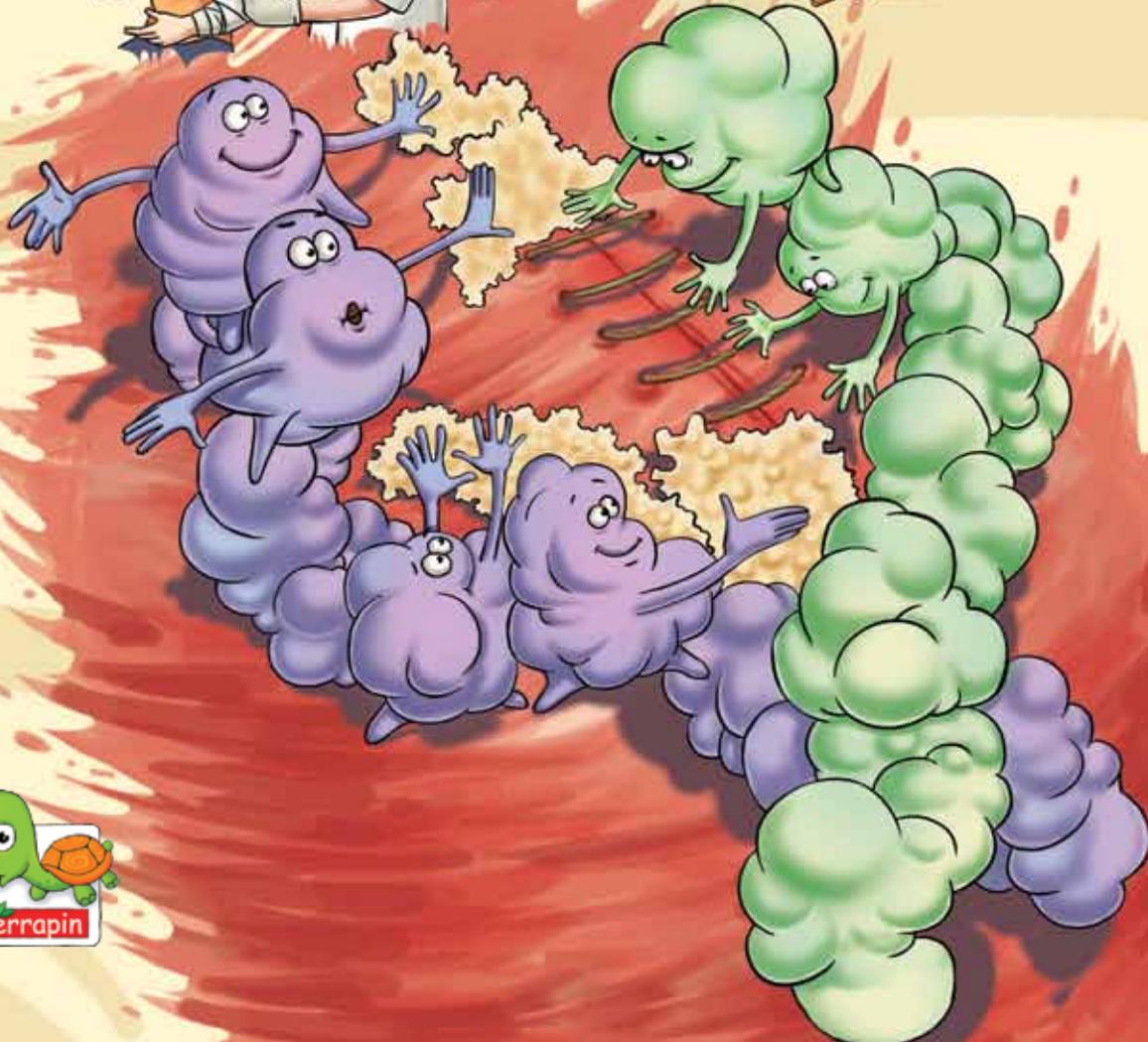


Get Well Soon

Injuries

Benita Sen



A note by Dr R K Pachauri

Human beings have made great progress in recent years. We have been able to produce a large number of goods and services on a huge scale, and have utilized technology in a wide range of activities. However, all this has come at an increasing cost which has often remained concealed or ignored. Our bodies of water have been polluted. The air around us has a large amount of particulate matter and gases that are not only harmful for our health but also affect the climate of the earth. Overall, we have neglected to take care of planet earth which is home to all of us and all other living species.

