

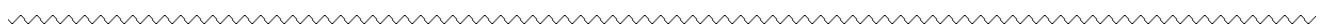
UNIT 4

Diseases and First Aid

EXERCISE

A. Fill in the blanks with the correct words from this lesson:

- a. AIDS attacks our **immune** system.
- b. One should not have **sexual contact** with multiple partners to prevent sexually transmitted diseases.
- c. Your skin turns **yellow** when you suffer from Hepatitis B.
- d. Mostly women are likely to catch **Hepatitis B**.
- e. Heart attack is caused when the **arteries** are blocked by cholesterol deposits.
- f. There is **swelling** in your heart when you have rheumatic heart disease.
- g. Cancer is due to substance abuse or **genes** from parents by birth.
- h. When our **pancreas** don't secrete the insulin, we get diabetes.
- i. Wounds or **cuts** are common types of accidents that occur at school.
- j. A victim must be provided a **CPR** to restart breathing.
- k. **High body temperature** is one of the signs of heat stroke.
- l. You might have **altitude sickness** while travelling to mountain regions.
- m. You must participate in **drills** at schools to be safe from fire and earthquakes.



B. Give very short answer to the following questions:

a) What do you mean by sexually transmitted infections/diseases?

Answer: Diseases spread through unsafe sexual contact are called sexually transmitted infections/diseases.

b) Give any two examples of sexually transmitted diseases.

Answer: The two examples of sexually transmitted diseases are:

1. HIV/AIDS
 2. Syphilis
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c) Name the heart disease that occurs due to the problem in the valves.

Answer: The heart disease that occurs due to the problem in the valves is rheumatic heart disease.

d) Why should we maintain our blood pressure? Give one reason.

Answer: We should maintain our blood pressure to reduce the risk of heart attack and stroke.

C. Give short answer to the following questions:

a) Identify any two major causes of visceral diseases.

Answer: Two major causes of visceral diseases are:

- (1) Eating contaminated or unhealthy food.
 - (2) Infections caused by bacteria, viruses, or parasites.
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b) Suggest two measures to prevent visceral diseases (STDs).

Answer: The two measures to prevent sexually transmitted diseases (STDs) are:

(1) Avoid unsafe sex.

(2) Maintain personal hygiene and get regular medical checkups.

c) What are the two types of diabetes? Describe them in a sentence each.

Answer: The two types of diabetes are:

(1) **Type 1 diabetes** – The body does not produce insulin.

(2) **Type 2 diabetes** – The body cannot use insulin properly.

d) How can we prevent heart attack? Mention any two ways.

Answer: We can prevent heart attack by:

(1) Eating a balanced and low-fat diet.

(2) Doing regular physical exercise.

e) What are the causes behind rheumatic fever? Write any two of its symptoms.

Answer: The causes behind rheumatic fever are:

Cause: Bacterial infection (streptococcus).

Symptoms:

(1) Pain and swelling in joints.

(2) Fever or sore throat.

f) Give any two measures to avoid diabetes.

Answer: The two measures to avoid diabetes are:

(1) Eating healthy and balanced diet.

(2) Doing regular exercise.

g) List two causes of cancer.

Answer: The two causes of cancer are:

- (1) Smoking or use of tobacco.
 - (2) Excessive alcohol consumption.
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h) What are the main objectives of first aid? Write any two.

Answer: The two main objectives of first aid are:

- (1) To save life.
 - (2) To prevent the condition from getting worse.
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i) List any 4 types of disasters.

Answer: The 4 types of disasters are:

- (1) Earthquake
 - (2) Flood
 - (3) Fire
 - (4) Landslide
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j) What are the two safety measures for fire?

Answer: The two safety measures for fire are:

- (1) Use fire extinguisher to control fire.
 - (2) Crawl low to avoid smoke while escaping.
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D. Write long answers to these questions:

a) “Unsafe sex, drug abuse and blood transfusion are leading to the spread of sexually transmitted diseases.” Suggest any four practical measures to address this problem.

Answer:

Sexually transmitted diseases (STDs) spread mainly through unsafe sexual practices, sharing needles, and infected blood transfusion. To prevent them, the following practical measures should be taken:

1. Practice safe sex by using condoms and avoiding multiple sexual partners.
 2. Avoid sharing needles or syringes.
 3. Ensure safe blood transfusion by testing blood for infections like HIV.
 4. Raise awareness through education programs about STDs.
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b) “Three critical places of our heart are the blood vessels, the blood and the valves.” What kinds of problems occur there? Describe each in short.

Answer:

1. **Blood vessels:** Blocked arteries by cholesterol cause heart attacks and high blood pressure.
 2. **Blood:** Thick or sticky blood can form clots, leading to stroke or heart attack.
 3. **Valves:** Damaged valves (as in rheumatic heart disease) disturb blood flow, causing heart failure.
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c) What kinds of accidents are you likely to have at school? How can they be prevented? Suggest any three measures.

Answer:

Common school accidents include slipping, cuts, and burns.

Preventive Measures:

1. Keep floors clean and dry.
 2. Handle sharp and hot tools carefully.
 3. Teachers should give safety instructions and monitor activities.
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d) How do you give the first aid to the victim of altitude sickness? Write it in four steps.

Answer:

1. Bring the victim to a lower altitude immediately.

2. Give warm fluids like soup or water.
 3. Keep the person warm with clothes or blankets.
 4. Take the patient to a nearby health center for medical help.
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e) Write down any four steps of giving first aid to the victim of frostbite.

Answer:

1. Move the person to a warm place.
 2. Remove wet clothes and use dry warm clothes.
 3. Warm the affected area slowly with lukewarm water.
 4. Do not rub the frostbitten area and seek medical help.
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f) "Flood is a serious problem in Nepal during rainy seasons." Suggest any four safety measures.

Answer:

1. Listen to weather forecasts and be prepared.
 2. Move to higher ground during flood warnings.
 3. Avoid walking or swimming in floodwaters.
 4. Store emergency supplies like food, water, medicine, and a flashlight.
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