CHAPTER 14 STUDY GUIDE – LIFESTYLE DISEASES

(Revised 2014)

* KNOW THE FOLLOWING TERMS/DEFINITIONS: Leukemia, Metastasis, Biopsy, Insulin, & Malignant Tumor
* High blood pressure, atherosclerosis, & diabetes are all examples of lifestyle diseases.
* Most tissue damage that occurs from a heart attack is permanent and cannot be repaired by the body.
* Frequent urination, glucose build up in the blood, and blurred vision are all linked to diabetes. Maintaining a healthy weight can help prevent type 2 diabetes.
* Benign tumors are usually harmless.
* Angioplasty is a technique used to treat CVD that involves a medical balloon being inserted into a blocked artery to unblock it.
* Kidney damage, heart failure, and injury to blood vessel walls can all occur as a result of high bp.
* In blood pressure readings, the top number (systolic) should always be higher than the bottom number (diastolic).
* Basal cell carcinoma and melanoma are both types of skin cancer.
* The following are CONTROLLABLE risk factors: diet, exercise, maintaining a healthy weight, uv ray exposure, tobacco/alcohol use.
* The following are UNCONTROLLABE risk factors: heredity, genes, ethnicity, and age.
* Identify all of the risk factors and which disease(s) you are susceptible to get based on specific scenarios that you will read. Possible Diseases: Cancer, Atherosclerosis, High BP, Diabetes.
* Why are Americans dying from lifestyle diseases instead of infectious diseases?
* What controllable risk factors do type 2 diabetes, cancer and CVD all have in common?
* What unique controllable risk factors do cancer and CVD have?
* In what ways are heart attacks and strokes similar? In what ways are they different?
* How can diet affect the development of atherosclerosis?
* How can atherosclerosis lead to CVD?
* How are radiation therapy and chemotherapy different?