

## Health

### Chapter 14 – Noncommunicable Diseases

#### Study Guide

##### Lesson 14-1: Non-communicable Diseases: What You Should Know

- Define non-communicable diseases

→ **non-communicable diseases:** noninfectious diseases that are not brought on by pathogens.

##### Homeostasis

- What is homeostasis?

→ **homeostasis:** the body's internal stability and balance, despite irregular circumstances.

##### Risk Factors for Noncommunicable Diseases

- What are some risk factors for noncommunicable diseases?

→ a combination of genetics, environmental factors, and lifestyle decisions.

##### Lifestyle and environment

→ unhealthy lifestyle choices: drug use, a lack of exercise, and an unhealthy diet

→ environmental risk factors: dangers present at home or work

##### Heredity interacts with lifestyle

→ mutated genes raise the risk of contracting particular diseases.

- Define mutations

→ **mutations:** changes to a gene's typical structure

##### Characteristics of non-communicable diseases

→ both patients and doctors can treat noncommunicable diseases more effectively by having a better understanding of their characteristics.

##### Acute and chronic diseases

→ acute illnesses strike suddenly, disappear fairly quickly, and frequently have no lingering impacts.

→ chronic illnesses are long-term conditions that may take years to recover from and can result in health problems.

##### Prognosis

- What is the prognosis?

→ **prognosis:** the likely outcome of an illness

##### Remission and Relapse

- What are remission and relapse?

→ **remission:** a time during which a disease's symptoms go away

→ **relapse:** the return of symptoms and signs of a disease

##### Complication

- Define complication

→ **complication:** an issue or secondary infection that develops as a result of or follows a disease

##### Diagnosing noncommunicable diseases

→ the type of disease that a person has is determined by a diagnosis.

→ once a diagnosis has been made, a doctor can start the appropriate treatment program.

→ doctors consult a variety of sources for information when making a diagnosis.

##### Lesson 14-2: Diseases of the Blood Vessels and Heart

##### Profile of healthy heart vessels

→ the interior walls of blood vessels function best when they are smooth and somewhat elastic

- Define blood vessels, capillaries, arteries, and veins

→ **blood vessels:** slender tubes that circulate blood, oxygen, and nutrients throughout the human body

→ **capillaries:** tiny, thin blood vessels that supply oxygen and nutrients from the arteries to the body's tissues

→ **arteries:** large, robust blood vessels that transport blood from the heart to the capillaries

→ **veins:** blood vessels that transport the blood to the heart from capillaries

##### Diseases of the blood vessels

→ numerous diseases can develop when the blood vessels are harmed or unequal

# Your Health Chapter 14 Study Guide A

**Linda Brower Meeks**

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