

**Chapter: 2**

**Q.1 Find the odd one out**

2

- 1 Plague, AIDS, Cholera, T.B.

**Ans** AIDS is the odd one out because it is caused by virus while the rest are caused by bacterium.

- 2 Malaria, Hepatitis, Elephantiasis, Dengue

**Ans** Hepatitis is the odd one out because rest all diseases are caused by mosquitoes.

**Q.2 Name the following**

4

- 1 Name two Viral diseases.

**Ans** Hepatitis (Jaundice), AIDS, Rabies, Chickenpox, Polio, etc.

- 2 Name two Hereditary diseases

**Ans** Down's syndrome, Thalassemia, Diabetes, Heart Diseases, etc.

- 3 Name two Bacterial diseases.

**Ans** Tuberculosis, Typhoid, Cholera, etc.

- 4 Name two Diseases that spread through insects.

**Ans** Malaria, Dengue, Elephantiasis, etc.

**Q.3 Answer in one sentence**

7

- 1 Which are the main reasons of diabetes and heart diseases?

**Ans** i. The main reasons for diabetes are- heredity, obesity, lack of physical exercise, mental stress.  
ii. The main reasons for heart diseases are –Smoking, alcoholism, diabetes, hypertension, obesity, lack of physical exercise, heredity, mental stress, anger and anxiety.

- 2 What can be achieved/ Can be prevented?  
Drinking boiled and filtered water

**Ans** By drinking boiled and filtered water one can prevent themselves from getting contaminated from water borne diseases like Cholera, Typhoid, Dysentery, etc.

- 3 What can be achieved/ Can be prevented?  
Regular balanced diet and exercise

**Ans** Regular balanced diet and exercise will keep the individual healthy and help to cure diseases like cancer, diabetes, etc. Also prevent other lifestyle diseases like obesity, etc.

- 4 Give the names of five non-infectious diseases other than given in the lesson.

**Ans** Asthma, Scurvy, Alzheimer's, Allergy, kidney diseases, Osteoporosis are some of non-infectious diseases.

- 5 Which are the various media of spreading the infectious diseases?

**Ans** i. Infectious diseases spread through air, water, soil, food, animals, insects, etc.  
ii. Infectious diseases also spread through direct contact with the infected person and sometimes by sharing of needles and through blood transfusion.

- 6 What can be achieved/ Can be prevented?  
Proper checking of blood before blood donation.

**Ans** Proper checking of blood before blood donation will prevent the spread of diseases through blood like AIDS.

**7** What can be achieved/ Can be prevented?

Avoid smoking and alcoholism

**Ans** By avoiding smoking and alcoholism, one can prevent the occurrence of dangerous diseases like cancer, heart and lungs related diseases.

**Q.4 Distinguish between**

**2**

**1** Infectious and Non-Infectious Disease

**Ans**

| Infectious Disease  | Non-Infectious Disease   |
|---|--|
| Diseases that spread through contaminated air, water, food or vectors are called as infectious diseases.        | Diseases which do not occur through infections and body contacts are called as non-infectious diseases.                                |
| Infectious disease is also called as communicable disease as it spreads from infected person to healthy person. | Non-infectious disease is also called as non-communicable disease as it does not spread from one person to another.                    |
| Infection is transmitted through direct contact or through a medium like air, water, etc.                       | Infection is not transmitted through direct contact or through a medium but is caused due to factors such as genetics, lifestyle, etc. |
| For example : Tuberculosis, Influenza, Common cold, etc.  | For example : Tuberculosis, Influenza, Common cold, etc.   |

**Q.5 Answer the following**

**15**

**1** Write the information on modern diagnostics and treatments of cancer.

**Ans** i. Various techniques like CT scan, MRI scan, mammography, biopsy are used in diagnosis of cancer.  
ii. In case of treatment, along with conventional methods like chemotherapy, radiation therapy and surgery, modern techniques like robotic and laparoscopic surgery are also followed.  
iii. Physical exercise along with modern treatment is more beneficial to cure the cancer.

**2** Give preventive measures of Cancer.

**Ans** i. Cancer can be prevented by having a controlled diet and by leading a healthy lifestyle.  
ii. Cancer can be prevented by avoiding consumption of tobacco, guthka, alcohol and smoking, Avoiding consumption of junk food like pizza, burger, etc. and including food with high fibre content like fruits and leafy vegetables in the diet helps to prevent certain type of cancer.  
iii. Physical exercise and yogasanas should be performed to maintain a healthy lifestyle.

