

Communicable and Noncommunicable Diseases

Pick the Fact

Directions: For each group of three statements (a-c), pick the ONE fact (true statement) and circle it.

- 1a. A pathogen cures a communicable disease
- 1b. A pathogen is the cause of a communicable disease
- 1c. A disease caused by a pathogen can always be cured

- 2a. Mononucleosis (mono) is most often spread through the blood
- 2b. Mononucleosis is caused by bacteria
- 2c. Mononucleosis is usually spread through saliva

- 3a. The skin is a physical barrier that can prevent pathogens from entering the body
- 3b. The immune system is not an effective tool in fighting communicable disease
- 3c. Vaccines are not normally employed as a way of preventing communicable disease

- 4a. Communicable diseases normally happen because of our poor eating and exercise habits
- 4b. Communicable diseases can spread from person to person
- 4c. Cancer is an example of a communicable disease

- 5a. A controllable factor (we can control) for noncommunicable diseases is smoking/drug use
- 5b. A controllable factor for noncommunicable diseases is age
- 5c. A controllable factor for noncommunicable diseases is heredity

- 6a. Bacterial diseases usually do not have a cure
- 6b. The flu is a bacterial disease
- 6c. Bacterial diseases are treated, and often cured, with antibiotics

- 7a. Those with type 1 diabetes must depend on insulin
- 7b. Type 1 diabetes is often not diagnosed until the adult years
- 7c. Type 1 diabetes is the most common type of diabetes

- 8a. A cancerous tumor is called a benign tumor
- 8b. A benign tumor will metastasize, or spread to other parts of the body
- 8c. A cancerous tumor is called a malignant tumor

- 9a. The common cold is caused by bacteria
- 9b. Tetanus is caused by bacteria
- 9c. The common cold can be prevented by a vaccine

- 10a. Mononucleosis can be prevented by a vaccine
- 10b. The flu cannot be prevented by a vaccine
- 10c. Some types of hepatitis can be prevented by a vaccine

- 11a. Athlete's foot and ringworm are both caused by a fungus
- 11b. Athlete's foot is caused by bacteria
- 11c. Fungi must enter the bloodstream through a cut in the skin to cause an infection

- 12a. High blood pressure is also called the "loud killer"
- 12b. High blood pressure is also called hypertension
- 12c. High blood pressure is considered elevated if it is 110/70

- 13a. A stent is a small metal device used to treat cancer
- 13b. A stent is a small metal device put in a blood vessel to help prevent a clot of a from occurring again
- 13c. A stent is used during coronary bypass surgery

- 14a. Bile removes glucose from the blood
- 14b. Bile is produced by the pancreas
- 14c. Insulin removes glucose from the blood

- 15a. An uncontrollable factor (we can do nothing about it) for noncommunicable disease is diet
- 15b. An uncontrollable factor for noncommunicable disease is amount of exposure to the sun
- 15c. An uncontrollable factor for noncommunicable disease is heredity

- 16a. Monthly self-examinations should be done to check for skin, breast or testicular cancer
- 16b. Testicular cancer is much more likely to be found in older (over age 60) males
- 16c. Testicular cancer is very common and untreatable, even if detected early

- 17a. Communicable diseases are often spread through heredity
- 17b. Communicable diseases can be spread through the environment
- 17c. Communicable diseases kill more adults than lifestyle diseases

- 18a. The common cold is a communicable disease
- 18b. Diabetes is a communicable disease
- 18c. Heart disease is a type of communicable disease

- 19a. A stroke is a type of cancer
- 19b. A stroke occurs because of reduced blood flow to the heart
- 19c. A stroke occurs because of reduced blood flow to the brain

- 20a. Heart disease can be treated by use of a transplant, from a donor or an artificial heart
- 20b. Heart disease is best treated by use of chemotherapy and radiation
- 20c. Improvements in diet and exercise habits are NOT good ways to treat heart disease

- 21a. Type 1 diabetes symptoms may go away through improved diet and exercise habits
- 21b. Type 2 diabetes symptoms may go away through improved diet and exercise habits
- 21c. ALL of those with type 2 diabetes must rely on insulin injections

- 22a. Tobacco is a carcinogen, or cancer causing substance
- 22b. A carcinogen does not cause cancer
- 22c. There are some safe forms of tobacco

