COMMON DISEASES

1.1 Anatomical Structures  
- Definition: Anatomical structures refer to the various parts of the body, including organs, tissues, and systems.  
- Identification: Structures are identified based on their location and function within the body, adhering to the scope of practice for health professionals.  
  
1.2 Anatomical Position, Planes, and Directions  
- Anatomical Position: The standard position of the body used as a reference point; standing upright, facing forward, arms at the sides, and palms facing forward.  
- Planes:  
- Sagittal Plane: Divides the body into left and right.  
- Coronal Plane: Divides the body into anterior (front) and posterior (back).  
- Transverse Plane: Divides the body into superior (upper) and inferior (lower).  
- Directions:  
- Superior: Toward the head.  
- Inferior: Toward the feet.  
- Medial: Toward the midline.  
- Lateral: Away from the midline.  
  
 1.3 Levels of Human Body Organization  
- Cellular Level: Basic unit of life.  
- Tissue Level: Groups of similar cells performing a specific function.  
- Organ Level: Structures composed of two or more tissue types.  
- System Level: Groups of organs that work together for a common purpose.  
- Organism Level: The complete living entity.  
  
 1.4 Functions of the Human Body  
- Homeostasis: Maintaining a stable internal environment.  
- Metabolism: Chemical processes that provide energy for vital functions.  
- Growth and Development: Changes in size and function over time.  
- Reproduction: Biological processes that produce offspring.  
  
 1.5 Human Cell Structure Components  
- Nucleus: Contains genetic material (DNA).  
- Cytoplasm: Gel-like substance where cellular processes occur.  
- Cell Membrane: Protective barrier that regulates entry and exit of substances.  
- Organelles: Specialized structures (e.g., mitochondria, ribosomes) that perform specific functions.  
  
 1.6 Human Cell Cycle  
- Interphase: Cell growth and DNA replication.  
- Mitosis: Division of the nucleus and distribution of DNA to daughter cells.  
- Cytokinesis: Division of the cytoplasm, resulting in two separate cells.  
  
 1.7 Communicable Diseases  
- Definition: Diseases that can be transmitted from one person to another.  
- Examples: Influenza, tuberculosis, HIV/AIDS.  
- Identification: Based on WHO guidelines, focusing on symptoms, transmission, and prevention.  
  
1.8 Modes of Transmission of Communicable Diseases  
- Direct Contact: Physical transfer of pathogens (e.g., touching, kissing).  
- Indirect Contact: Transmission via contaminated surfaces or objects.  
- Airborne: Pathogens spread through the air (e.g., respiratory droplets).  
- Vector-borne: Transmission through vectors like mosquitoes.  
  
 1.9 Non-communicable Diseases  
- Definition: Diseases not transmitted from person to person.  
- Examples: Diabetes, heart disease, cancer.  
- Identification: Based on WHO guidelines, focusing on risk factors and management.  
  
 1.10 Risk Factors of Non-communicable Diseases  
- Lifestyle Factors: Poor diet, physical inactivity, smoking, and excessive alcohol consumption.  
- Genetic Factors: Family history of diseases.  
- Environmental Factors: Pollution and exposure to harmful substances.  
  
 1.11 Control and Prevention Measures of Common Diseases  
- Vaccination: Immunization against specific diseases.  
- Health Education: Promoting awareness about disease prevention.  
- Screening Programs: Early detection of diseases through regular check-ups.  
  
 1.12 Basic Management of Common Diseases  
- Medication: Use of drugs to manage symptoms and treat conditions.  
- Lifestyle Modifications: Dietary changes, exercise, and smoking cessation.  
- Regular Monitoring: Keeping track of health indicators (e.g., blood pressure, glucose levels).