Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Chapter 8 lesson 3 & 4 non-communicable & chronic diseases

Study Guide

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_are diseases that are not spread from person-to-person.

**Non-communicable diseases can be caused by the following factors:**

1. Inherit the disease
2. Lifestyle can lead to good health or to disease
3. Substances in the environment can cause serious health problems

**Types of non-communicable disease:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is a disease in which abnormal cells multiply and spread.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is a substance that causes cancer.

**Factors that can increase the risk of cancer:**

1. Unprotected exposure to the sun
2. Over exposure to carcinogens(ex. x-rays)
3. Use of tobacco products & alcohol
4. Unhealthy diet
5. Use of certain medicines
6. Lack of exercise

**Treatment for cancer:**

1. Chemotherapy- the use of special medicines to kill cancer cells
2. Radiation-kills cells & shrinks the size of tumors
3. Surgery
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is a disease of the heart & blood vessels.
5. a\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a condition that results when the blood supply to the heart muscle is blocked.
6. a\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a blockage or break in a blood vessel that brings blood flow to the brain.
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_also called hypertension is the pressure of the blood against the artery walls.

**Reducing the risk for cardiovascular disease:**

1. Avoid tobacco and alcohol
2. Learn to manage stress
3. Reduce salt in your diet
4. Avoid high cholesterol and fatty foods
5. Eat foods from the food groups
6. Maintain a healthy weight
7. Get regular exercise & health care
8. a\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a type of condition that lasts for a long time or keeps coming back.
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is when the body is unable to produce insulin (usually begins when a child is very young).
10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is when the body is able to make insulin but the body is unable to use it properly (usually begins in adulthood).
11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is a condition in which nerve messages in the brain are disturbed for brief periods of time. Epilepsy causes seizures which is the loss of periods of mental or physical control in the body.
12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is a chronic condition in which breathing becomes difficult (It is very common among young people).
13. An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is a condition in which the body reacts to foods or other substances.