**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_**

**Noninfectious Diseases Outline**

**Noninfectious Diseases**

* Are usually not transmitted by a \_\_\_\_\_\_\_\_\_\_ or by any form of \_\_\_\_\_\_\_\_\_\_\_ contact
* Possible \_\_\_\_\_\_\_\_\_\_\_\_\_ choices or poor \_\_\_\_\_\_\_\_\_\_\_\_\_ habits can cause these types of \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chronic Lung Disease**

* **Dyspnea**
* chronic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* May cause the inability to climb \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_ unassisted, or \_\_\_\_\_\_\_\_\_\_\_\_ without fear of stopping breathing
* **Chronic Obstructive Pulmonary Disease (\_\_\_\_\_\_\_\_\_\_\_\_\_)**
* Several \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ diseases including \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, emphysema, and chronic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Reactions**

* A hypersensitive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to a specific \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_ in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ where the body produces \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to that antigen or allergen
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ usually become worse with \_\_\_\_\_\_\_\_\_\_\_\_ and increased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to allergens

**Hay Fever**

* A chronic respiratory disorder that is most prevalent when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bloom
* Attacks are characterized by \_\_\_\_\_\_\_\_\_\_\_\_ and itchy, \_\_\_\_\_\_\_\_\_\_\_\_ eyes and nose
* Usually runs in \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Injections and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may provide relief

**Asthma**

* A disease characterized by attacks of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, shortness of \_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ spasms
* Triggers include: air pollutants (\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_), \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (dust mites, \_\_\_\_\_\_\_\_ dander), \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (exercise)
* Avoiding \_\_\_\_\_\_\_\_\_\_\_\_\_\_, reducing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ exposure, and effective \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will help to reduce attacks

**Emphysema**

* A gradual \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the tiny air sacs (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) of the lungs in which the alveoli become distended or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and are no longer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* There is a strong relationship between \_\_\_\_\_\_\_\_\_\_\_\_\_\_, exposure to air pollution and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Inadequate \_\_\_\_\_\_\_\_\_\_\_\_\_\_ supply and an over stressed \_\_\_\_\_\_\_\_\_\_\_\_\_\_ leads to an early \_\_\_\_\_\_\_\_\_\_\_\_

**Bronchitis**

* An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the lining of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tubes
* When the bronchi become \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_, less air is able to flow from the lungs and heavy \_\_\_\_\_\_\_\_\_\_\_\_ forms
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ usually causes chronic bronchitis, air pollution and industrial dusts and fumes are also risk factors

**Headaches**

* Symptoms include sensitivity to \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and/or throbbing \_\_\_\_\_\_\_\_\_\_\_
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Headache**
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ contraction headaches caused by muscular contractions or tension in the \_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* A localized headaches that possibly results from alternating \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vessels
* Many have pain behind or around one \_\_\_\_\_\_\_\_\_\_ and usually on the same side of the head
* **Secondary Headaches**
* Caused by another \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as hypertension, blocked sinuses, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, low blood sugar, cold, dentures, \_\_\_\_\_\_\_\_\_\_\_\_ and other types of \_\_\_\_\_\_\_\_\_\_\_ or injury

**Seizures**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is a neurological disorder caused by abnormal \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ activity
* It can be accompanied by altered \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Premenstrual Syndrome (\_\_\_\_\_\_\_\_\_\_\_\_)**

* A series of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ symptoms that may occur in women prior to their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ periods
* These symptoms may include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, tension, irritability, \_\_\_\_\_\_\_\_\_\_\_\_, tender \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, bloated abdomen, backache, abdominal cramps, acne, fluid retention, diarrhea, and \_\_\_\_\_\_\_\_\_\_\_\_
* Therapies include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ therapy, \_\_\_\_\_\_\_\_\_\_\_ medications, decrease \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ intake, increase carbohydrates, stress reduction, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Endometriosis**

* An abnormal development of endometrial \_\_\_\_\_\_\_\_\_\_\_ outside the \_\_\_\_\_\_\_\_\_\_\_
* Symptoms include \_\_\_\_\_\_\_\_\_\_\_\_\_ during and between menstrual cycles, \_\_\_\_\_\_\_\_\_ periods, unusually \_\_\_\_\_\_\_\_\_\_\_\_\_ or light menstrual flow, abdominal bloating, fatigue, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bowel movements with periods, \_\_\_\_\_\_\_\_\_\_\_ intercourse, constipation, diarrhea, menstrual pain, \_\_\_\_\_\_\_\_\_\_\_\_, and low back pain

