

# Disease Prevention = Health Promotion

## Disease

any deviation from normal functioning of the body; can affect any body part, organ or system; causes damage to health normal body cells

## Communicable Disease

disease which can be passed from a contaminated person, animal, substance or surface to another person

## Non-Communicable Disease

disease which cannot be passed from person to person, but are usually developed spontaneously or due to exposure to carcinogens or an unhealthy lifestyle

## Symptom

subjective evidence of a disease

## Sign

objective evidence of a disease

## Subjective

based on or influenced by personal feelings

## Objective

based on fact or observation; not based on or influenced by personal feelings

## Asymptomatic Disease

disease without signs or symptoms

## Acute Disease

disease which is short-term and usually marked by a sudden onset; examples include cold, flu, strep throat, pinkeye and appendicitis

## Chronic Disease

disease which is long-term, usually lasts for life, and has signs and symptoms which recur frequently; examples include diabetes, epilepsy, Alzheimer's and malaria

## Terminal Disease

disease which cannot be cured and is likely fatal

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## Immune System

complex network of cells, tissues and organs acting as the body's natural defense against disease; attempts to block antigens from entering the body and works to recognize, remember and destroy antigens which do enter the body

## Antigens

toxins and foreign substances

## Innate Immunity

involves barriers which keep harmful material from entering the body; includes skin, enzymes in skin oils, sweat and tears, cough and sneeze reflexes, mucus, ear wax and stomach acid

## Acquired Immunity

develops with exposure to various antigens and works to protect the body against those specific antigens in the future

## Immune Response

process which causes the development of acquired immunity; involves two types of white blood cells: phagocytes and lymphocytes

## Lymphocyte

type of white blood cell which is vital to the immune response; classified as B type or T type

## B Cell

type of lymphocyte which works to identify an antigen and produce antibodies against it

## Antibody

protein produced by B cells which attach to a specific antigen to signal for the immune cells to destroy it

## T Cell

type of lymphocyte which works to signal B cells and to destroy antigens directly

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## Vector

carrier of a communicable disease

## Pathogen

disease-causing microorganism such as germs, worms and parasites

## Bacteria

microscopic, single-celled organisms which can release toxins

## Viruses

microscopic infective agents which take over a host's functions to reproduce

## Fungi

plant-like organisms which absorb nutrients from their surroundings

## Protozoa

parasitic single-celled organisms which can reproduce in a host

## Rickettsia

type of bacteria found in ticks, lice, fleas, etc. which spread via the bloodstream and cause infection

## Parasitic Worms

worms which live in people or animals and absorb nourishment from their hosts

## Stagnant Water

naturally occurring water which stands still without flow, current or level changes

## Bodily Fluid

liquid originating from inside the body of a living person; include saliva, sweat, tears, mucus, vomit, urine, blood and sexual fluids

## Hygiene

common practices used to maintain health through cleanliness; includes showering or bathing, washing, brushing teeth, etc.

## Wellness Exam

medical examinations performed by a doctor or nurse aimed at preventing health problems

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## Vaccination

injection of a killed or weakened organism which produces immunity in the body against the organism

## Antibiotics

medicines which work by killing bacteria or stopping them from reproducing so the immune system can more easily kill them

## Carcinogens

cancer-causing agents

## Heredity

passing of genes from parents to children