

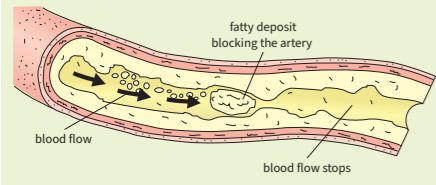
Chapter 7: Non-communicable diseases

Knowledge organiser

Coronary heart disease

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

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



Health issues

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

The following factors can affect health:

- communicable and non-communicable diseases
- diet
- stress
- exercise
- life situations.

Different types of disease may interact, for example:

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

Treating cardiovascular diseases

Treatment	Description	Advantages	Disadvantages
stent	inserted into blocked coronary arteries to keep them open	<ul style="list-style-type: none"> • widens the artery – allows more blood to flow, so more oxygen is supplied to the heart • less serious surgery 	<ul style="list-style-type: none"> • can involve major surgery – risk of infection, blood loss, blood clots, and damage to blood vessels • risks from anaesthetic used during surgery
statins	drugs that reduce blood cholesterol levels, slowing down the deposit of fatty material in the arteries	<ul style="list-style-type: none"> • effective • no need for surgery • can prevent CHD from developing 	<ul style="list-style-type: none"> • possible side effects such as muscle pain, headaches, and sickness • cannot cure CHD, so patient will have to take tablets for many years
replace faulty heart valves	heart valves that leak or do not open fully, preventing control of blood flow through the heart, can be replaced with biological or mechanical valves	<ul style="list-style-type: none"> • allows control of blood flow through the heart • long-term cure for faulty heart valves 	<ul style="list-style-type: none"> • can involve major surgery – risk of infection, blood loss, blood clots, and damage to blood vessels • risks from anaesthetic used during surgery
transplants	if the heart fails a donor heart, or heart and lungs, can be transplanted artificial hearts 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"> • long-term cure for the most serious heart conditions • treats problems that cannot be treated in other ways 	<ul style="list-style-type: none"> • transplant may be rejected if there is not a match between donor and patient • lengthy process • major surgery – risk of infection, blood loss, blood clots, and damage to blood vessels • risks from anaesthetic used during surgery

Risk factors and non-communicable diseases

A **risk factor** is any aspect of your lifestyle or substance in your body that can increase 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	Type 2 diabetes	body does not respond properly to the production of insulin, so blood glucose levels cannot be controlled
	cardiovascular diseases	increased blood cholesterol can lead to CHD
alcohol	impaired liver function	long-term alcohol use causes liver cirrhosis (scarring), meaning the liver cannot remove toxins from the body or produce sufficient bile
	impaired brain function	damages the brain and can cause anxiety and depression
	affected development of unborn babies	alcohol can pass through the placenta, risking miscarriages, premature births, and birth defects
smoking	lung disease and cancers	cigarettes contain carcinogens, which can cause cancers
	affected development of unborn babies	chemicals can pass through the placenta, risking premature births and birth defects
carcinogens, such as ionising radiation, and genetic risk factors	cancers	for example, tar in cigarettes and ultraviolet rays from the Sun can cause cancers
		some genetic factors make an individual more likely to develop certain cancers

Cancer

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

Rapid division of abnormal cells can form a **tumour**.

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

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

Treatment

Treatment of non-communicable diseases linked to lifestyle risk factors – such as poor diet, drinking alcohol, and smoking – can be very costly, both to individuals and to the Government.

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

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

Learn the answers to the questions below then cover the answers column with a piece of paper and write as many as you can. Check and repeat.

B7 questions

Answers

1	What is coronary heart disease?	layers of fatty material that build up inside the coronary arteries, narrowing them – resulting in a lack of oxygen for the heart
2	What is a stent?	a device inserted into a blocked artery to keep it open, allowing more blood and oxygen to the heart
3	What are statins?	drugs that reduce blood cholesterol levels, slowing the rate of fatty material deposit
4	What is a faulty heart valve?	heart valve that doesn't open properly or leaks
5	How can a faulty heart valve be treated?	replace with a biological or mechanical valve
6	When do heart transplants take place?	in cases of heart failure
7	What are artificial hearts used for?	keep patients alive whilst waiting for a transplant, or allow the heart to rest for recovery
8	Define health.	state of physical and mental well-being
9	What factors can affect health?	disease, diet, stress, exercise, life situations
10	What is a risk factor?	aspect of lifestyle or substance in the body that can increase the risk of a disease developing
11	Give five risk factors.	poor diet, smoking, lack of exercise, alcohol, carcinogens
12	What is cancer?	a result of changes in cells that lead to uncontrolled growth and cell division by mitosis
13	What are malignant tumours?	cancerous tumours that can spread to neighbouring tissues and other parts of the body in the blood, forming secondary tumours
14	What are benign tumours?	non-cancerous tumours that do not spread in the body
15	What two types of risk factor affect the development of cancers?	lifestyle and genetic risk factors
16	What is a carcinogen?	a substance that can cause cancers to develop