

Ch. 18 Diseases – cause and control

Ch. 19 Hygiene

Fundamentals of Biology

Disease is a departure from normal health through structural or functional disorder of the body – World Health Day 7th April-

Four kinds of categories of diseases:

(1) Extent of occurrence – endemic, epidemic, pandemic, sporadic

(2) Communicability:
a) Infectious : caused by germs and virus
b) Non-infectious : body's own functioning

(3) Kinds of pathogen:
bacterial;
viral;
other germs

(4) Kinds of transmitting agents :
water-borne;
air borne;
insect borne ;
food borne;

(1) Extent of Occurrence

Endemic

- Found in certain areas only
- Attacking a few sections of population

Epidemic and Pandemic

- Breaks out and spreads to large areas.
- Pandemic is world wide as in AIDS

Sporadic

- Scattered in different places
- Effects only individuals.

(2) Communicability basis

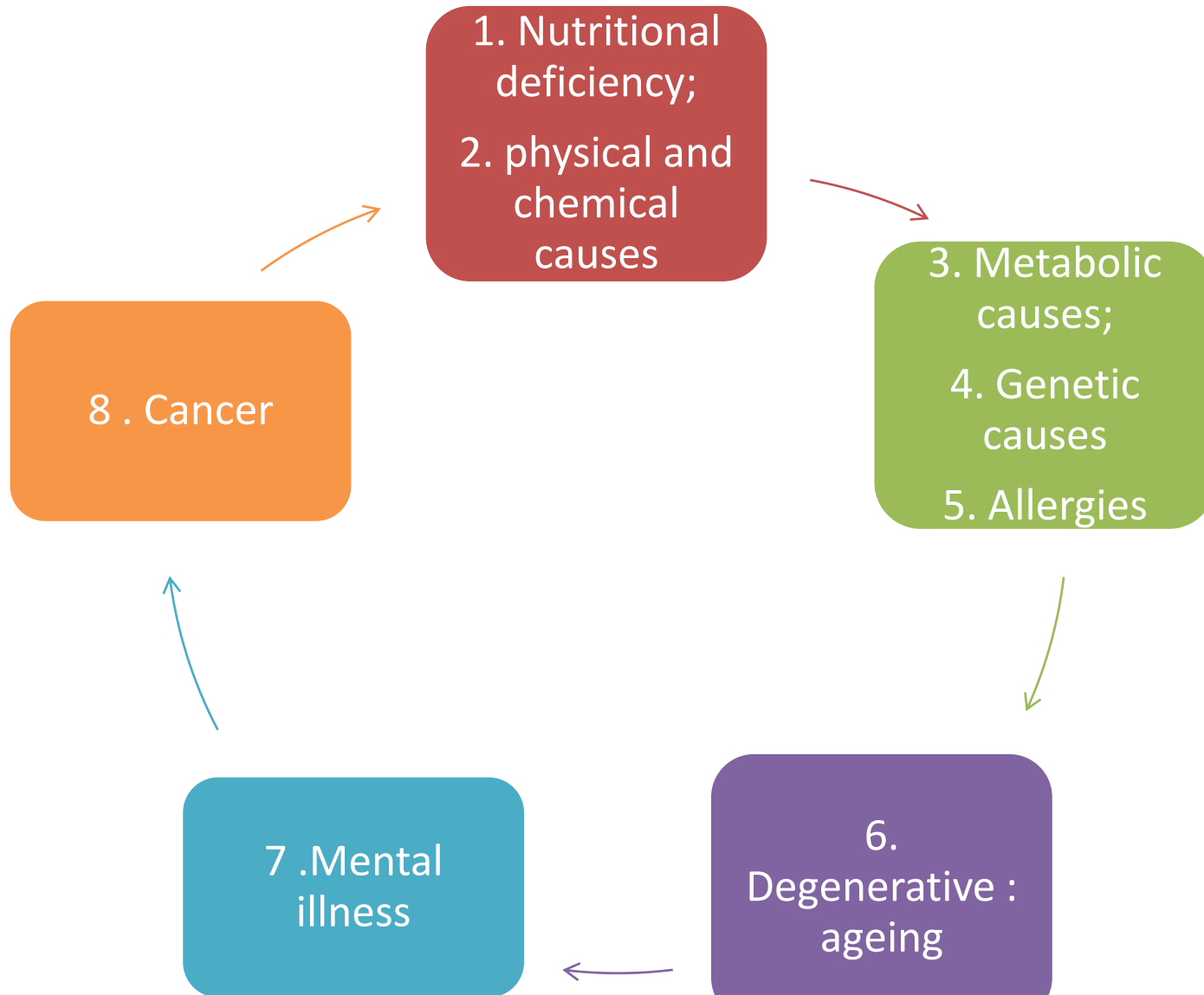
2.1 Infectious: caused by germs, and transmitted from one person to another through pathogen such as virus, bacteria.

- Incubation period is the time the germs take to multiply, and start to show symptoms of spreading

2.2 Non Infectious: are caused not by germs but due to individual body disorders.

- Malnourishment, heart attack, blood pressure,

2.2 Non-infectious



19. Hygiene

Healthy habits of washing hands before eating food, not putting finger in mouth

Daily Cleanliness of house, sun light and ventilation. Personal hygiene of clean clothes and articles of regular personal use

Rest and sleep: regular bedtime to be observed.

7 to 8 hours of sleep is needed by a growing body

Regular exercise is essential for improving blood circulation.

Prevention of self from mosquitoes, housefly, and other insects is part of hygiene and a hygienic habit to stay healthy.

The End