from 10 to 14 inches in length and is one inch in diameter.
- The aorta, which is the largest artery located in the body, is about the diameter of a garden hose.
- The average ear grows 0.01 inches in length every year.
- The average human head weighs about eight pounds.
- The big toe is the foot reflexology pressure point for the head.
- The human liver performs over 500 functions.
- The kidneys filter over 400 gallons of blood each day.
- The purpose of tonsils is to destroy foreign substances that are swallowed or breathed in.

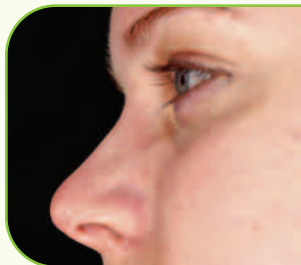
### Pregnancy, Babies & Children

- Weight can affect a woman's ability to conceive.
- A fetus acquires fingerprints at the age of three months.
- Babies are born with 300 bones, but by adulthood we have only 206 in our bodies.
- On average, a baby's heart will beat about 60 million times before it is born.
- In England the chance of a woman having twins has doubled since World War II. At this rate, every pregnancy will result in twins by the year 2060.
- A three-week-old embryo is no larger than a sesame seed. A one-month-old fetus's body is no heavier than an envelope and a sheet of paper. Its hand is no larger than a teardrop.
- A baby's head is about one-quarter of its total height. By the age of 15 years, the head makes up about one-eighth of total height.
- A boy's voice breaks during puberty because his vocal cords are lengthening. Up until that point, girls' and boys' vocal cords are the same length.
- The weight of a fetus increases about 2.4 billion times in nine months.
- The world's first test-tube twins were born in June 1981.
- Twins are born less frequently in the eastern part of the world than in the western.
- Until about age 12, boys cry about as often as girls.
- Up to the age of six or seven months, a child can breathe and swallow at the same time. An adult cannot do this.
- One in every 2,000 babies is born with a tooth.
- Pregnancy in humans lasts about 270 days (from conception to birth).
- The permanent teeth that erupt to replace children's primary predecessors (baby teeth) are called succedaneous teeth.
- The "spring up, fall out" phenomenon says children grow twice as fast in the spring as they do in the fall, while they gain more weight in the fall.

- A fetus that is four months old will become startled and turn away if a light is flashed on the mother's stomach.
- Babies that are exposed to cats and dogs in their first year of life have a lower chance of developing allergies when they grow older.
- Babies' eyes do not produce tears until the baby is approximately six to eight weeks old.
- Children who are breast fed tend to have an IQ seven points higher than children who are not.
- 80 percent of 10-year-old girls in the USA go on a diet.
- Infants spend more time dreaming than adults do.

### Functions

- A cough releases an explosive charge of air that moves at speeds up to 60 mph.
- A sneeze can exceed the speed of 100 mph.
- A blink of an eye lasts about one-tenth of a second.
- It requires the use of 72 muscles to speak a single word.
- When you sneeze, all your bodily functions stop — even your heart.
- If you fart consistently for six years and nine months, enough gas is produced to create the energy of an atomic bomb.
- There are 110 calories per hour consumed during an hour of typing — only 30 more than those used while sleeping.
- Three pints (1.3 liters) of blood per minute flow through the kidneys.
- Half the body's red blood cells are replaced every seven days.
- Men can read smaller print than women but women can hear better.
- A kiss for one minute can burn 26 calories.
- We filter out 99 percent of the sights, sounds and other sensations around us if they don't seem threatening or important. If we didn't filter, the sensory overload would drive us insane.
- We think we cannot see at night. But given enough time to adjust, the human eye can, for a time, see almost as well as an owl's. Ultimately, as the amount of light decreases, an owl detects shapes after a human no longer can.
- Coughing can cause air to move through your windpipe faster than the speed of sound — over 1,000 feet per second!
- It takes food seven seconds to go from the mouth to the stomach via the esophagus.
- The farthest you can see with the naked eye is 2.4 million light years away! (140,000,000,000,000,000 miles.) That's the distance to the giant Andromeda Galaxy. You can see it easily as a dim, large gray "cloud" almost directly overhead in a clear night sky.
- The old myth that eating carrots will improve eyesight is TRUE! Carrots contain carotene which our body converts to vitamin A. Vitamin A is necessary for the production of visual purple, which helps you see in the dark. Without vitamin A, you could develop night blindness.



• Each nostril of a human being registers smell in a different way. Smells that are detected by the right nostril are more pleasant than the left. However, smells are more accurately detected by the left nostril.

