

## 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 unwell.

# Your Health Chapter 14 Study Guide A

**Linda Brower Meeks**



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