- 23a. Insulin, when released into the blood, will make the glucose (sugar) levels increase
- 23b. Insulin is produced by the liver
- 23c. Insulin, when released into the blood, will make the glucose levels decrease

- 24a. Atherosclerosis is a very serious and deadly communicable disease
- 24b. Atherosclerosis is a blockage of substances in the blood vessels that can cause heart attacks
- 24c. Atherosclerosis is NOT a major risk factor for heart disease

- 25a. Leukemia is a communicable disease
- 25b. Leukemia causes production of immature white blood cells
- 25c. Leukemia is not considered a type of cancer

- 26a. Bacteria are the smallest pathogens
- 26b. Pathogens are the main cause of lifestyle diseases
- 26c. A virus the smallest pathogen

- 27a. Diabetes 1 is adult onset diabetes
- 27b. Diabetes 2 is adult onset diabetes
- 27c. Gestational diabetes is adult onset diabetes

- 28a. Gestational diabetes develops in an unborn child, not the pregnant woman
- 28b. Gestational diabetes does not usually go away once it is diagnosed
- 28c. Gestational diabetes develops in the pregnant woman, not the child

- 29a. A vaccine is an injection of a substance to provide immunity (protection) from a disease
- 29b. A vaccine is most often used as a cure, not a means of preventing communicable disease
- 29c. A vaccine is available for ALL communicable diseases

- 30a. Radiation is a treatment for many communicable diseases
- 30b. Radiation is a treatment for cancer but large amounts can also cause cancer
- 30c. Radiation and chemotherapy cannot damage healthy cells

- 31a. Cancer is a disease characterized by uncontrollable growth of cells
- 31b. Cancer is the 3rd leading cause of death in the United States
- 31c. Diet and exercise cannot reduce your risk for cancer

- 32a. Communicable diseases are spread through controllable factors, like diet and drug use
- 32b. Noncommunicable diseases are spread through many controllable and uncontrollable factors
- 32c. Noncommunicable diseases are caused by pathogens, like bacteria and viruses

- 33a. The measles are caused by bacteria or fungi
- 33b. The measles do not have a vaccine
- 33c. The measles do have a vaccine

- 34a. Strep throat can be caused by a virus
- 34b. Strep throat is caused by bacteria
- 34c. Untreated strep throat cannot lead to further complications

- 35a. Fungi live on or in another organism known as the host
- 35b. Fungi are plantlike organisms that can cause disease
- 35c. Fungi are simple, one-celled organisms that often live in water

- 36a. Hepatitis A has a vaccine
- 36b. Hepatitis C has a vaccine
- 36c. Hepatitis B does not have a vaccine

- 37a. H1N1 is an emerging infection
- 37b. The common cold is an emerging infection
- 37c. Mononucleosis is an emerging infection

- 38a. Type 2 diabetes is less common than type 1 diabetes
- 38b. Type 2 diabetes is more common than type 1 diabetes
- 38c. Type 2 diabetes is more common in teens and young adults

- 39a. A vector can cause many noncommunicable diseases
- 39b. A vector is an example of a pathogen
- 39c. A vector is an organism that transmits pathogens to humans or animals

- 40a. Hepatitis is an inflammation of the heart
- 40b. Hepatitis is an inflammation of the liver
- 40c. Hepatitis is caused by bacteria

- 41a. The common cold is caused by bacteria
- 41b. The common cold has a vaccine
- 41c. The common cold is caused by a virus

- 42a. Tobacco causes approximately 1/3 of all cancer deaths
- 42b. Exposure to UV rays causes approximately 1/3 of all cancer deaths
- 42c. HPV causes approximately 1/3 of all cancer deaths

- 43a. Meningitis can be caused by bacteria or a virus
- 43b. Meningitis can only be caused by bacteria
- 43c. Meningitis can only be caused by a virus

- 44a. Sarcomas are cancers of the immune system
- 44b. Sarcomas are cancers of connective tissue
- 44c. Sarcomas are cancers of blood forming organs

- 45a. Immunity is a state of being protected against a particular disease
- 45b. Immunity is a period of time when symptoms for a disease disappear
- 45c. Immunity is a medicine used to treat and cure a disease

- 46a. Coronary bypass surgery involves a balloon and stent
- 46b. Coronary bypass surgery is a common weight loss surgery
- 46c. Coronary bypass surgery creates detours around blocked blood vessels