

PEER Life Science Properties of Hazards: Invisible Intruders Notes Outline KEY

Introduction

- Research has shown that a poor diet, a lack of physical activity, and partaking of harmful substances (such as tobacco, alcohol and drugs) will increase the risk of disease.
- Obesity is a risk factor for chronic diseases such as heart disease, diabetes, high blood pressure, stroke and some forms of cancer.

Lesson

- Overweight usually refers to an excess in body weight compared to certain standards.
- BMI is a measure based on height and weight and is not gender-specific.
- Obesity contributes to many health risks such as high blood pressure, type II diabetes, heart disease, stroke, respiratory problems, cancer and psychological disorders.
- Diabetes Mellitus is a disease that is associated with the body's loss of the ability to absorb glucose into cells.
- Sleep Apnea is when a person stops breathing for periods of time while sleeping.
- Cancer occurs when DNA in a cell gets damaged beyond repair and begins to grow uncontrollably.
- Smoking tobacco is the number one cause of preventable death in the United States.
- Passive smoking increases the risk of succumbing to the same disease as "active" smokers.
- Cigarettes have been the substance most often abused by high school students in the US since 1975.
- Alcohol is a potentially lethal toxin.
- Acute Alcohol Toxicity occurs when large amounts of alcohol are consumed within a short amount of time.
- Chronic alcohol toxicity occurs as a result of prolonged, heavy drinking (an average of three or more servings of alcohol per day).
- Fetal Alcohol Syndrome occurs when a pregnant woman drinks alcohol, causing her developing child to drink as well.
- Marijuana is the most commonly used illegal drug in America.
- Cocaine and heroin abuse is also problematic among teens world-wide.
- Four risk taking behaviors include impaired driving, driving over the speed limit, adventure sports, and self-abusive behaviors.
- Emphysema is a disease caused by over-inflammation of the alveoli in the lungs.

- Genes are specific sequences of DNA and everyone has variations in their DNA sequences that make them different from everyone else.