- It's not impossible to sneeze with your eyes open, but it could make your eyes feel uncomfortable due to extra pressure on them.
- Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.
- When you pull out a nose hair, your tears come only from the eye on that side.
- Drinking water after eating reduces the acid in your mouth by 61 percent.
- Nerve impulses to and from the brain travel as fast as 170 miles per hour.
- 55 percent of people yawn within five minutes of seeing someone else yawn. Reading about yawning makes most people yawn as well.
- A yawn usually lasts for approximately six seconds.
- About 25 percent of the population sneezes when they are exposed to light.
- Every day the human stomach produces about two liters of hydrochloric acid.
- Every hour one billion cells in the body must be replaced.
- Even if you eat food standing on your head, the food will still end up in your stomach.

- In a lifetime, an average human produces 10,000 gallons of saliva.
- The reason why your nose gets runny when you are crying is because the tears from the eyes drain into the nose.
- There are at least six universal facial expressions: happiness, sadness, disgust, fear, anger and surprise.
- When the body is resting, it takes in about 10 liters of air every minute.
- A healthy adult can draw in about 200 to 300 cubic inches (3.3 to 4.9 liters) of air at a single breath, but at rest only about five percent of this volume is used.
- At -40° Centigrade/Fahrenheit, a person loses about 14.4 calories per hour by breathing.
- There is no one who does not dream. Those who claim to have no dreams, laboratory tests have determined, simply forget their dreams more easily than others.

### Did You Know?

- Every time you lick a stamp, you're consuming  $\frac{1}{10}$  of a calorie.
- According to German researchers, the risk of heart attack is higher on Monday than any other day of the week.
- After spending hours working at a computer display, if you look at a blank piece of white paper, it will probably appear pink.



• Dentists have recommended that a toothbrush be kept at least six feet away from a toilet to avoid airborne particles resulting from the flush.

- Beards are the fastest growing hairs on the human body. If the average man never trimmed his beard, it would grow to nearly 30 feet long in his lifetime.
- By the time you turn 70, your heart will have beat some 2.5 billion times (figuring on an average of 70 beats per minute.)
- Each square inch of human skin consists of 20 feet of blood vessels.
- Every human spent about half an hour as a single cell.
- It has been estimated that 17 percent of human beings are left-handed, which is roughly the same figure as for gorillas and chimpanzees.
- If you are right-handed, you tend to chew on the right-hand side of your mouth and if you are left-handed, you tend to chew on the left-hand side of your mouth.
- The liquid inside of young coconuts can be used as a substitute for blood plasma.
- The lifespan of a taste bud is 10 days.
- Intelligent people have more zinc and copper in their hair.
- If you yelled for eight years, seven months and six days, you will have produced enough sound energy to heat one cup of coffee.
- You can't kill yourself by holding your breath.
- The sound heard by a listener when holding a seashell to his ear does NOT come from the shell itself. It is the echo of the blood pulsing in the listener's own ear.
- The sound of a snore (up to 69 decibels) can be almost as loud as the noise of a pneumatic drill (70–90 decibels).
- The sense of touch: Electrical impulses travel from the skin toward the spinal cord at a rate of up to 425 feet per second.
- A bowl of lime Jell-O, when hooked up to an EEG machine, exhibits movement which is virtually identical to the brain waves of a healthy adult man or woman.
- The substance that human blood resembles most closely in terms of chemical composition is sea water.
- There are 1,200,000 fibers in a human optic nerve.
- There are 100 billion neurons in the human brain. Each neuron is linked to hundreds of other neurons.
- There are three million stutterers in the United States and a similar proportion in every other part of the world.
- There are 62,000 miles of arteries, capillaries, and veins in the adult human body.
- There are more than 10 trillion living cells in the human body.
- The bacteria found on human skin is roughly the numerical equivalent of all the humans on Earth.
- There are more than 100 different viruses that cause the common cold.
- There is evidence that many people gain and lose weight in accordance with the cycles of the moon.
- Today, American dentists use some 13 tons of gold each year for crowns, bridges, inlays and dentures. Gold is non-toxic, it can be shaped easily, and it is tough — it never wears, corrodes or tarnishes.
- Two out of three adults in the United States wear glasses at some time.



