

Name _____

MOD: _____

Date _____



COMMUNICABLE DISEASES

Journal Question: Complete in journal section of notebook

1. A _____ is a condition that interferes with the proper functioning of the body or mind, and can be broken down into 2 different categories:
2. A disease that can be passed from one person to another is called a _____
3. _____ diseases are diseases that cannot be spread from one person to another. List 2 examples:
4. The microorganisms that cause disease are called _____.
5. If germs get inside the body and damage body cells an _____ is caused.
6. Not all germs are the same. Below are the types of germs that cause diseases:
 - a. _____ - are the smallest and simplest life forms
- cold, flu, herpes, measles, AIDS, smallpox, viral pneumonia, mononucleosis
 - b. _____ - tiny one-celled organisms that live nearly everywhere. H, H, H
- strep throat, food poisoning, TB, Lyme disease, pinkeye, bacterial pneumonia
 - c. _____ - primitive life forms that cannot make their own food
- athlete's foot, ringworm
7. Germs can be spread in several ways including:



8. Your Body has 5 major barriers against germs:

1.

2.

3.

4.

5.

9. Complete the Cold and Flu Myths vs. Facts Worksheet on the next page

The Common Cold and Flu - Myths and Facts

1. Fact or Myth? If you get the flu vaccine too early in the year, your protection will wear off before flu season ends.

Answer:

2. Fact or Myth? You can catch the flu from a flu shot.

Answer:

3. Fact or Myth? Linger in wet clothes, going outside in cold weather with wet hair or just being cold can increase your chances of getting a cold.

Answer:

4. Fact or Myth? Flying on an airplane will increase your risk of catching a cold or the flu.

Answer:

5. Fact or Myth? Putting on extra clothing or covering yourself in blankets can help you "sweat out" a cold.

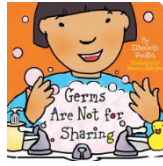
Answer:

6. Fact or Myth? Chicken soup, hot liquids or honey can help you feel better sooner if you have a cold.

Answer:

7. Fact or Myth? There is no way to reduce the duration of a cold or the flu.

Answer:



THE IMMUNE SYSTEM

Journal Question: *Complete in journal section of notebook*

1. _____ is a combination of body defenses made up of cells, tissues, and organs that fight off germs and diseases.
2. The body's initial reaction to germs includes attacking: _____, _____, _____
3. If the germs survive the body's initial reaction, a secondary circulatory system that fights germs and maintain fluid balance is activated, called the _____ system. Lymphocytes: special _____ blood cells
4. _____: are invaders that trigger immune system
5. _____: produced by body, they attach to the antigens to keep them from harming body
6. The ability to resist germs is called _____, This can be achieved in 2 ways:
_____ – exposure to germs
_____ - vaccines
7. List 2 ways to boost your immune system:
1: _____ 2: _____
8. The most effective way to prevent germs is to:
9. 2 ways to prevent spreading your own germs:
1: _____ 2: _____



NONCOMMUNICABLE DISEASES

ALLERGIES & ASTHMA

Journal Question: *Complete in journal section of notebook*

1. _____ diseases are diseases that are not spread through contact.
2. A _____ disorder is inherited and disrupts body development.
3. _____: increase a person's risk for a particular disease.
4. _____: The body's sensitivity to a substance
5. _____: Substance that causes allergic reaction
6. PROCESS OF ALLERGIC REACTION:
 - A. Allergen enters the body, example _____
 - B. Body responds to allergen – produces _____, which triggers an allergic reaction
 - C. Reactions include: _____, _____, _____
7. _____: medicine that reduces the symptoms of allergies
8. _____ is a chronic blockage of air passages that affects more than 10 million Americans.
9. The main treatment of asthma is using an _____



NONCOMMUNICABLE DISEASES

ARTHRITIS & ALZHEIMER'S

Journal Question: *Complete in journal section of notebook*

1. _____ is:
 - a. An inflammation of joints due to cartilage breakdown
 - b. Not 1 disease, over 100 conditions
 - c. Results in pain and swelling of joints
2. SOME COMMON TYPES OF ARTHRITIS ARE:
 - a. _____ - wear and tear on the joint, most common form of arthritis, affects men and women
 - b. _____ - uric acid builds up in blood and causes joint inflammation.
Acute Gout - typically affects one joint.
Chronic Gout - repeated episodes of pain and inflammation, which may involve more than one joint.
 - c. _____ - SERIOUS form, Causes are unknown – autoimmune disease
Immune system attacks healthy tissue and can affect kids or adults
Long-Term Consequences: inflamed joints and tissue and can affect other organs
3. TREATMENT FOR ARTHRITIS: there is _____
 - a. Goal of Treatments is to: reduce pain, improve function, prevent further damage
 - b. Lifestyle changes, Exercise Programs/PT
4. _____ Disease is a form of dementia
5. _____ - Loss of brain function
6. Risk Factors for Alzheimer's: _____, Family history, High blood pressure, head trauma, females.
7. TYPES OF ALZHEIMER'S:
 - a. _____ Onset – Before age 60, less common, progresses rapidly, genetic link
 - b. _____ Onset – After age 60, may run in families, role of genes is unclear



