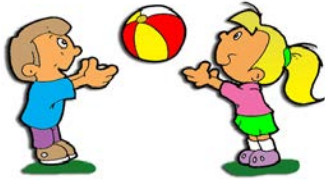


Communicable Diseases

What is a communicable disease? A disease that can be sent from one person to another



© www.ClipProject.info



Examples: HIV/AIDS, Malaria, Tuberculosis

Tuberculosis	Malaria	HIV/AIDS Human Immunodeficiency Virus	
<i>Infectious disease</i> spread through the <i>air</i> like coughing and sneezing	<i>Infectious disease</i> spread by <i>mosquitoes</i> with a parasite	<i>Virus</i> transmitted through <i>blood</i> via blood contact, breast-feeding, and sexual intercourse	Cause
Coughing, chest pain, weakness, chills, no appetite	Fever, chills, muscles aches, tiredness, headache	Fever, headache, rash	Symptoms
Avoiding other people who have TB, using proper drugs to treat it	Mosquito nets, long clothing, mosquito repellent	Limited sexual partners, <i>not</i> sharing drug needles	Prevention
Anti-bacterial <i>drug</i> treatment	Anti-parasite <i>drug</i> treatment	Daily anti-viral <i>drug</i> treatment	Treatment

Non-Communicable Diseases

What is a non-communicable disease? A medical condition or disease that cannot travel from one person to another

Chronic Respiratory Disease	Hypertension High Blood Pressure	Diabetes	Coronary Heart Disease	
A disease like asthma that blocks the airways of the lungs, stopping breath	The flow of blood puts pressure on blood vessels, leading to heart issues	The body cannot process glucose, the main element of carbohydrates	Fat builds in blood vessels and <i>blood cannot flow</i> , leading to heart attacks	Cause
Difficulty breathing, coughing	Often no symptoms until a heart attack	Thirst, weight loss, excess urination, hunger, fatigue	Chest pain, shortness of breath, heart attack	Symptoms
No smoking, no stress, exercise	Nutritious diet – high in vitamin, potassium and vegetables, no smoking, no stress	Nutritious <i>diet</i> – high in vegetables and fruits, exercise	Nutritious <i>diet</i> – high in vitamins and protein, avoid smoking and consuming excessive alcohol	Prevention
No smoking, sometimes steroid drug treatment	More nutritious <i>diet</i> , no smoking, exercise, (sometimes drugs)	More nutritious <i>diet</i> , exercise, and (sometimes) insulin drug treatment	More nutritious <i>diet</i> and <i>medication</i> that lowers cholesterol	Treatment

Risk Factors

Alcohol

How is alcohol harmful? It can cause:

High Blood pressure

Damage to the liver and pancreas

Damage to the brain

Damage to the immune system

Healthy amount of alcohol: Less than 1 drink a day

Tobacco

How is tobacco harmful? It can cause:

Pulmonary infections

Heart problems

Damage to the brain

Damage to the immune system

Decreased bone strength



Mental Health

What it is: Someone's emotional well-being



How to maintain it:

