***Ch 13: Preventing Infectious Diseases***

***Ms House – PE Concepts***

**Infectious Diseases**

1. caused by an agent that has invaded the body.
2. A pathogen is any agent that causes a disease.
3. It is spread in 3 ways:
4. person to person
5. from food or water
6. from something in the environment
7. Bacteria/Bacterial infections
8. tiny single-celled organisms
9. live almost everywhere in the world
10. microscopic
11. some bacteria are helpful – intestinal bacteria
12. the human mouth has 300+ bacteria in it
13. can usually be cured by antibiotics
14. antibiotic-resistent
15. common bacterial infections/diseases
16. strep throat
17. tetanus
18. sinus infections
19. meningitis
20. salmonella
21. TB/tuberculosis
22. Virus/viral infections
23. smaller than bacteria
24. replicates/multiplies by taking over living cells
25. no cure
26. infection just has to take its course
27. medications are to help relieve pain/symptoms
28. PANDEMIC – viral infections that spread worldwide
29. common viral infections/diseases
30. cold
31. flu
32. mononeucliosis(mono)
33. mumps
34. measles
35. hepatitis
36. AIDS
37. Fungal infections
38. fungus grows by using nutrients from living OR dead organisms
39. can be cured – treated with medications
40. some treated with OTC medications
41. some may need prescription medications
42. common fungal infections
43. athlete’s foot/jock itch (same fungus)
44. ringworm(not really a worm)
45. yeast infection
46. ways to keep free of fungal infections
47. keep clothing dry
48. good hygiene
49. keep feet/body parts dry
50. Protists
51. these are organisms that are larger and more complex than bacteria
52. found mostly in water or soil
53. only a small number of protists cause disease
54. malaria – the BIG protist disease
55. kills over 1 million people worldwide every year
56. transferred by mosquito bites
57. symptoms – fever, chills, headache, fatigue, nausea
58. amebic dysentery – inflammation of the intestines; causes diarrhea and dehydration
59. treated by anti-malarial drugs prescribed by doctor
60. ways to keep free of protist infections
61. practice good hygiene
62. good sanitation
63. Parasites
64. animal parasites get their energy by feeding on other living organisms
65. outside the body
66. lice – on head, on pubic hair(sexually transmitted)
67. ticks – deer tick carries Lyme disease
68. fleas – caused plague back in the Dark Ages
69. leeches
70. inside the body
71. hookworms/pinworms/flukes/tapeworms
72. how do you get them??
73. eating infected foods
74. from water
75. from soil
76. being bitten by an infected insect
77. SOME parasitic diseases can be treated/helped by medication
78. head lice
79. 3 WAYS TO PROTECT YOURSELF FROM INFECTIOUS DISEASES
80. physical barriers
81. skin – keeps disease from entering body
82. mucus membranes – nose, mouth, digestive tract, urethra, vagina
83. chemicals your body produces
84. made by body to kill pathogens
85. sweat
86. stomach acids
87. tears
88. inflammatory response
89. body is attacking pathogens
90. inflammation is body’s reaction to injury or infection
91. area will become red, swollen/inflamed, hot
92. immune system
93. white blood cells, t-cells, antibodies
94. lymphatic system
95. lymph nodes(fill with wbc’s to fend off infection, that’s why when you’re sick they are swollen)
96. fluid called lymph flows through blood vessels, organs & lymphatic system
97. lymph acts by going through body, sweeping up bacteria and disposing of it
98. other ways to protect yourself from infectious diseases
99. GET VACCINATED!! autism/herd protection/pockets of diseases
100. Wellness components
101. keep physically fit
102. eat well-balanced diet
103. rest/sleep
104. exercise
105. lower your stress level