

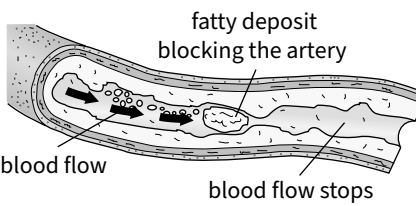
Chapter 7: Non-communicable diseases

Knowledge organiser

Coronary heart disease

Coronary heart disease (CHD) occurs when the coronary arteries become _____ by the build-up of layers of _____ material within them.

This reduces the flow of _____, resulting in less _____ for the heart muscle, which can lead to _____.



Health issues

Health is the state of physical and mental well-being.

The following factors can affect health:

- _____
- _____
- _____

Different types of disease may interact, for example:

- _____ in the immune system make an individual more likely to suffer from infectious diseases
- _____ infection can trigger cancers
- immune reactions initially caused by a _____ can trigger allergies, for example skin rashes and asthma
- severe physical ill health can lead to _____ and other mental illnesses.

Treating cardiovascular diseases

Treatment	Description	Advantages	Disadvantages
stent	inserted into _____ coronary arteries to keep them open	<ul style="list-style-type: none">• _____• _____	<ul style="list-style-type: none">• _____• _____
statins	drugs that reduce blood _____ levels, slowing down the deposit of _____ material in the arteries	<ul style="list-style-type: none">• _____• _____• _____	<ul style="list-style-type: none">• _____• _____• _____
replace faulty heart valves	heart valves that _____ or do not open fully, preventing control of blood flow through the heart, can be replaced with _____ or _____ valves	<ul style="list-style-type: none">• _____• _____	<ul style="list-style-type: none">• _____• _____
transplants	if the heart _____ a donor heart, or heart and lungs, can be transplanted _____ can be used to keep patients alive whilst waiting for a heart transplant, or to allow the heart to rest during recovery	<ul style="list-style-type: none">• _____• _____	<ul style="list-style-type: none">• _____• _____• _____• _____

Risk factors and non-communicable diseases

A **risk factor** is any aspect of your lifestyle or substance in your body that can _____ the risk of a disease developing. Some risk factors cause specific diseases. Other diseases are caused by factors interacting.

Risk factor	Disease	Effects of risk factor
diet (obesity) and amount of exercise	• _____	
	• _____	
alcohol	• _____	
	• _____	
	• _____	
smoking	• _____	
	• _____	
carcinogens, such as ionising radiation, and genetic risk factors	• _____	

Cancer

Cancer is the result of changes in cells that lead to _____ growth and division by _____.

Rapid division of abnormal cells can form a _____.

_____ tumours are cancerous tumours that invade neighbouring tissues and spread to other parts of the body in the blood, forming _____ tumours.

_____ tumours are non-cancerous tumours that do not spread in the body.

Treatment

Treatment of non-communicable diseases can be very costly to both individuals and the Government. They are often caused by lifestyle risk factors including:

- _____
 - _____
 - _____
- A high incidence of these lifestyle risk factors can cause high rates of non-communicable diseases in a _____.



Key terms

Make sure you can write a definition for these key terms.

artificial heart benign carcinogen cholesterol coronary heart disease
health malignant risk factor statin stent transplant tumour

Chapter 7: Non-communicable diseases

Retrieval questions

Answer the following questions using the information from the knowledge organiser.

B7 questions		Answers
1	What is coronary heart disease?	
2	What is a stent?	
3	What are statins?	
4	What is a faulty heart valve?	
5	How can a faulty heart valve be treated?	
6	When do heart transplants take place?	
7	What are artificial hearts used for?	
8	Define health.	
9	What factors can affect health?	
10	What is a risk factor?	
11	Give five risk factors.	
12	What is cancer?	
13	What are malignant tumours?	
14	What are benign tumours?	
15	What two types of risk factor affect the development of cancers?	
16	What is a carcinogen?	