**Why do we fall Ill?**

**What is health?**

**Health is therefore well-being to function physically, Mentally, Socially.**

**What is disease?**

**Disease is uncomfortable. Dis = disturbed**

**Disease and Its cause**

1. **What does disease look like**

**When you get affected by any disease your any did not work properly these gave rise to symptoms and Sign.**

**Sign: -When a person effected by any disease and that disease can be visible for others. These are known as the sign. Some example cold, chicken pox.**

**Symptoms: -When a person effected by any disease and it wall fell by herself only not any sign that being unhealthy. These are known as Symptoms. Some examples are Fever, AIDS etc.**

1. **Acute and chronic Disease**

**Some diseases are only for a very short period of time. These diseases are known as acute disease. Some Example is Common cold and Fever.**

**Some diseases are for long period of time. These diseases are known as chronic Disease. Some example is Cancer, AIDS, and Asthma.**

1. **Chronic Disease and poor Health**

**Any Disease which causes our body will affect our health. This is because all function is necessary for our body for being healthy. But an acute disease which is over very soon will not have time to cause major effects on general health, while a chronic Disease effect general Health.**

**There chronic diseases have very drastic long term effect on the human health as compared to acute disease.**

1. **Infectious and non-infectious Disease**

**Infectious diseases are disease caused by any Microbes. This is because micro-organism can spread in the community.**

**Non-infectious Disease**

**Non-infectious Disease is diseases which are not done the external agent like Microbes. Instead they are created inside our body such as cancer happen by the inappropriate function of the tissues.**