

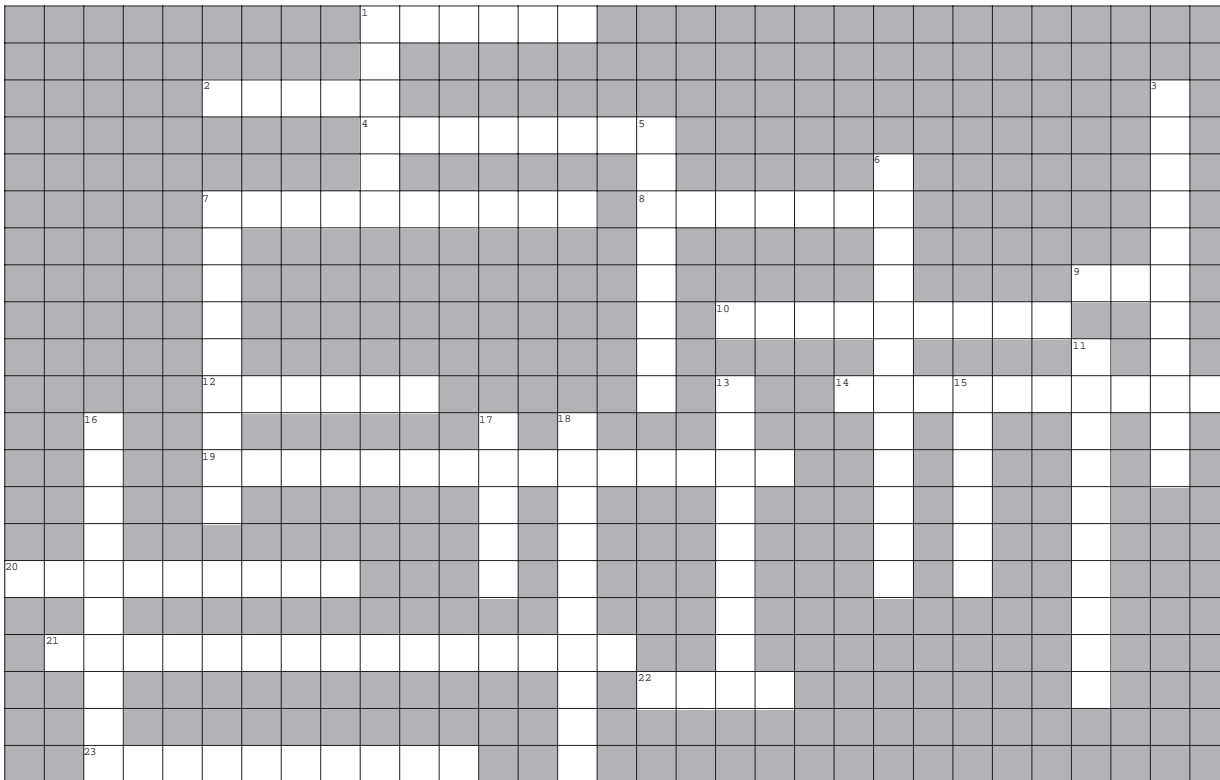
Chapter 26**Vocabulary**

Directions: Complete the crossword puzzle using the clues below.

noncommunicable disease
cardiovascular disease (CVD)
hypertension
atherosclerosis
angina pectoris
arrhythmia
cancer
tumor
benign

malignant
metastasis
carcinogen
biopsy
remission
allergy
histamines
asthma
diabetes

autoimmune disease
arthritis
osteoarthritis
rheumatoid arthritis
disability
profound deafness
mental retardation
Americans with
Disabilities Act



Chapter 26**Vocabulary****Across**

1. Noncancerous tumor
2. _____ arthritis breaks down cartilage
4. Deafness that hearing aids can't help
7. Irregular heartbeats
8. Reaction to foreign and usually harmless substances
9. Disease that affects the heart or blood vessels (abbr.)
10. Causes joint pain
12. Abnormal cell growth
14. When cancer spreads
19. Disease not spread between people or the environment
20. Time with no cancer symptoms following treatment
21. Accumulated plaque on artery walls
22. _____ immune disease
23. Impairment

Down

1. A sample for testing
3. Below average, mental _____
5. Disease characterized by insufficient insulin
6. High blood pressure
7. _____ with Disabilities Act
11. Causes cancer
13. Cancerous tumor
15. Causes breathing difficulties
16. _____ arthritis destroys joints
17. Abnormal tissue mass
18. Cell chemicals released during certain allergic reactions

Activity 95**Applying Health Skills**

FOR USE WITH CHAPTER 26, LESSON 1

At the Heart of the Problem

Directions: Read the patient profiles below. Each patient may be suffering from a cardiovascular disease. Using information from the lesson, complete each chart.

1. **Patient 1:** middle-aged male; overweight; family history of heart disease

Symptoms	Disease	Cause	Seriousness
Mild chest pain that suddenly changed to intense chest pain		Reduced or blocked blood flow to the heart, usually because of atherosclerosis	

2. **Patient 2:** male, early thirties, occasional runner.

Symptoms	Disease	Cause	Seriousness
Brief chest pain during exercise, lasting about a minute		The heart is temporarily not getting enough blood, usually due to atherosclerosis. The lack of oxygen causes pain.	

3. **Patient 3:** female, early seventies, history of high blood pressure and atherosclerosis.

