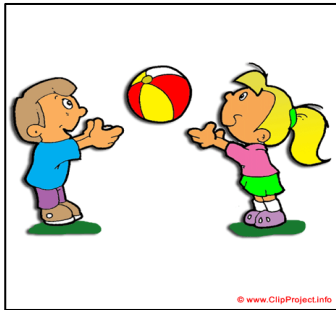


Communicable Diseases

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



Examples: HIV/AIDS, Malaria, Tuberculosis

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

Non-Communicable Diseases

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

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

Having a lot of tasks to do or people to help can be stressful. It's important to take some time to relax – sometimes with deep breathing or more sleep

Having a healthy diet can balance hormones and improve mental and physical health

Daily activity is important for the body to build strength and produce good chemicals in the brain that improve mood and concentration

Not sleeping can cause stress on the body and brain, affecting someone's mental health. It's good to have around 7-9 hours a night.

Spending time with friends can help improve our immune systems and mood.

Find activities that are interesting! Interesting activities can stimulate brain development and decrease the chance of depression

