

H.S.B. & Integrated Science

Class will start
at 9:10 am



Nooooooo !!!
It's Jibby !!!
Help me !



Have no fear,
Jibby is here



Meet Jibby, the guy who reads wikipedia, watches YouTube and looks at a few textbook covers and thinks he's an expert on everything? Anyone know a guy like this?

I will upload all the slides to the **school website** in case you didn't finish writing all the notes

Tutor: Mr. Sinanan



<https://www.ilovelessons.com/>

Jibby, do you think I am healthy?



Tommy, take it from me, you are strong and fit and all your blood tests came back good. You are **HEALTHY** my friend



Section D

1.0

define the terms
good health and
disease



Health is defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

physical or mental weakness

Disease is defined as an abnormal condition or disorder of a structure or function in the body or mind, manifested by characteristic symptoms and signs.

2

1

Spell your favourite country in Europe

2

How many letters does the country have?



You will live to 199 years and be healthy till that age

Let's see what the jar of truth says

5

6

7



Remember kids **diseases** cause health issues.

Diseases are basically **tiny bacteria** and **viruses** which are the same thing

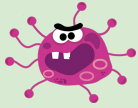
Wow you are so smart uncle Jibby!



Section D

2.0

classifying
diseases



Communicable are caused by pathogenic microorganisms, such as bacteria, viruses, fungi, or parasites, and can spread from person to person or from animals to humans.

e.g. tuberculosis, malaria, HIV/AIDS, influenza and COVID-19.



Non-communicable diseases are not caused by infectious agents and are generally chronic or degenerative in nature. They are often linked to lifestyle factors, such as diet, physical activity, smoking, and alcohol consumption, as well as genetic and environmental factors.

e.g. heart disease, stroke, cancer, asthma, diabetes and Alzheimer's disease.



Nutritional deficiency diseases are a specific type of non-communicable disease that results from inadequate intake or absorption of specific nutrients, such as vitamins, minerals, or proteins.

e.g. scurvy, rickets, and iron-deficiency anemia.



Inherited disorders, also known as **genetic disorders**, are caused by abnormalities in an individual's DNA and are passed down from parents to their children and are non-communicable.

e.g. cystic fibrosis, sickle cell anemia and Huntington's disease.

2

1

Look at the letters below. It is something yummy.

2

What is the word?



Let's see what
the vase of truth
says



A N A K E S



You will be given a
chain of coffee shops
across the Caribbean.
You will a billionaire in
5 years.



Sure thing gramps -

1. Chest Pain,
2. Nausea,
3. Fatigue,
4. Dizziness

Jibby knows all, ohh yeah!

Hey Jibby do you
know the **signs** of
a heart attack?



Section D

3.0

differentiate
between the terms
signs and symptoms

A **symptom** is a subjective experience or feeling that a person has that indicates they are not feeling well. Symptoms are reported by the patient and cannot be directly observed by a medical professional.

e.g

- Headache
- Nausea
- Fatigue
- Dizziness
- Pain

A **sign**, on the other hand, is an objective observation that a medical professional can detect during an examination or through testing. Signs are typically visible or measurable, and they are not based on the patient's subjective experience.

e.g.

- Elevated blood pressure
- Swollen lymph nodes
- Rash
- Abnormal heart sounds
- Fever

Section D

3.0

differentiate
between the terms
signs and symptoms

In summary, symptoms are subjective experiences reported by the patient, while signs are objective observations made by a medical professional. Both symptoms and signs are important in diagnosing and treating medical conditions



1

Imagine you are thrown overboard a ship at night and left on your own.

2

Think of the scariest sea creature (other than a shark) coming in contact with you

3

What is the creature?



Once per day at your convenience you will be able to see 5 minutes into the future

Let's see what the jar of truth says

Jellyfish



It's so sad you don't know what inflammation is, thank goodness you came to ole Jibby.

Inflammation is any burning sensation in the body.



Hi Jibby can you explain what **inflammation** is?



Section D

4.0

state the main causes, primary symptoms and possible treatment of asthma



Asthma is a chronic respiratory disease characterized by inflammation and narrowing of the airways, which can cause breathing difficulties.

The **main causes** of asthma are not completely understood, but it is believed to be a combination of genetic and environmental factors and can triggered by a variety of factors, including allergens, irritants, exercise, and respiratory infections.

Primary symptoms of asthma include:

1. Shortness of breath
2. Wheezing
3. Chest tightness or pain
4. Coughing, especially at night or in the early morning

Medications to treat Asthma	Lifestyle changes to treat Asthma
<ul style="list-style-type: none">• Steroids are used to reduce the inflammation of the bronchial tubes• The drug salbutamol dilates the bronchial airways enabling more air to get in and out of the lungs	<ul style="list-style-type: none">• Avoiding triggers that can cause asthma symptoms.• Maintaining a healthy weight and following a healthy diet.• Getting regular exercise• Avoiding smoking and exposure to secondhand smoke.



2

1

Look at the letters below. It's something that goes high and low

2

What is the word?



Let's see what the vase of truth says

O U T A I N



You get your very own magic lamp where you get 5 wishes BUT each wish will cost you two fingers and you cannot wish for it back.

