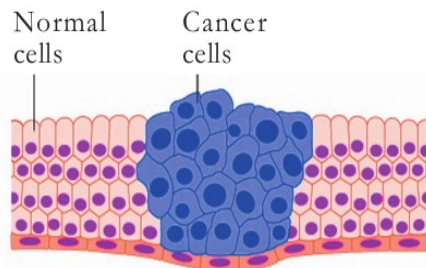


## Cancer



- Cancer is caused by the uncontrolled division of cells due to the failure of control system of cell division
- The normal cells get transformed into cancerous cells when the control system of cell division fails.
- cancer cells spread to the other parts of the body through blood and lymph.

### Factors responsible for cancer

- Environmental factors,
- Smoking,
- Radiations,
- Virus,
- Hereditary factors, etc

### Treatment for cancer

- Surgery,
  - chemotherapy,
  - radiation therapy
- Recovery from the disease is difficult if the disease becomes severe.
  - Early diagnosis of the disease helps the treatment easier.
  - What is the importance of voluntary organisations that offer palliative care to cancer patients?

### Palliative care volunteers help :

- To reduce stress,
  - offer practical and emotional support
  - provide a link to the community for people who are dying and those close to them.
- Even though cancer is a genetic disease, it is not considered as a hereditary disease.

### ➤ Life style and food habits that will help us to get rid of cancer

- Maintain ideal body weight.
- Vary daily **diet**.
- **Eat** at least 5 to 9 servings of fruits and vegetables per day.
- **Eat food** that is high in **dietary** fibre.
- Minimize daily fat intake.
- Stop smoking

## Lifestyle Diseases

India-the World  
Capital of Diabetes

Hypertension -  
The Silent Killer

Lack of exercise-the main reason  
for increase in cardiac diseases

Changes in food habits :  
The number of obese  
people on the rise

- Lifestyle diseases are caused by unhealthy living styles.

### Reason for lifestyle diseases

- The changes in food habits,
- Lack of physical exercise,
- Mental stress,
- Bad habits like consumption of alcohol, drug abuse, smoking, etc.

### Lifestyle diseases and their causes:

- **Diabetes** : Deficiency of insulin or its malfunctioning leads to increased level of glucose in the blood
- **Fatty Liver**: Intake of too much fatty food leads to the deposition of fat in the liver
- **Stroke** : Rupturing of blood vessels in the brain or blood clot block the blood flow to the brain .
- **Hypertension** : Mental stress increases hypertension and fat content in the food gets deposited in the arteries decreasing its diameter leading to increased pressure in the arteries.
- **Heart attack**:(cardiac arrest): Block of blood flow due to deposition of fat in coronary arteries which carry blood to the heart .

Disease	Cause
Diabetes	deficiency of insulin or its malfunctioning
Fatty Liver	deposition of excess fat in the liver
Stroke	rupture of blood vessels in the brain, block of blood flow
Hypertension	decrease in the diameter of arteries due to deposition of fat
Heart attack	block of blood flow due to deposition of fat in coronary arteries which carry blood to the heart.

### Bad habits that causes health problems:

- Smoking, Alcoholism, Drugs

### Health problems associated with smoking.:

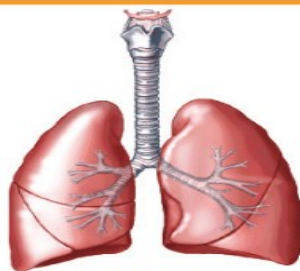
- Smoking affects almost all the organs of the body

## BRAIN



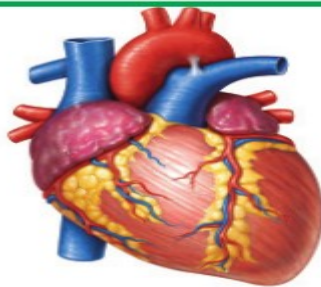
- Stroke
- Addiction to nicotine

## LUNGS



- Lung cancer
- Bronchitis
- Emphysema

## HEART



- Hypertension
- Loss of elasticity of arteries
- Decrease in functional efficiency

## Animal Diseases

**Disease: Inflammation of udder**  
**Pathogen: Bacteria**



**Disease : Foot and mouth disease**  
**Pathogen: Virus**



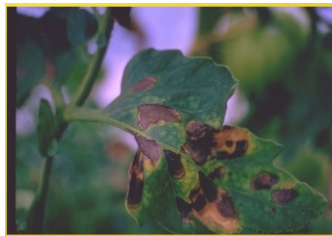
Disease	Pathogen
Anthrax, Inflammation of udder	Bacteria
Foot and mouth disease	Virus

## Plant Diseases

**Disease : Blight disease in Paddy**  
**Pathogen :Bacteria**



**Disease : Wilt disease in Brinjal**  
**Pathogen: Bacteria**



**Disease: Mosaic disease in peas and tapioca,**  
**Pathogen :Virus**



**Disease :Bunchy top of Banana**  
**Pathogen : Virus**



**Disease: Quick wilt in pepper,**  
**Pathogen: Fungus**



**Disease: Bud rot of coconut**  
**Pathogen: Fungus**



Pathogen	Disease
Bacteria	Blight disease in paddy, Wilt disease in brinjal
Virus	Mosaic disease in peas and tapioca, Bunchy top of banana
Fungus	Quick wilt in pepper, Bud rot of coconut.

**Evaluation:**

- 1)Collect more information on the bad effects of smoking
- 2)Collect more information on Animal diseases
- 3)Collect more information on plant diseases that adversely affect food production