

SCIENCE, TECHNOLOGY AND SOCIETYGSP 2203

**TOPIC: Common Diseases Including
STDs**

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Synopsis

- Definition of Disease/illness
- Types of Diseases
- Factors that affect Diseases Causation
- Response of the body to Disease/Coping with Disease
- Ways of Management of Disease
- Examples of Infectious Diseases; Examples of Non – infectious Diseases; Cancers

LEARNING OBJECTIVES

- To define a disease process and differentiate the terminologies; disease and illness
- To know the common types of diseases and STDs
- To know the factors that affect disease causation
- To know how the body responds to different types of disease processes

- To know some examples of common infectious diseases in this environment
- To know the examples of non-communicable diseases and cancers
- To know how common diseases are managed

A disease is an abnormal condition that negatively affects the structure or function of part or all of an organism, and that is not due to any external injury

- It is a deviation from the normal structural functional state of an organism associated with certain signs and symptoms differing in nature from physical injury

A disease may be caused by

- external factors such as pathogens
- by internal dysfunctions

eg immunodeficiency, hypersensitivity, allergies
and autoimmune disorders

In humans, disease is often used more broadly to refer to any condition that causes pain, dysfunction, distress, social problems, or death to the person afflicted, or similar problems for those in contact with the person

The terms Illness and sickness are both generally used as a synonym for disease. However, the term illness is occasionally used to refer specifically to the patient's personal experience of his or her disease.

Classifications Of Diseases

- topographic, by bodily region or system
- anatomic, by organ or tissue
- physiological, by function or effect
- pathological, by the nature of the disease process
- etiologic (causal)
- juristic, by speed of advent of death
- Epidemiological
- statistical

Factors that affect disease causation

- *epidemiologic triangle*
 - Host such as human being
 - Agent such as viruses
 - Environment such as behaviour, affluence, vulnerability, susceptibility etc.

Factors affecting Host resistance to infection

- Genetic factors
- Virulency of the organisms concerned
- Socioeconomic factors
- Good health care system

Immunity

- innate immunity
- acquired immunity

Communicable disease

- diseases are those transmitted from one organism to another eg Poliomyelitis, HIV, Tuberculosis

Non-communicable diseases

- cancer, cardiovascular disease (e.g., heart attack, stroke), chronic respiratory disease (e.g., asthma), and diabetes mellitus

Sexually Transmitted Diseases

- Sexually transmitted diseases (STDs) are infections that pass from one person to another through sexual contact. They are also known as sexually transmitted infections (STIs) or venereal diseases (VD).
- Some STDs can spread through the use of unsterilized drug needles, from mother to infant during childbirth or breast-feeding, and blood transfusions.

Examples of STDs

- **Syphilis** *Treponema pallidum*
- **Gonorrhea** *Neisseria gonorrhoeae*
- **Chlamydia** (*C. trachomatis*)
- **HIV and AIDS** Hiv virus
- **Hepatitis B Virus** Caused by Hepatitis Virus infection
- **Trichomoniasis** *Trichomonas vaginalis*
- **Chancroid** *Haemophilus ducreyi*
- **Genital herpes** HSV-1 and HSV-2
- **Human papillomavirus (HPV)**
- **Molluscum contagiosum** MCV-1, 2,3,4

Management of Diseases

- treatment with drugs
- Sanitation
- proper nutrition
- adequate exercise
- Vaccinations
- public health measures

Prevention of STDs

- Abstinence
- Vaccinations
- Pre-marital screening
- Avoid alcohol intake
- Education
- getting intimate with good person