Symptoms	Disease	Cause	Seriousness
Often has no early stages lasting about a minute		Excess weight, poor nutrition, not enough exercise	

4. **Patient 4:** female, early twenties, college runner.

Symptoms	Disease	Cause	Seriousness
		Electrical impulses regulating heart rhythm become rapid or irregular	Usually does not cause problems. Ventricular fibrillation can cause sudden cardiac arrest.

Activity 96**Applying Health Skills**

FOR USE WITH CHAPTER 26, LESSON 2

Life Is About Choices

Directions: Read the hypothetical situations below. Using the information in your textbook as a guide, offer appropriate cancer-related health care advice. Use health statistics when applicable and include methods of screening and early detection.

1. Your friend's older sister insists on being tan all year-round. She lays in the sun every day during the summer and early fall. When the weather restricts her routine, she goes to tanning salons a couple of times a week. What would you tell her?

2. Your mother has smoked cigarettes all her adult life. As she's grown older, she has become sedentary and put on a lot of weight. In the last decade, she has lost her mother, sister, and aunt to breast cancer. What health suggestions might you offer?

3. Your best friend has been smoking cigarettes for the past six months. He says it makes him feel older and more like one of the guys. Recently, he has also begun using chewing tobacco. What health advice might you offer him?

Activity 97**Applying Health Skills**

FOR USE WITH CHAPTER 26, LESSON 3

Connecting Behavior, Risk, and Disease

Directions: Read the hypothetical case studies below. Using the information in your textbook as a guide, attempt to identify the noncommunicable disease for which the person described may be at risk. Explain how the behavior puts him or her at risk. Then make a suggestion as to possible ways to reduce the risk.

1. **Case 1:** Tim is an ardent skateboarder. While significantly overweight, he can perform some amazing tricks on his skateboard. His favorite tricks involve jumping stairs and ledges. As his skill has increased, so has the height at which he performs the stunts.

Noncommunicable disease risk and explanation: _____

Suggestions to reduce risk: _____

2. **Case 2:** Your uncle really likes to eat, and, having reached his fiftieth birthday, hasn't changed his eating habits. His diet is high in fat, calories, and cholesterol. Lately, he has been complaining of tingling in his hands and feet, excessive thirst, being hungrier than usual, and constantly getting infections.

Noncommunicable disease risk and explanation: _____

Suggestions to reduce risk: _____

Applying Health Skills, Activity 97 (Continued)

FOR USE WITH CHAPTER 26, LESSON 3

3. **Case 3:** Recently while playing varsity soccer games, you experience tightness in your chest and shortness of breath, and you begin to wheeze. Sometimes these symptoms gradually go away, and sometimes they last for hours. You find your game performance is markedly impaired, as breathing is so difficult.

Noncommunicable disease risk and explanation: _____

Suggestions to reduce risk: _____

Activity 98**Applying Health Skills**

FOR USE WITH CHAPTER 26, LESSON 4

Americans with Disabilities

Directions: Read the following excerpts from the Americans with Disabilities Act of 1990. Explain how each section applies to your school.

1. "The ADA prohibits discrimination on the basis of disability in employment . . . It prohibits discrimination in recruitment, hiring, promotions, pay, social activities, and other privileges of employment."

2. "Public transportation services may not discriminate against people in the provision of their services . . . authorities . . . must comply with requirements for accessibility in new vehicles . . . or provide paratransit."

3. ". . . the portions of the [public] facility are readily accessible to and usable by individuals with disabilities, including individuals who use wheelchairs . . . the path of travel to the altered area and the bathrooms, telephones, and drinking fountains serving the altered area, are readily accessible to and usable by individuals with disabilities . . ."

4. "Requires public schools to make available to all eligible children with disabilities a free appropriate education in the least restrictive environment appropriate to their individual needs."

Chapter 26

Study Guide

- STUDY TIPS:**
- Read *You'll Learn To* for each lesson.
 - Look up the meaning of any unfamiliar vocabulary terms.
 - Read the questions below before you read the chapter.

Directions: As you read the chapter, answer the following questions. Later, you can use this guide to review the information in the chapter.

Lesson 1

1. Explain why high blood pressure is a threat to cardiovascular health.

2. Explain why some diseases are called silent killers.

3. What is the main cause of atherosclerosis?

4. Explain the difference between a heart attack and congestive heart failure.

5. Describe two conditions that can cause a stroke.

6. List six risk factors for cardiovascular diseases you can control.

Lesson 2

7. List four major risk factors for cancer.

Study Guide, Chapter 26 (Continued)

8. List six practices that can reduce your risk of cancer.

9. List and describe four cancer treatments.

10. List the seven warning signs of cancer.

Lesson 3

11. List four symptoms of an allergic reaction.

12. List three serious health problems that can result from improper management of diabetes.

13. List two ways to reduce the risk of diabetes.

Study Guide, Chapter 26 (Continued)

14. List three strategies for reducing risk of osteoarthritis.

15. Define *rheumatoid arthritis*.

Lesson 4

16. Define *disability*.

17. List four common causes of blindness.

18. List four genetic disorders that can cause mental retardation.

19. Name three possible causes of mental retardation among older children or adults.

20. Name the four sectors in which the Americans with Disabilities Act prohibits discrimination against people with physical or mental disabilities.
