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
- carcino
- biopsy
- remission
- allergy
- histamines
- asthma
- diabetes

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

- Disabilities Act
# 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
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

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Disease</th>
<th>Cause</th>
<th>Seriousness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild chest pain that suddenly changed to intense chest pain</td>
<td>Angina</td>
<td>The heart is temporarily not getting enough blood, usually due to atherosclerosis. The lack of oxygen causes pain.</td>
<td>Very; immediate response</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Disease</th>
<th>Cause</th>
<th>Seriousness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brief chest pain during exercise, lasting about a minute</td>
<td>Hypertension</td>
<td>Excess weight, poor nutrition, not enough exercise</td>
<td>Serious. It is a risk factor for other types of CVDs.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Disease</th>
<th>Cause</th>
<th>Seriousness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Often has no early stages lasting about a minute</td>
<td>Arrhythemia</td>
<td>Electrical impulses regulating heart rhythm become rapid or irregular</td>
<td>Usually does not cause problems. Ventricular fibrillation can cause sudden cardiac arrest.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Disease</th>
<th>Cause</th>
<th>Seriousness</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Heart Attack</td>
<td>Reduced or blocked blood flow to the heart, usually because of atherosclerosis</td>
<td>Very; immediate response</td>
</tr>
</tbody>
</table>
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?
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: _______________________________________________________
   ______________________________________
   ______________________________________
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: 
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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.”
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.
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.

__________________________________________________________________________

__________________________________________________________________________

- Control weight
- Prevent sports injuries
- Protect against Lyme disease

15. Define *rheumatoid arthritis*.

*It is a disease characterized by the debilitating destruction of the joints due to inflammation.*

**Lesson 4**

16. Define *disability*.

*It is any physical or mental impairment that limits normal activities, including seeing, hearing, walking, or speaking.*

17. List four common causes of blindness.

- Complications from diabetes
- Macular degeneration
- Glaucoma
- Cataracts

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

- Down syndrome
- PKU
- Tay-Sachs
- Fragile X syndrome

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

- Head injury
- Stroke
- Infections such as meningitis

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

- Workplace
- Transportation
- Public accommodations
- Telecommunications