Economic development is meant to ensure a higher level of human welfare in this generation as well as for others yet to come. But we know from everything we see around us that water borne and air pollution related diseases are increasing. We can conclude that while we try to give our children a better life, we also harm their health in actual fact.

This series takes a look at some of the common ailments children suffer from, such as stomach problems, allergies, injuries, and fever. While these are all part of growing up, they are becoming a cause of concern, to both parents and their children, primarily because pollution has aggravated these maladies. The books not only focus on the science behind the causes of these ailments; they also point out ways to avoid them. Above all, the objective is to take the scary element out of these common maladies and ensure that the growing-up years are full of fun. Those who read these books would learn how to lead healthy and happy lives.



R K Pachauri

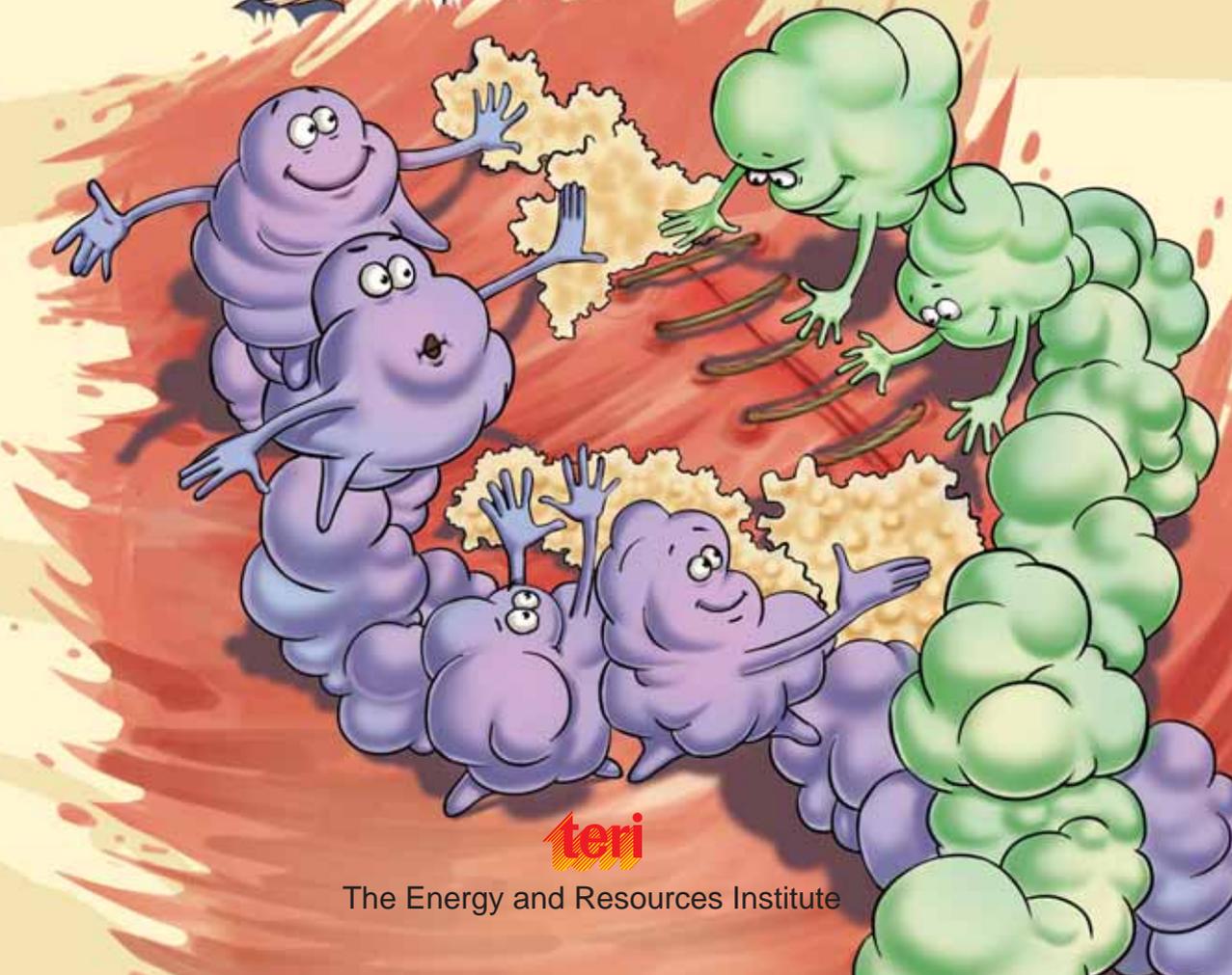
Director-General, TERI

Chairman, Intergovernmental Panel on Climate Change

Get Well Soon

Injuries

Benita Sen



teri

The Energy and Resources Institute



An imprint of The Energy and Resources Institute

© The Energy and Resources Institute, 2012

First published in 2012 by
The Energy and Resources Institute
TERI Press

Darbari Seth Block, IHC Complex, Lodhi Road, New Delhi 110 003, India
Tel. 2468 2100/4150 4900, Fax: 2468 2144/2468 2145
India +91 ■ Delhi (0)11

Email: teripress@teri.res.in ■ Website: <http://bookstore.teriin.org>

ISBN 978-81-7993-318-3
ISBN 978-81-7993-319-0 (set of 4 titles)