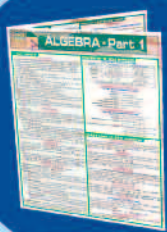
## QuickStudy

- Visual scientists have estimated that, by the age of 60, our eyes have been exposed to more light energy than would be released by a nuclear blast.
- Water makes up 60 percent of our body weight. Of the water, eight percent is in the blood, 25 percent in the spaces between cells, and 67 percent inside the cells.
- Gatorade was named for the University of Florida Gators, where it was first developed.
- By the time you are 70, you will have easily drunk over 12,000 gallons of water.
- Your brain is more active and thinks more at night than during the day.
- 85 percent of the population can curl their tongue into a tube.
- Your forearm (from inside of elbow to inside of wrist) is the same length as your foot.
- The longest bout of hiccups lasted 69 years!
- People are the only animals in the world who cry tears.
- In your very own lifetime, you'll produce enough saliva to fill two swimming pools.
- A person will die from total lack of sleep sooner than from starvation. Death will occur about after 10 days without sleep, while starvation takes a few weeks.
- Blondes have more hair than dark-haired people.
- Blood-sucking hookworms inhabit 700 million people worldwide.
- If you are locked in a completely sealed room, you will die of carbon dioxide poisoning before you will die of oxygen deprivation.
- If you go blind in one eye, you'll only lose about one-fifth of your vision (but all your depth perception.)
- The human body makes anywhere from one to three pints of saliva every 24 hours.
- Lab tests can detect traces of alcohol in urine six to 12 hours after a person has stopped drinking.
- The Neanderthal's brain was bigger than ours.
- Women burn fat more slowly than men, at a rate of about 50 calories a day.
- Women's hearts beat faster than men's.
- Almost 18 million pounds of medical trash are generated each day in the United States.
- In all of history, the most destructive disease is malaria. More than 1.5 million people die from malaria every year.
- The Alzheimer's Association estimates four million Americans have the disease and 100,000 die from it each year.
- The most common surgeries are biopsies and Cesarean sections.
- You burn more calories sleeping than you do watching TV.
- After human death, post-mortem rigidity starts in the head and travels to the feet, and leaves the same way it came — head to toe.
- A Laforte fracture is a fracture of all facial bones. It would allow one to pull on another face and remove it like a mask if not held on by skin.
- The world's tallest woman is Sandy Allen. She's 7 ft, 7 in.
- 41 percent of women apply body or hand moisturizer a minimum of three times a day.
- 75-90 percent of primary physician visits are due to stress.
- An ear trumpet was used before the hearing aid was invented by people who had difficulty hearing.
- A headache and inflammatory pain can be reduced by eating 20 tart cherries.
- A little less than one-quarter of the people in the world are vegetarians.
- A person infected with the SARS virus has a 95-98 percent chance of recovery.
- Brain damage will only occur if a fever goes above 107.6° Fahrenheit.

- A person will burn seven percent more calories walking on hard dirt, as compared to pavement.
- At least seven percent of all health care costs in the United States are attributed to smoking.
- Between 10-15 percent of the population is left-handed.
- Between 1997 and 2002, there was an increase of 228 percent in cosmetic procedures in the United States.
- Carbon monoxide can kill a person in less than 15 minutes.
- Close to 50 percent of the bacteria in the mouth lives on the surface of our tongue.
- Flu shots only work about 70 percent of the time.
- It has been medically proven that laughter is an effective painkiller.
- Each year in America there are about 300,000 deaths that can be attributed to obesity.
- Left-handed people are better at sports that require good spatial judgment and fast reaction, (compared to right-handed individuals).
- Men sweat more than women. This is because women can better regulate the amount of water they lose.
- Only one out of every three people washes their hands when leaving a public bathroom.
- The eight most popular foods to cause food allergies are: milk, eggs, wheat, peanuts, soy, tree nuts, fish and shellfish.
- The food that is digested in your stomach is called chyme.
- The human body has approximately 37,000 miles of capillaries.
- The most common injury caused by cosmetics is to the eye by a mascara wand.
- The risk of cardiovascular disease is twice as high in women that snore regularly (compared to women who do not snore).
- The smoke that is produced by a fire kills more people than a burn does because of carbon monoxide and other dangerous gases.
- There are 10 million bacteria at the place where you rest your hands at a desk.
- Approximately 100 million people in the United States have a chronic illness.
- More than 40 million Americans have chronic halitosis, which is bad breath that never goes away.
- To lose one pound of fat, a person has to burn approximately 3,500 calories.
- In the average lifetime, a person will walk the equivalent of five times around the equator.
- The average human blinks their eyes 6,205,000 times each year.
- The entire length of all the eyelashes shed by a human in their life is over 98 feet (30 m).
- Odontophobia is the fear of teeth.
- After death, the body starts to dry out, creating the illusion that the hair and nails are still growing.
- Every year, about 98 percent of the atoms in the body are replaced.
- Human blood travels 60,000 miles (96,540 km) per day on its journey through the body.
- More than 2,500 left-handed people are killed every year from using right-handed products.
- A man's beard contains between 7,000 and 15,000 hairs.
- Skin temperature does not go much above 95 degrees, even on the hottest days.
- One-third of all cancers are sun-related.

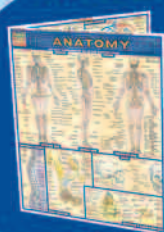
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