

COMMUNICABLE AND LIFE STYLE DISEASES

L.No	Title of Lesson	SKILLS	Activity
8	Communicable and life style diseases	Self Awareness and Empathy, Interpersonal Relationship and Effective communication Critical Thinking and Creative Thinking Problem Solving and Decision Making Coping with Stress and Coping with Emotion	Identify causes, signs, symptoms and prevention of communicable and lifestyle diseases

Summary

Disease is a state of discomfort where the normal functioning of the body is affected. The two types of diseases are communicable diseases and life style diseases. **Immunity** is the ability of the body to resist a particular disease.

Diseases that spread from one person to another are called **communicable diseases** or infectious diseases. Communicable diseases are caused by germs and parasites present in air, water, soil etc. which spread through food and water, air, contact and insects. The gap of time between the entry of germs into our body and the appearance of symptoms of the disease is called the **incubation period**.

Life style diseases or non-communicable diseases that do not spread from one person to another. They develop in a person due to faulty eating and living habits. These diseases are chronic in nature and do not result from an acute infection. They cause dysfunctioning in the body and impair the quality of life. Diabetes, hypertension, obesity, heart problems are few examples of life style diseases.

HIV (Human Immuno Deficiency Virus) is caused by a virus that attacks the body's natural defence system. When HIV completely destroys a person's defence system, **AIDS** (Acquired Immuno Deficiency Syndrome) sets in the body. HIV/AIDS is a highly communicable disease. HIV/AIDS is spread only by sexual contact with an infected person; exchange of infected body fluids such as blood transfusion; use of infected needles; and from infected mother to her child during pregnancy or at birth.

Principal Points

Easy steps for Healthy living!

- Exercise regularly
- Use staircase instead of lift or escalator as far as possible
- Eat a balanced diet, do not overeat
- Avoid processed and packaged foods
- Eat whole grains like cereals, millets
- Eat a variety of seasonal fruits and vegetables in a day
- Drink plenty of water
- Practice yoga or meditation to avoid stress in life
- Keep away from smoking and drinking alcohol
- Play outdoor games or do gardening instead of watching television

Build Your Understanding

Q. What will you do if someone in your family falls sick?

1. Consult doctor immediately

2. Follow doctor's advice



3. Give the patient balanced diet

4. Keep patient's room, clothes and utensils clean

What's Important to Know?**Precaution is better than cure!**

Coming in contact with communicable diseases can be prevented by adopting the following:

- Keeping the personal belongings of the patient separate
- Keeping water in clean and covered containers
- Drinking boiled water and milk, so that they are free from germs
- Keeping food covered
- Avoiding buying and eating of cut fruits and vegetables from market
- Washing all utensils before use and washing hands before handling food
- Keeping the house and place of work well ventilated
- Maintaining personal hygiene by bathing regularly, keeping nails clean, washing hands after using the toilet
- Keeping your house, surroundings and drains clean and free of garbage.
- Not defecating in open and spitting anywhere. If you are suffering from cough and cold, carry a handkerchief to cover your mouth and nose

Extend Your Horizon

A person is diagnosed with influenza. List down the possible symptoms the person might be showing. Also suggest some preventive measures to others so that they do not contract influenza.

Maximize your marks

Learn the definitions given in the chapter. Learn the table of communicable diseases that can be managed at home.

Did You Know?

AIDS was first clinically observed in 1981 in the United States among injecting drug users. The virus damages the immune system of an infected individual, affecting the production of 'fighter cells' or antibodies. The individual thus gets exposed to and infected by various diseases. But it is important to understand that **HIV/AIDS does not spread by the following:**

- Shaking hands
- Kissing on the cheeks
- Using the same toilet seat
- Standing close to an infected person
- Through the air, that is sneezing or coughing
- Through sharing of cups, glasses or plates
- Having food or drinking water together

Following are some preventive steps:

- Restrict the number of sex partners to one
- Use protection during sexual contact
- Use only sterilised needles for injections
- When in need, get tested blood from a registered blood bank only

**Evaluate Yourself**

1. Lifestyle diseases or non-communicable diseases are commonly seen nowadays. What measures would you adopt in life to prevent lifestyle diseases?
2. Ravi has fever. He does not want to eat anything. His eyes are yellowish in colour and he is complaining of abdominal discomfort. Identify the disease. Give some tips on how to take care of him.