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

All export rights for this book vest exclusively with The Energy and Resources Institute (TERI). Unauthorized export is a violation of terms of sale and is subject to legal action.

Publishing Head: Anupama Jauhry

Editorial and Production Teams: Rupak Ghosh, Himanshi Sharma; R K Joshi, R Ajith Kumar, Aman Sachdeva

Design and Illustration Teams: Santosh Gautam; Yatindra Kumar, Vijay Nipane

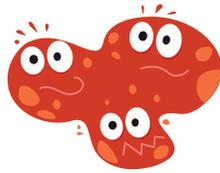
Thanks to Dr Preetha (IIHMR) for reviewing the manuscript.

Disclaimer: This book has been reviewed by a medical practitioner and is meant for general educational purposes only. It should not be considered as a substitute for medical advice. The information provided in this book should not be relied upon to make decisions about a child's health. The family doctor should always be consulted about individual condition(s) and/or circumstances.

Exclusively distributed in India by Goyal Publishers and Distributors Pvt.Ltd.

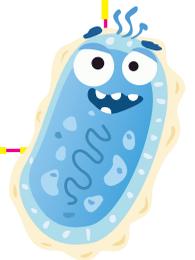
Printed and bound in India

This book is printed on recycled paper.



CONTENTS

All Fall Down!	04
Scratches, Scrapes, and Cuts	06
An Inside View	08
The Guards of Blood	10
First Aid	12
Fracture Facts	14
A Stitch in Time...	16
Sprain Pain!	18
Black and Blue!	20
Stay Safe!	22
Words to Remember	24



ALL FALL DOWN!

Hmmm...
lovely day!



Ouch!
Maa...



Sniffle!

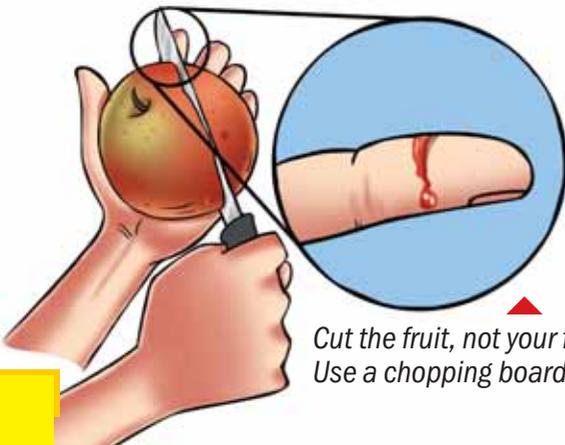


A skip, a jump, and a...ouch! That was a nasty fall! As the tears start rolling down your cheeks, the first thing you should do is take a look at where you have hurt yourself.

