

<b>B7 - Health</b>	<b>Answer</b>
1. What is 'health'?	It is your state of physical AND mental well-being.
2. What do we mean by a communicable disease?	One that is infectious and can be passed from one person to another.
3. Give 3 factors that could affect your health	<ol style="list-style-type: none"> <li>1. Life situation</li> <li>2. Stress levels</li> <li>3. diet</li> </ol>
4. For some people, what can a severe PHYSICAL illness lead to?	It can lead to a MENTAL illness such as depression.
5. If your immune system is weak, what may happen?	You are more likely to suffer from infectious diseases.
6. What can trigger cancer?	Viruses living in cells.
7. If you are allergic to a pathogen, what symptoms may you experience?	Skin rashes, asthma
8. What causes a tumour to grow?	Uncontrollable cell division in an area of the body.
9. What is a benign tumour?	One that is not harmful and will not spread to neighbouring areas of the body.
10. What is a malignant tumour?	A cancer that is able to invade neighbouring tissues and spread to other parts of the body.
11. What is a secondary tumour?	One that has spread from one part of the body, through the blood, to another.
12. Give two organs that alcohol misuse can affect.	Brain and liver
13. Obesity puts you at risk of which type of diabetes?	Type 2
14. Why should a pregnant woman not smoke?	<ol style="list-style-type: none"> <li>1. Increases chances of miscarriage or premature birth</li> <li>2. Baby may be born with a low birth mass</li> </ol>
15. Why should a pregnant woman avoid alcohol?	<ol style="list-style-type: none"> <li>1. Increases chances of miscarriage or premature birth</li> <li>2. Baby may be born with a low birth mass</li> <li>3. Increased chance of behavioural difficulties in the baby</li> <li>4. Baby could be born with Foetal alcohol syndrome (FAS)</li> </ol>
16. Which type of cancer is smoking closely linked to?	Lung cancer
17. Exposure to what can increase your chances of developing cancer?	Carcinogens and ionising radiation