

Non-infectious diseases

Type of Non infectious disease	Description/examples
Nutritional	<ul style="list-style-type: none"> <li>• Overeating,</li> <li>• undereating,</li> <li>• not eating a balanced diet</li> </ul> <p>may result in</p> <ul style="list-style-type: none"> <li>• Obesity</li> <li>• heart disease,</li> <li>• malnutrition</li> <li>• conditions such as scurvy and anaemia</li> </ul>
Ageing	<p>The gradual breakdown of body tissues and conditions such as</p> <ul style="list-style-type: none"> <li>• arthritis,</li> <li>• osteoporosis,</li> <li>• heart disease</li> <li>• nerve disorders</li> </ul>
Cancer	<p>Multiplication of body cells at an abnormal rate</p>

Type of Non infectious disease	Description/examples
Inherited	Diseases that are passed on from generation to generation; for example, <ul style="list-style-type: none"> <li>• haemophilia</li> <li>• colour blindness</li> </ul>
Mental	Disorders with a variety of causes, such as <ul style="list-style-type: none"> <li>• chemical deficiencies in the body</li> <li>• stress and trauma</li> </ul> resulting in <ul style="list-style-type: none"> <li>• depression</li> <li>• schizophrenia</li> <li>• anxiety</li> </ul>
Chemical (metabolic)	Chemical deficiencies in the body, causing diseases such <ul style="list-style-type: none"> <li>• diabetes</li> </ul>
Environmental disorders	Diseases resulting from exposure to <ul style="list-style-type: none"> <li>• dangerous poisons</li> <li>• asbestos</li> <li>• alcohol consumption</li> </ul>

# Diabetes

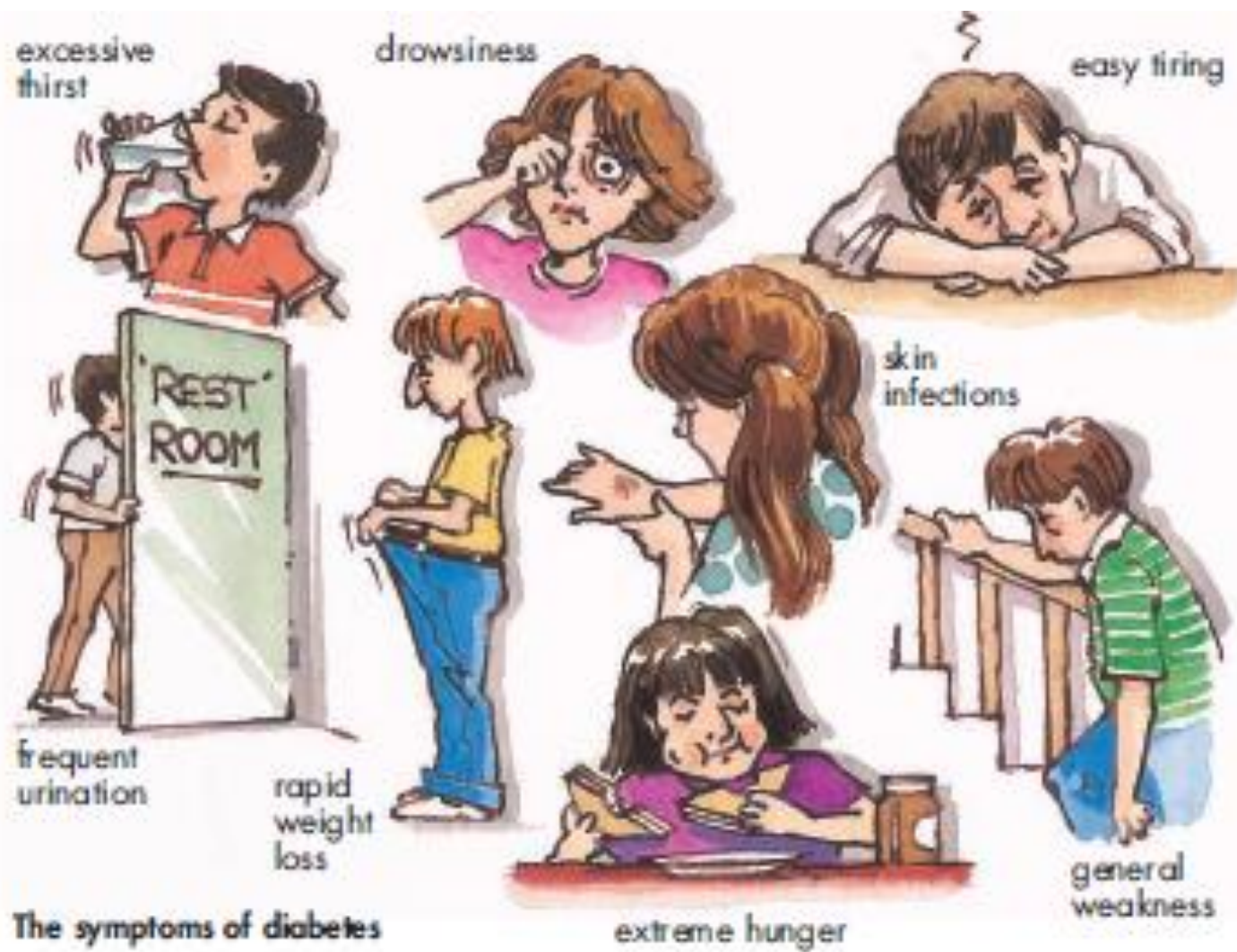
## Causes:

### Type 1 diabetes

- It is an auto-immune condition in which the immune system is activated to destroy the cells in the pancreas which produce insulin (pancreas stops making insulin)

### Type 2 diabetes

- It is one of the major consequences of the obesity epidemic
- changes to diet and the food supply, combined with massive changes to physical activity with more sedentary work and less activity
- genetic



The symptoms of diabetes

## Management:

### Type 1:

- insulin injections several times a day or the use of an insulin pump

### Type 2:

- prescribed tablets to control their blood glucose levels
- eating well helps manage your blood glucose levels and your body weight
- exercising helps the insulin work more effectively, lowers your blood pressure and reduces the risk of heart disease
- regular blood glucose monitoring tests

Complications:  
heart attack,  
stroke,  
kidney disease,  
limb amputation,  
depression,  
anxiety and  
blindness





Nutrient	Excess or deficiency	Symptoms of the disease
Vitamin D	Deficiency	In children causes <ul style="list-style-type: none"> <li>• rickets</li> </ul> softening and weakening of the bones
	Excess	<ul style="list-style-type: none"> <li>• The bones in the legs and spine may be curved</li> <li>• Kidney stones</li> <li>• Headaches</li> <li>• Nausea</li> <li>• diarrhoea</li> </ul>
Vitamin K	Deficiency	Haemorrhage (bleeding)

Nutrient	Deficiency	Symptoms of the disease
Calcium	Deficiency	Osteoporosis (common in older women, especially if they do not exercise) <ul style="list-style-type: none"><li>• thin and fragile bones</li><li>• bones break easily</li></ul>
Iodine	Deficiency	Goitre <ul style="list-style-type: none"><li>• Swelling of the thyroid gland in the neck</li><li>• Bulging of the eyes</li></ul>
Iron	Deficiency	<ul style="list-style-type: none"><li>• Unusual fatigue</li><li>• Breathlessness</li><li>• loss of appetite</li><li>• pale looking</li><li>• fingernails break easily</li><li>• signs of anaemia</li></ul>