It could be a scratch or your skin could be grazed, which means it could be slightly broken. Doctors call this an abrasion. Sometimes, the skin changes colour even if it's not broken. That is a bruise.

At times, you can cut yourself and the wound starts bleeding.

Do not see anything much? Then, the injury could be under the skin. The pain you feel could be your bone crying out or it could be the muscle. Sometimes, it could be the tissue, that holds the bones



Cut the fruit, not your finger!
Use a chopping board.

together, that is in pain. Doctors call such a tissue, ligament.

Whatever it is, it hurts a lot, does it not?

But, have you ever wondered why you fell?

When we walk or run, we stand straight, although a strong force from inside the Earth is trying to pull us down. This force is called gravity. Sometimes while running, playing, or skipping rope, we lose our control. That is when the force of gravity wins, and we fall down.

WOUND WISE

It is not easy balancing yourself upright. That is why, babies find it easier to crawl before they can stand or walk. Our balance is best when we are in our teens.

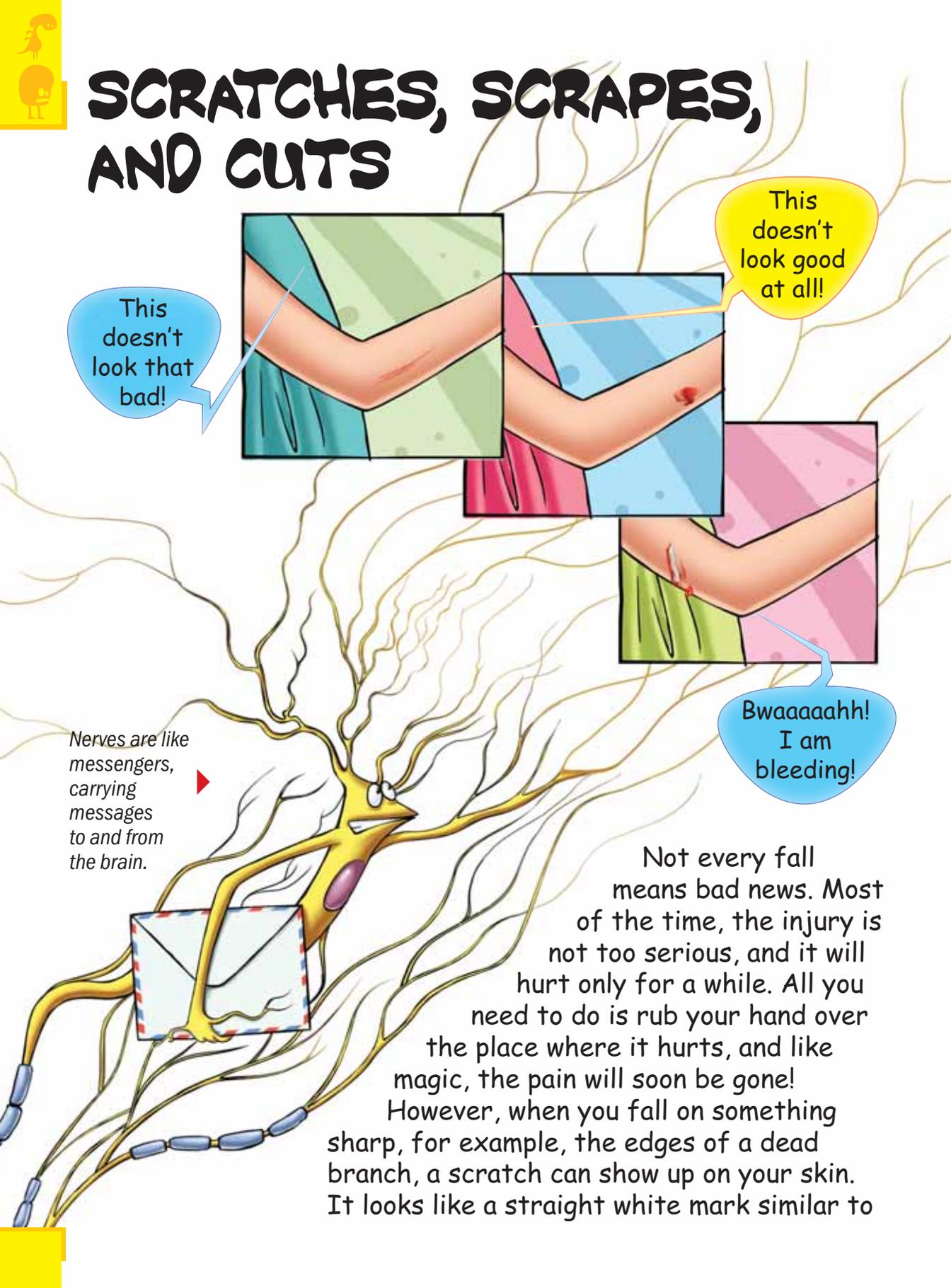
SORE NO MORE

I want to walk tall,
I want to run strong.
I want to run safe
And take the wind along!

◀ When your skin is rubbed away, you get an abrasion.



SCRATCHES, SCRAPES, AND CUTS



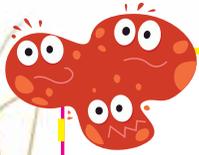
This doesn't look that bad!

This doesn't look good at all!

Bwaaaaahh!
I am bleeding!

Nerves are like messengers, carrying messages to and from the brain.

Not every fall means bad news. Most of the time, the injury is not too serious, and it will hurt only for a while. All you need to do is rub your hand over the place where it hurts, and like magic, the pain will soon be gone! However, when you fall on something sharp, for example, the edges of a dead branch, a scratch can show up on your skin. It looks like a straight white mark similar to

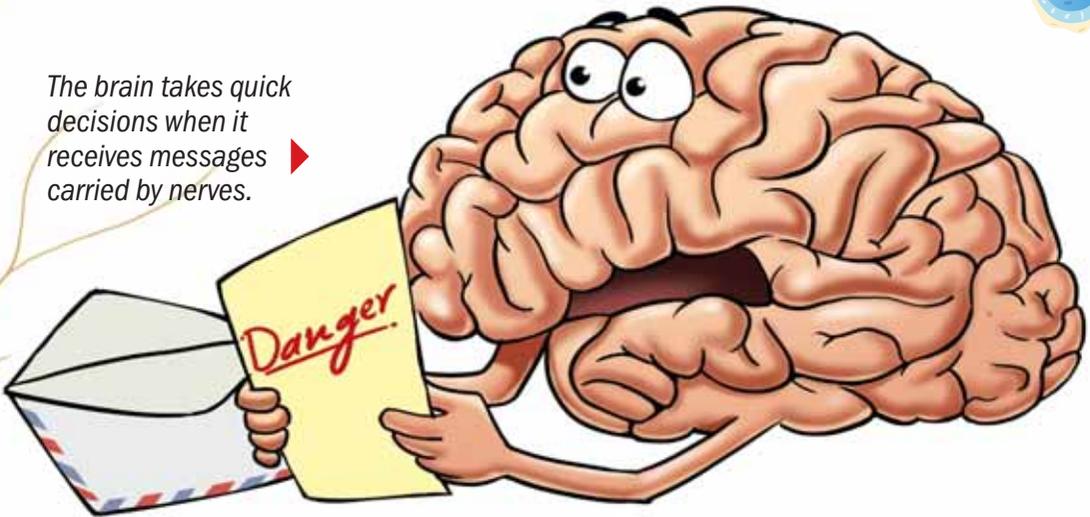


SORE NO MORE

Now I know better, and I'm not afraid of pain.
Because it tells me to be careful, so that I don't get hurt again.



