

A. Communicable Disease

1. Pathogen- a microorganism that is capable of producing disease
 - a. bacteria-
 - b. virus-
 - c. fungi-
 - d. parasite- lives on or in another organism; known as the host; pubic lice or head lice
 - e. protozoa- a simple one-celled organism that can cause infection; often live in water

2. How diseases spread
 - a. direct contact-
 - b. puncture wounds-
 - c.
 - d.
 - e.
 - f. vectors-

 - g. food and water
 - h. airborne transmission

3. Taking Precautions
 - a.
 - b. protect yourself from vectors
 - c.
 - d.
 - e. abstain from sexual contact
 - f. stay fit
 - g.
 - h. vaccine-

4. Communicable diseases caused by bacteria
 - a. strep throat-

 - b. meningitis-

 - c. tetanus-
 - d. conjunctivitis (pinkeye)
 - e. Lyme disease
 - f. pneumonia-

 - g.

5. Communicable diseases caused by a virus
 - a. common cold-

 - b. influenza (flu)-

- c. hepatitis-
 - d. mononucleosis-
 - e. measles-
 - f. chickenpox-
6. Fighting communicable diseases
- a. physical barriers-
 - b. chemical barriers-
 - c. the immune system-
 - 1. inflammatory response- a reaction to injury or infection; causes redness and swelling
 - 2. immune response- a defense response to certain pathogens;
7. Emerging infections- those that have increased or threaten to increase in the future
- a. Avian influenza-
 - b. H1N1-
 - c. Salmonella & E. coli-
 - d. Mad Cow Disease- also called bovine spongiform encephalopathy; caused by prions that eat away at the brain

B. Noncommunicable Diseases

1. Cardiovascular disease (CVD)- not transmitted by another person, vector, or the environment
- a. hypertension-
 - b. atherosclerosis-
 - c. angina pectoris-
 - d. arrhythmia-
 - e. heart attack-
 - f. congestive heart failure-
 - g. stroke-
 - h. cardiac arrest-
2. Controllable risk factors for cardiovascular disease
- a.
 - b. high cholesterol
 - c.

- d. excess weight
 - e.
 - f.
3. Uncontrollable risk factors for cardiovascular disease
 - a.
 - b.
 - c.
 4. Tools used to detect cardiovascular disease
 - a. blood pressure checks-
 - b. electrocardiogram-
 - c. MRI
 - d.
 - e.
 5. Treating cardiovascular disease
 - a. laser intervention- laser inserted to vaporize blockage
 - b. angioplasty-
 - c. coronary bypass-
 - d. pacemaker-
 - e. transplant-
 6. Cancer- uncontrolled growth of abnormal cells
 - a.
 - b. tumor-
 1. benign-
 2. malignant-
 - c. types of cancer
 1. lymphomas-
 2. leukemias-
 3. carcinomas- of glands and body linings
 4. sarcomas- of connective tissue
 - d. the risk factors of cancer
 1. damage to genes that help make cells
 2. carcinogens-

- a.
 - b.
 - c.
 - d. some viruses- HPV (a common STD)
 - e. dietary factors
- e. detecting cancer
- 1. self examination-
 - 2. medical examination-
- f. treatment of cancer
- 1. surgery-
 - 2. chemotherapy-
 - 3. radiation-
 - 4. immunotherapy- activates immune cells to recognize cancer

Cancer treatment goal is to create remission, a period of time when symptoms disappear

- g. reducing cancer risk
- 1. avoid tobacco-
 - 2.
 - 3. healthy, low fat diet
 - 4. exercise-
 - 5. regular medical check-ups-
 - 6.
7. Diabetes- disease that affects the way body cells convert glucose (sugar) into energy
- a.
- b. type 1 diabetes- AKA insulin dependent diabetes
- 1.
 - 2.
 - 3. less common type- 5-10 percent of all cases
 - 4. requires daily insulin injections
- c. type 2 diabetes- AKA noninsulin dependent diabetes
- 1.
 - 2. more common- 90-95 percent of all cases
 - 3. usually diagnosed in adults
 - 4.
 - 5.
- d. gestational diabetes
- 1.
 - 2. often goes away on its own after birth of the baby