**3** Enlist the names and composition of the medicines present at your home.

**Ans** Names and composition of some commonly used medicines are as follows :

| Sr. No. | Name of medicine                                    | Composition                            |
|---------|---|--|
| i.      | Soframycin 1% cream (Bacterial infections)          | Framycetin Sulphate IP                 |
| ii.     | Pan-D (Indigestion/Heartburn)                       | Pantoprazole and Domperidone           |
| iii.    | Rantac 150 (Indigestion/Heartburn)                  | Ranitidine                             |
| iv.     | Paracetamol Capsules (Pain, fever)                  | Paracetamol                            |
| v.      | Crocin Advance (Pain, fever)                        | Paracetamol                            |
| vi.     | Saridon Triple Action (Headache, pain, cold, fever) | Paracetamol, Propyphenazone, Caffeine  |
| vii.    | Cyclopam (Abdominal pain)                           | Dicyclomine hydrochloride, paracetamol |

|       |                                       |  |
|-------|---------------------------------------|--|
| viii. | Disprin (Painkiller)                  | Aspirin (Acetylsalicylic acid)                   |
| ix.   | Gelusil (Indigestion/Heartburn)       | Alumina, Magnesia, Simethicone                   |
| x.    | Betadine (Antiseptic)                 | Povidone-iodine                                  |
| xi.   | Ibuprofen tablets (Anti-inflammatory) | Ibuprofen  |
| xii.  | Metrogyl 400 (Antibacterial)          | Metronidazole                                    |
| xiii. | Benadryl (Allergy, cold, flu)         | Diphenhydramine HCl                              |
| xiv.  | Lomotil (Diarrhea)                    | Diphenoxylate hydrochloride and atropine sulfate |
| xv.   | Metacin (Fever, pain)                 | Paracetamol                                      |
| xvi.  | Combiflam (Fever, pain)               | Ibuprofen and Paracetamol                        |
| xvii. | Senasof (Constipation)                | Glucoside, Senna extract                         |

**4** Give preventive measures of Dengue.

- Ans**
- Dengue is caused by the bite of female Aedes aegypti mosquitoes.
  - Breeding of mosquitoes should be prevented.
  - Don't allow water to stagnate in surroundings because mosquitoes lay eggs in stagnant water.
  - Frequently clean the water or reuse it.
  - Keep the overhead tank covered.
  - Use mosquito repellent creams and mosquito nets to prevent mosquito bite.
  - Wear long sleeve clothes and cover your lower limbs to prevent mosquito bites.
  - Keep your home and surrounding clean and hygienic, so there will be no room for the mosquitoes to breed.

**5** Give the preventive measures of following diseases  
AIDS

- Ans**
- By ensuring that the blood to be transfused is free from HIV.
  - By using sterilized needles, blades, etc.
  - By avoiding sexual contact with unknown person.

**Q.6** **Answer the following in detail**

**5**

**1** A. Master 'X' is a 3 year old child. He is living with his family in a slum. Public toilet is present near his house. His father is drunkard. His mother does not know the importance of balanced diet.

- Master 'X' can suffer from which different possible diseases in above conditions?
- How will you help him and his family in this situation?
- Which disease can occur to the father of 'X'?

- Ans**
- Master 'X' can suffer from water borne diseases like cholera, dysentery, typhoid and jaundice.
    - He can also suffer from malaria or dengue due to the unhygienic conditions near his house which may be breeding place for mosquitoes.
    - He can also suffer from malnutrition as he may not be getting the correct nutrition that is required for his age.
  - In such situation, one can help his family by carrying out the following :
    - Family should be made aware about the different types of diseases and transmission of the diseases.
    - Awareness regarding the importance of hygiene in the house and the surrounding should be created not only to his family members but also amongst the locals.
    - His mother should be sensitized about the importance of balance diet.
    - And his father should be made aware of side effects of alcohol on him and his family. Also he can be taken to some NGO camps which will help him to overcome this habit.
  - Father of 'X' may suffer from cancer or heart disease due to consumption of alcohol.

**Q.7** **Extra data**

**1**

- Infectious disease and Non-Infectious disease

**Ans**

| <b>Infectious Disease</b>  | <b>Non-Infectious Disease</b>   |
|--|---|
| Diseases that spread through contaminated air, water, food or vectors are called as infectious diseases. | Diseases which do not occur through infections and body contacts are called as non-infectious diseases. |

