***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 –



7. Age/gender/genetics – these are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cardiovascular Diseases** -

1. Leading causes of death in the US.
2. Used to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Now it is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
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. .
8. .

3. Heart Attack –
4. Symptoms of a heart attack:
5. Pressure/squeezing/pain in chest that lasts more than a few minutes
6. Pain spreading to arm/neck/shoulder
7. Lightheaded, fainting, sweating, nausea along with i & ii
8. \_\_\_\_\_\_\_\_\_\_ of all heart attacks are fatal
9. High Blood Pressure –
10. HBP can injure walls of blood vessels
11. HBP also makes the heart work harder, which can cause the heart to weaken or fail.
12. Atheroschlerosis –
13. Two major dangers
14. It can reduce or stop blood flow to certain parts of the body
15. These clots can break free and become clots in the bloodstream(see stroke and heart attack!)
16. Treating CVDs
17. Diet & Exercise
18. Medicines
19. Surgery – coronary bypass
20. Angioplasty – balloon to open arteries
21. Pacemakers
22. 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.

2. \_\_\_\_\_\_ leading cause of death in adults after \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Tumors result when a bunch of faulty cells form a clump
4. Malignant –
5. Benign –
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 –
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. .
23. .
24. Problem –
25. Problem –
26. Radiation –
27. Usually it’s a combination of the three treatments
28. Ways to prevent cancer

**Living with Diabetes**

1. Diabetes is disorder
2. INSULIN is
3. It
4. It’s produced in the \_\_\_\_\_\_\_\_\_\_; when blood glucose levels are high, more insulin is released into the bloodstream; when glucose levels are low, less insulin is released.
5. Sometimes
6. If blood glucose levels get too high -
7. Loss of consciousness, and without treatment can kill you.
8. Types of diabetes
9. Type 1 –
10. The cells are destroyed and the body can’t produce insulin
11. Insulin-dependent or \_\_\_\_\_\_\_\_\_\_\_ diabetes
12. Usually diagnosed before \_\_\_\_\_\_\_\_\_\_\_
13. Currently -
14. Believed to be caused by
15. Symptoms:
16. Type 2 – most common form and usually occurs
17. The pancreas still makes insulin,
18. This is caused by lifestyle choices—
19. Symptoms:
20. Gestational diabetes –
21. Usually goes away when baby is born
22. Increases possibility of complications during pregnancy