NONCOMMUNICABLE DISEASES

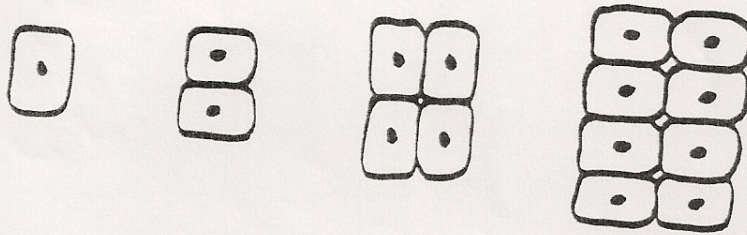
DIABETES & CANCER

Journal Question: *Complete in journal section of notebook*

1. _____ is a disease that has 2 types, both involve the lack of insulin in the body. Can lead to: blindness, heart disease, stroke, kidney failure, nerve damage & PREMATURE DEATH – 200,000 per year
2. TYPE _____ DIABETES: Body produces little or no insulin
Autoimmune Disease that affects children & young adults suddenly and quickly
Treatment requires daily injections
3. TYPE _____ DIABETES: Insulin produced, but not used by cells
90-95% of all Diabetes patients are TYPE 2
Onset is gradual, often undetected and 80% people diagnosed with type 2 diabetes are overweight
SYMPTOMS: tired, overweight, urination, thirst, blurred vision, slow healing
Treated by: diet, activity, weight loss, possible medications
4. MANAGING DIABETES – monitor daily _____ levels
 - a. TYPE 1: Balance Meals with _____
 - b. TYPE 2: May be controlled with _____ and _____ alone.
5. DIABETES RISK FACTORS: The 4 F's - Fat, Female, Family, Forty+ (age)
6. _____ is a group of diseases in which cells divide in an uncontrolled manner
7. _____ is an abnormal growth of tissue, and can be one of two categories:
 - a. _____: non-cancerous, may or may not be removed
 - b. _____: cancerous, may spread to other parts of the body
8. _____: a procedure that analyzes body tissue and can detect cancerous cells

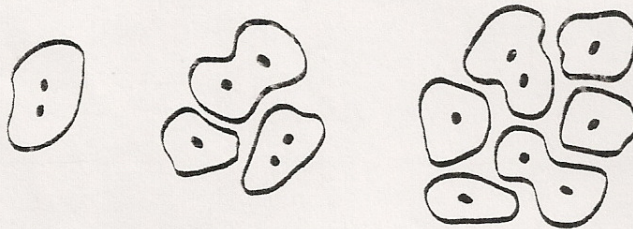
Normal and Cancerous Cell Growth

1. Normal Cell Growth



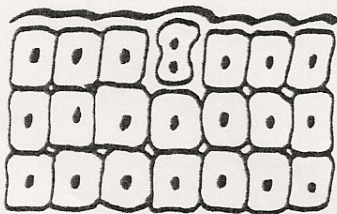
Normal cells grow by dividing into two cells. They stop growing when the tissue or organ is complete, or after any damage is repaired.

2. Cancer Cells

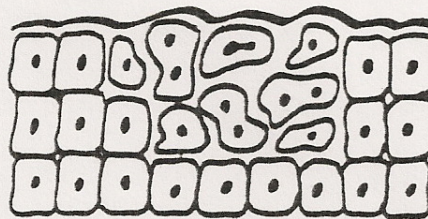


Cancer cells are irregular in size and shape. They divide rapidly at a varying rate. Normal body controls cannot stop their growth.

3. Cancerous Growth Begins

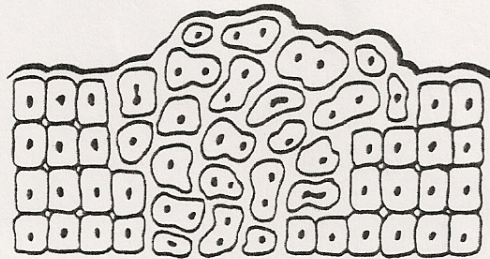


Cancer Cells Multiply and Spread



Cancer cells spread to surrounding tissues and kill or crowd out healthy cells. Some may travel in blood or lymph to other body parts.

4. Tumor



Masses of cancer cells may result in a lump or swelling called a tumor. Not all tumors are cancerous, but all should be investigated.

CANCER TREATMENT OPTIONS:

9. _____ :

1st option if possible

Performed mainly on confined tumors that may be removed

Usually combined with other treatments

10. _____ :

Involves high-energy radiation rays concentrated on an area to kill or damage cancerous cells

Possible Side-Effects: fatigue, nausea, vomiting

11. _____ (Chemo):

Administering a series of anti-cancer drugs to kill the cancer inside of the body

Treatment targets cancerous cells, but may harm normal cells

Possible Side-Effects: Nausea, Fatigue, Vomiting

CANCER EVOLVES THROUGH STAGES IN THE BODY:

STAGE 0: Carcinoma In Situ (CIS)

Abnormal Cells Present, not yet cancer

STAGES I-III:

Higher Stages indicate more extensive disease

Classified By: tumor size & growth of the cancer

Spreads to nearby lymph nodes and adjacent organs

STAGE IV:

The cancer has spread to other organs in the body