**Diabetes**

* A disease where the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ fails to produce enough \_\_\_\_\_\_\_\_\_\_\_ or the body fails to use the \_\_\_\_\_\_\_\_\_\_\_ effectively
* **\_\_\_\_\_\_\_\_\_\_\_\_\_** is a hormone produced by the pancreas; required by the body for the metabolism of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Symptoms include elevated \_\_\_\_\_\_\_\_\_\_\_\_ sugar levels, high \_\_\_\_\_\_\_\_\_\_\_\_\_ levels in the urine, excessive \_\_\_\_\_\_\_\_\_\_\_\_\_\_, frequent \_\_\_\_\_\_\_\_\_\_\_\_\_, hunger, tire easily, slow healing wounds, \_\_\_\_\_\_\_\_\_\_\_\_\_ in the extremities, changes in vision, skin eruptions , and vaginal \_\_\_\_\_\_\_\_\_\_\_ infections

**Controlling Diabetes**

* Insulin-related \_\_\_\_\_\_\_\_\_\_ can be taken orally or through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Blood sugar levels are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ several times a day
* Eating a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ rich in carbohydrates, low in sodium and high in fiber
* Loosing \_\_\_\_\_\_\_\_\_\_\_\_ and getting regular \_\_\_\_\_\_\_\_\_\_\_\_\_

**Lactose Intolerance**

* The inability to produce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, an enzyme needed to convert \_\_\_\_\_\_\_ sugar into \_\_\_\_\_\_\_\_\_\_\_\_\_
* Symptoms include stomach \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, nausea, gas, and related symptoms
* Treatment includes low-\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_-free foods

**Colitis and IBS**

* **Ulcerative \_\_\_\_\_\_\_\_\_\_\_\_\_** is an inflammatory disorder that affects the \_\_\_\_\_\_\_\_\_\_\_ membranes of the large \_\_\_\_\_\_\_\_\_\_\_\_\_, producing bloody \_\_\_\_\_\_\_\_\_\_\_\_\_
* **Irritable Bowel Syndrome** (\_\_\_\_\_\_\_\_\_) is characterized by \_\_\_\_\_\_\_\_\_, pain, gas, or \_\_\_\_\_\_\_\_\_\_\_ caused by certain foods or stress

**Peptic Ulcers**

* A \_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_ to the \_\_\_\_\_\_\_\_\_\_\_\_\_ or intestinal lining, caused by \_\_\_\_\_\_\_\_\_\_\_\_\_ juices and/or the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *Helicobacter pylori*
* This irritation causes \_\_\_\_\_\_\_\_\_\_\_\_ that disappears when the person eats but returns about an hour later
* Treatment includes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, avoiding high-fat foods, \_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Arthritis**

* A painful \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ disease of the \_\_\_\_\_\_\_\_\_\_\_\_\_
* Symptoms include \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_, and swelling of multiple \_\_\_\_\_\_\_
* **Osteoarthritis** is a progressive deterioration of \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_
* Treatment includes \_\_\_\_\_\_\_\_\_ relief and drugs to \_\_\_\_\_\_\_\_\_\_ swelling

**Fibromyalgia**

* A chronic, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ disorder that is difficult to diagnose
* Symptoms may include headaches, dizziness, \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_, itching, fluid retention, chronic joint \_\_\_\_\_\_\_\_\_\_\_\_, abdominal or pelvic pain, occasional diarrhea
* Treatment includes \_\_\_\_\_\_\_\_\_\_, stress relief, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, dietary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_ medications

**Lupus**

* A disease where the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ system attacks the \_\_\_\_\_\_\_\_\_\_\_\_\_, making \_\_\_\_\_\_\_\_\_\_\_ that destroy or injure \_\_\_\_\_\_\_\_\_\_\_ such as the kidneys, brain, and heart
* Symptoms include a \_\_\_\_\_\_\_\_\_\_\_\_\_ rash covering the bridge of the nose and both cheeks, aching \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_, redness and swelling in \_\_\_\_\_\_\_\_\_

**Chronic Fatigue Syndrome (CFS)**

* A condition where a person feels \_\_\_\_\_\_\_\_\_\_\_ before they begin activities, and lack the \_\_\_\_\_\_\_\_\_\_\_\_\_ to accomplish tasks that require effort and attention, or become abnormally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ after normal activates
* Other symptoms include headaches, \_\_\_\_\_\_\_\_\_\_\_\_, sore throat, enlarged lymph nodes, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, poor memory, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and nausea
* Treatment includes improving \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_, counseling, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and support networks

**Repetitive Stress Injuries (RSI)**

* An injury to \_\_\_\_\_\_\_\_\_\_\_\_\_, soft tissue, or \_\_\_\_\_\_\_\_\_\_\_ due to the physical stress of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ motions
* **Carpel Tunnel Syndrome**
* The median \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the \_\_\_\_\_\_\_\_\_\_\_ becomes irritated, causing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the fingers and hands