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

**Introduction**

* Research has shown that a poor diet, a lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and partaking of harmful substances (such as tobacco, alcohol and drugs) will increase the risk of disease.
* \_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_ in body weight compared to certain standards.
* \_\_\_\_\_\_\_ 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, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, cancer and psychological disorders.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_ for periods of time while sleeping.
* Cancer occurs when \_\_\_\_\_\_\_\_\_ in a cell gets damaged beyond repair and begins to grow uncontrollably.
* Smoking \_\_\_\_\_\_\_\_\_\_\_\_\_ is the number one cause of preventable death in the United States.
* \_\_\_\_\_\_\_\_\_\_\_\_\_ smoking increases the risk of succumbing to the same disease as “active” smokers.
* Cigarettes have been the substance most often abused by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ students in the US since 1975.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a potentially lethal toxin.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_\_ or more servings of alcohol per day).
* Fetal Alcohol Syndrome occurs when a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drinks alcohol, causing her developing child to drink as well.
* Marijuana is the most commonly used illegal drug in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Cocaine and \_\_\_\_\_\_\_\_\_\_\_\_\_ abuse is also problematic among teens world-wide.
* Four risk taking behaviors include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, driving over the speed limit, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and self-abusive behaviors.
* Emphysema is a disease caused by over-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the alveoli in the lungs.
* Genes are specific sequences of DNA and everyone has variations in their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that make them different from everyone else.