

The causes of diseases and illness

As we learned in the last term that :

Disease : a condition of the body that stops the body from working normally or properly

Communicable disease : caused by bacteria, viruses and parasites which can spread from one person to another

Non-communicable disease : caused by having an unhealthy lifestyle, living an unhealthy environment or genetics (family history). Such as : cardiovascular disease - cancer - respiratory disease - diabetes

Disease prevention : stopping or lowering the chance of getting a disease or illness

- **How can you reduce the risk of getting disease?** Living a healthy lifestyle - Practicing good personal hygiene - Having regular medical check ups

Prevent : to stop something from happening

- **How can you prevent communicable disease?**

Practising good personal hygiene - cleaning and disinfecting shared areas - keeping a safe distance from people who are unwell

Habit : a usual way of behaving, something that a person does often in a regular and repeated way.

Modifiable and non modifiable risk factor

Risk factor : something that may cause a bad or unpleasant thing to happen

Modifiable risk factor :

You have control over this risk and you can change it to reduce your chance of developing certain diseases

Such as :

- Sedentary lifestyle
- Being overweight or obese
- Type 2 diabetes
- Smoking
- High blood pressure "hypertension"
- High blood cholesterol
- High stress levels

Non modifiable risk factor

You do not have control over this risk and you cannot change it to reduce your chance of developing certain diseases

Such as :

- Gender : male or female
- Age : As you get older, your risk of developing disease can increase
- Family history (genetics)
- Ethnicity : Some ethnic groups are more likely to develop certain disease

Ethnicity : A large group of people who have the same customs or origin

Genetics : The study of the way that physical features and characteristics are passed from generation to the next

شرح النقاط الغير واضحة موجود ع اليوتيوب



<https://t.me/senior2023ae>

<https://chat.whatsapp.com/DRLp2izVRlt3ogOxkAyt1q>