The brain takes quick decisions when it receives messages carried by nerves. ▶



WOUND WISE

Inside your body lie millions of nerves that look like threads. They send and receive messages to and from the brain. When you fall, the nerves send a 'Danger!' message to the brain. The brain tells you to be careful, by making you feel the pain.

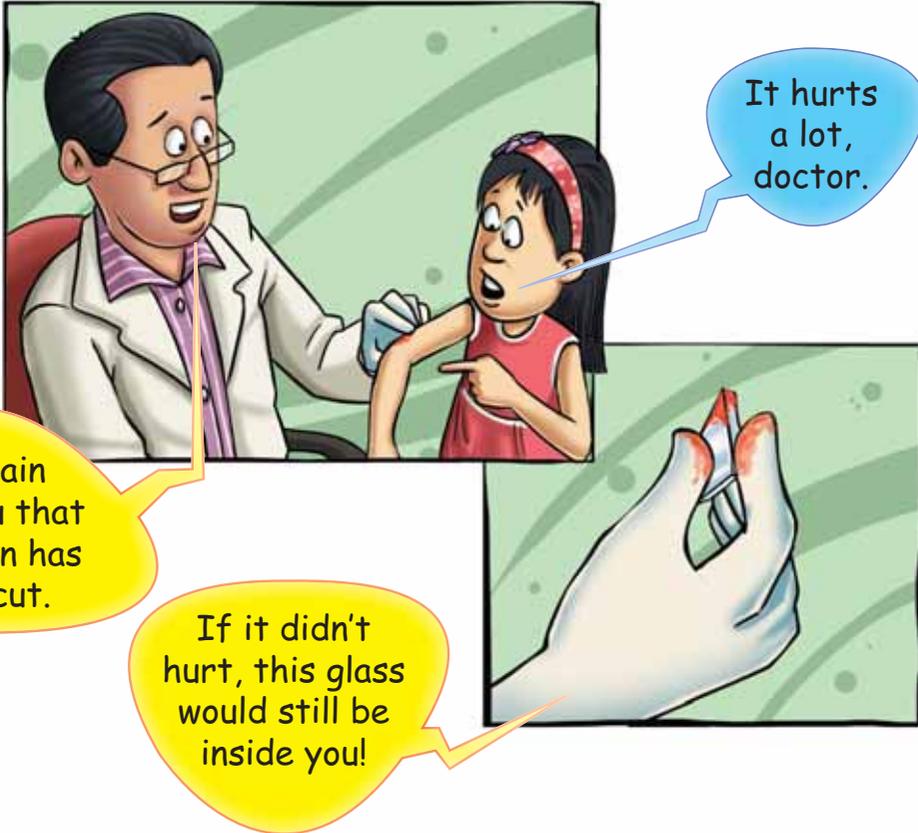
If you don't feel the pain, you might hurt yourself more without realizing.

the one your nail leaves on your skin when it is dry.

But if you fall and drag yourself a little, the skin where you have hurt yourself can come off. When a wound just scrapes off the top layer of skin, it is called an abrasion. It does not bleed much. A minor abrasion is called a graze, or a scrape.

If you fall on a sharp stone chip or a piece of glass, it can pierce your skin and leave behind a bleeding cut.

AN INSIDE VIEW



Inside the body lie a number of important organs. These include the brain, heart, and stomach. All of these need to be held safely in place. This job is done by the skin, muscles, and skeleton, especially the ribs (the cage of bones under your chest). The skin protects the flesh below it and the blood flowing through our body from getting infected by germs. These germs float in the air and lie in wait on anything we touch. If they come in

WOUND WISE

Did you know that applying honey on wounds can speed up healing? It protects the skin from infections. Honey also prevents scar formation.

Get Well Soon : Injuries



Publisher : **TERI Press**

ISBN : 9788179933183

Author : **Benita Sen**

Type the URL : <http://www.kopykitab.com/product/8379>



Get this eBook