***Ch14- Lifestyle Diseases***

***PE Concepts – Ms House***

Lifestyle diseases are – diseases caused by partly unhealthy behaviors and partly other factors.

1. What causes lifestyle diseases?
2. Lifestyle –
3. Your diet & body weight
4. Daily levels of activity
5. Level of sun exposure
6. Smoking/alcohol abuse
7. Age/gender/genetics

Cardiovascular Diseases

1. Leading causes of death in the US.
2. Used to be infectious diseases. Now it is lifestyle diseases.
3. Four type of cardiovascular disease – CD results from progressive damage to the heart and blood vessels.
4. Stroke – blood vessel in your brain bursts or is blocked
5. Symptoms of a stroke:
6. FAST –
7. face numb/paralyzed on one side(ask them to smile and look);
8. arms(ask them to lift both arms and see if one droops);
9. speech(ask them to say a simple phrase and listen for slurred or difficult speech)
10. time(if you are observing these symptoms call 911)
11. Heart Attack – sudden loss of blood going to the heart.
12. Symptoms of a heart attack:
13. Pressure/squeezing/pain in chest that lasts more than a few minutes
14. Pain spreading to arm/neck/shoulder
15. Lightheaded, fainting, sweating, nausea along with i & ii
16. One-third of all heart attacks are fatal
17. High Blood Pressure – blood pressure is the force blood exerts against the inside walls of a blood vessel.
18. HBP can injure walls of blood vessels
19. HBP also makes the heart work harder, which can cause the heart to weaken or fail.
20. Atheroschlerosis – buildup of fatty materials on the inside walls of the arteries.
21. Two major dangers
22. It can reduce or stop blood flow to certain parts of the body
23. These clots can break free and become clots in the bloodstream(see stroke and heart attack!)
24. Treating CVDs
25. Diet & Exercise
26. Medicines
27. Surgery – coronary bypass
28. Angioplasty – balloon to open arteries
29. Pacemakers
30. transplants

Cancer – disease caused by uncontrolled cell growth. These cells grow in a weird way, not like a normal cell, and they continue to multiply and take over healthy cells.

1. Over 1 million Americans diagnosed every year
2. 2nd leading cause of death in adults after cardiovascular disease
3. Tumors result when a bunch of faulty cells form a clump
4. Malignant – when it spreads and eventually damages vital organs
5. Benign – a mass of noncancerous cells
6. Usually removed it large enough to bother nearby tissue in body
7. They don’t invade healthy tissue and do not spread.
8. What causes cancer
9. Certain types of viruses (HPV)
10. Radioactivity & ultraviolet rays(UV)
11. Chemicals found in tobacco smoke
12. Asbestos
13. Etc
14. Detecting Cancers
15. Self-exams
16. Biopsy – doctor takes a sample of tissue and examines it for cancerous or PRE-cancerous cells (usually from a tumor)
17. X-rays – mammogram, CAT scan or CT scan(taking multiple x-rays and then putting them together to form one image)
18. MRI – magnetic resonance imaging; uses a magnet and a computer to gather body images
19. Blood/DNA tests
20. Treating Cancer
21. Most treatable when caught in early stages.
22. Surgery – you can have the tumors/cells removed.
23. Chemotherapy – using drugs to destroy cancer cells
24. Problem – it can also kill healthy cells
25. Problem – side effects – nausea, fatigue, vomiting, hair loss
26. Radiation – a beam of radiation is fired at the tumor from outside the body
27. Usually it’s a combination of the three treatments
28. Ways to prevent cancer
29. Don’t smoke
30. Protect your skin
31. Eat well and limit your fat intake
32. Exercise/stay active & maintain a healthy weight
33. Go to the doctor regularly

Living with Diabetes

1. Diabetes is disorder in which cells are unable to obtain glucose from the blood and high levels of blood-glucose is the result.
2. INSULIN is a hormone that causes cells to remove glucose from the bloodstream.
3. It lowers the level of glucose flowing through the blood
4. It’s produced in the pancreas; when blood glucose levels are high, more insulin is released into the bloodstream; when glucose levels are low, less insulin is released.
5. Sometimes the pancreas doesn’t produce enough insulin, or the body’s cells don’t respond to insulin. This results in DIABETES.
6. If blood glucose levels get too high, DIABETIC COMA.
7. Loss of consciousness, and without treatment can kill you.
8. Types of diabetes
9. Type 1 – develops when the immune system attacks the insulin-producing cells of the pancreas.
10. The cells are destroyed and the body can’t produce insulin
11. Insulin-dependent or juvenile diabetes
12. Usually diagnosed before age 18
13. Currently no way to prevent it
14. Believed to be caused by an autoimmune response
15. Symptoms: increased thirst, frequent urination, fatigue, weight loss
16. Type 2 – most common form and usually occurs in adults over 40 and overweight
17. The pancreas still makes insulin, but the body’s cells fail to respond to it
18. This is caused by lifestyle choices(diet, exercise, weight management)
19. Symptoms: frequent urination, unusual thirst, blurred vision, frequent infections, slow healing sores
20. Gestational diabetes – occasionally develops in pregnant women
21. Usually goes away when baby is born
22. Increases possibility of complications during pregnancy