

NAME: EREMIYE ENIOLA

CLASS: JSS2

SUBJECT: PHE ASSIGNMENT

QUESTIONS

1) Research on three communicable diseases; their types, symptoms and preventive measures?

2) Research on the meaning of posture and postural defects, their characteristics and how to influence a good posture?

ANSWERS

1) Disease 1: Tuberculosis (TB)

Type:

Bacterial infection caused by *Mycobacterium tuberculosis*

Symptoms:

- Coughing that lasts for three or more weeks
- Coughing up blood or mucus
- Chest pain or difficulty breathing
- Fatigue, weight loss, or loss of appetite
- Night sweats, chills, or fever

Preventive Measures:

- Get vaccinated with the Bacille Calmette-Guérin (BCG) vaccine
- Practice good hygiene, such as covering your mouth when coughing
- Avoid close contact with people who have TB
- Use personal protective equipment (PPE) when caring for someone with TB
- Get tested for TB if you've been exposed or have symptoms

Disease 2: Influenza (Flu)

Type:

Viral infection caused by the influenza virus



#### Symptoms:

- Fever, chills, or sweating
- Coughing, sore throat, or runny nose
- Headache, fatigue, or muscle aches
- Diarrhea or vomiting (more common in children)
- Shortness of breath or difficulty breathing (in severe cases)

#### Preventive Measures:

- Get vaccinated with the flu vaccine each year
- Practice good hygiene, such as washing your hands frequently
- Avoid close contact with people who have the flu
- Stay home from work or school if you have flu symptoms
- Use a face mask when caring for someone with the flu

#### Disease 3: Malaria

##### Type:

Parasitic infection caused by Plasmodium parasites

##### Symptoms:

- Fever, chills, or sweating
- Headache, muscle aches, or joint pain
- Nausea, vomiting, or diarrhea
- Fatigue, weakness, or loss of appetite
- Yellowing of the skin and eyes (in severe cases)

##### Preventive Measures:

- Use insecticide-treated bed nets when sleeping
- Wear protective clothing, such as long-sleeved shirts and pants
- Apply insect repellents, such as DEET or picaridin



- Avoid traveling to areas with high malaria transmission
- Take antimalarial medications if prescribed by a doctor

## 2) Posture:

Posture refers to the position and alignment of the body, particularly the spine, when standing, sitting, or lying down. It involves the maintenance of a neutral spine alignment, with the ears, shoulders, hips, knees, and ankles in a straight line.

### Characteristics of Good Posture:

1. Neutral spine alignment: The spine is straight, with a slight curvature in the lower back.
2. Shoulders relaxed: The shoulders are relaxed and down, with no scrunching or tensing.
3. Chest open: The chest is open and expanded, with no slouching or leaning forward.
4. Hips and knees aligned: The hips and knees are aligned, with the weight evenly distributed on both feet.
5. Feet parallel: The feet are parallel to each other, with the weight evenly distributed on both feet.

### Postural Defect:

A postural defect is an abnormality or deviation in the alignment of the body, particularly the spine. It can lead to discomfort, pain, and even long-term damage to the muscles, joints, and bones.

### Characteristics of Postural Defects:

1. Abnormal curvature: Excessive or insufficient curvature of the spine, such as kyphosis, lordosis, or scoliosis.
2. Muscle imbalances: Weak or tight muscles that can lead to poor posture and postural defects.
3. Poor alignment: Misalignment of the body, such as uneven shoulders, hips, or knees.
4. Limited mobility: Reduced range of motion or flexibility in the joints or muscles.
5. Pain and discomfort: Pain and discomfort in the muscles, joints, or bones due to poor posture or postural defects.

### Influence on Good Posture:

Postural defects can significantly influence good posture by:



1. Causing discomfort and pain: Postural defects can lead to strain on the muscles and joints, causing discomfort and pain.
2. Reducing mobility and flexibility: Postural defects can reduce range of motion and flexibility in the joints or muscles.
3. Affecting breathing and digestion: Postural defects can affect breathing and digestion by putting pressure on the abdominal organs and diaphragm.
4. Increasing risk of injury: Postural defects can increase the risk of injury by putting unnecessary strain on the muscles and joints.

