Lesson 1 – Disease and Your Body

- **Disease**
  - **What Is Disease?** A disease is any ______________ change in the health of your body or mind.
  - **What Is a Pathogen?** A pathogen is anything, especially a virus or microorganism, that causes ______________.

- **Examples of Infectious and Noninfectious Diseases**
  - **Infectious Diseases**
    - Common cold (virus) — head, nose, throat, lungs, muscles
    - Influenza (virus) — throat, lungs, muscles
    - Chickenpox (virus) — skin
    - Hepatitis (virus) — liver
    - Strep throat (bacterial) — throat
    - Tuberculosis (bacterial) — lungs

  - **Noninfectious Diseases**
    - Sickle cell disease — red blood cells
    - Cystic fibrosis — lungs and digestive tract
    - Muscular dystrophy — muscles
    - Type 2 diabetes — kidneys and other organs
    - Allergies — lungs, skin, eyes
    - Cerebral palsy — brain and nerves, muscles

- **Infectious and Noninfectious Diseases**
  - **What Is an Infectious Disease?** An infectious disease is any disease that is caused by pathogens that ______________ the body.
  - **What Is a Noninfectious Disease?** A noninfectious disease is a disease that is not caused by a ______________.

- **Defenses Against Disease**
  - Your body’s first lines of defense against infectious diseases include the following:
    1. ______________
    2. Mucous membranes
    3. Sweat, ______________, and tears
    4. Stomach ______________
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5. Helpful microorganisms

- The Immune System
  - What Makes Up Your Immune System? The ____________, organs, and cells that fight pathogens make up your immune system. Your immune system consists of ____________ blood cells and several organs, such as the spleen.

Lesson 2 – Infectious Diseases

- Viruses
  - A virus is a tiny, disease-causing particle that invades a ____________ cell and instructs that cell to make more viruses.
  - Viruses are known to cause many diseases including:
    1. the ____________
    2. the common cold
    3. ____________
    4. herpes

- Bacteria
  - ____________ are very simple single-celled microorganisms that do not have a nucleus. Bacteria are found ____________.
  - Bacteria cause many kinds of diseases including:
    1. whooping ____________
    2. cholera
    3. anthrax
    4. dental ____________

- Protozoa and Parasites
  - Protozoa are ____________, single-celled organisms that have a nucleus.
  - Protozoa and other parasites cause many kinds of diseases including:
    1. malaria
    2. ____________
    3. tapeworm infections
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- Fungi
  - Fungi are complex _______________ that cannot make their own food.
  - Fungi cause many kinds of diseases including:
    1. ___________ foot
    2. jock ___________
    3. yeast infections

Lesson 3 – Controlling Infectious Diseases

- Protecting Yourself
  - Do the following things to protect yourself against infection:
    1. Stay away from people who are ___________
    2. Practice ___________ hygiene.
    3. Maintain a healthy diet.
    4. Get plenty of ___________ and exercise.
    5. Get vaccinated.
  - The following diseases are commonly prevented by vaccines:
    1. ___________ B
    2. diphtheria
    3. poliomyelitis
    4. measles, ___________ , and rubella
    5. ___________

- Protecting Others
  - The same steps you take to protect yourself from pathogens will also help ___________ other people. You can also:
    1. ___________ contact with people when you are sick.
    2. Get a flu vaccine every ___________.
    3. ___________ any sightings of infected animals.
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Lesson 5 – Noninfectious Diseases

- Causes of Noninfectious Diseases
  - **Genetic Diseases** – A genetic disease is a disease or disorder that is caused entirely or partly by genetic ____________ passed on to a child from one or both ____________.
  - **Congenital Diseases** – A congenital disease is a disease or disorder that is present at ____________ but is not a genetic disease.
  - **Other Noninfectious Diseases** – Some noninfectious diseases are related to lifestyle ____________ or environmental factors.

- Common Noninfectious Diseases
  - Some common noninfectious diseases include the following:
    1. ____________ disease
    2. Diabetes
    3. ____________
    4. Allergies
    5. ____________
    6. Alzheimer’s disease
- Living with Noninfectious Diseases
  - **Requiring Special Care** – A person living with a noninfectious disease may have to eat a special ______________, take ______________, avoid certain activities, or have special medical ______________.
# CHAPTER 10 – Controlling Disease

## Controlling Noninfectious Diseases

<table>
<thead>
<tr>
<th>Disease</th>
<th>Description</th>
<th>Control or treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Allergies</strong></td>
<td>an overreaction by the body to things that are usually harmless</td>
<td>avoiding things to which you are allergic; taking medicine to relieve symptoms</td>
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<tr>
<td><strong>Asthma</strong></td>
<td>a disease of the respiratory system that causes shortness of breath, coughing, and wheezing</td>
<td>avoiding triggers, such as cigarette smoke; taking medicine to open airways</td>
</tr>
<tr>
<td><strong>High blood pressure</strong></td>
<td>a disease in which blood exerts too much force on walls of blood vessels</td>
<td>having a healthy diet; getting plenty of exercise; taking medicine to help reduce blood pressure</td>
</tr>
<tr>
<td><strong>Cancer</strong></td>
<td>a group of diseases that cause uncontrolled cell growth; can attack any tissue or organ</td>
<td>not using alcohol or tobacco, limiting exposure to the sun, and eating a healthy diet (prevention); chemotherapy; surgery, radiation therapy, and taking medicine (treatment)</td>
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## Controlling Infectious Diseases

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<td><strong>Type 1 diabetes</strong></td>
<td>a disease in which the body does not make enough insulin, so the body cannot use sugars from food for energy</td>
<td>taking daily insulin injections; having a healthy diet</td>
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<tr>
<td><strong>Type 2 diabetes</strong></td>
<td>a disease in which the body makes insulin, but cannot use it properly, so the body cannot use sugars from food for energy</td>
<td>controlling weight; getting plenty of exercise; having a healthy diet; taking medicine may help the body use insulin</td>
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<tr>
<td><strong>Arthritis</strong></td>
<td>a group of diseases that cause swelling and severe pain in the joints</td>
<td>taking medicine to control swelling and reducing pain; exercising to keep joints flexible; using heat or cold to reduce pain</td>
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