

H.S.B. & Integrated Science

Class will start
at 9:10 am



Lord be merciful ..
save us from Jibby



Jibby is here to save
the day again

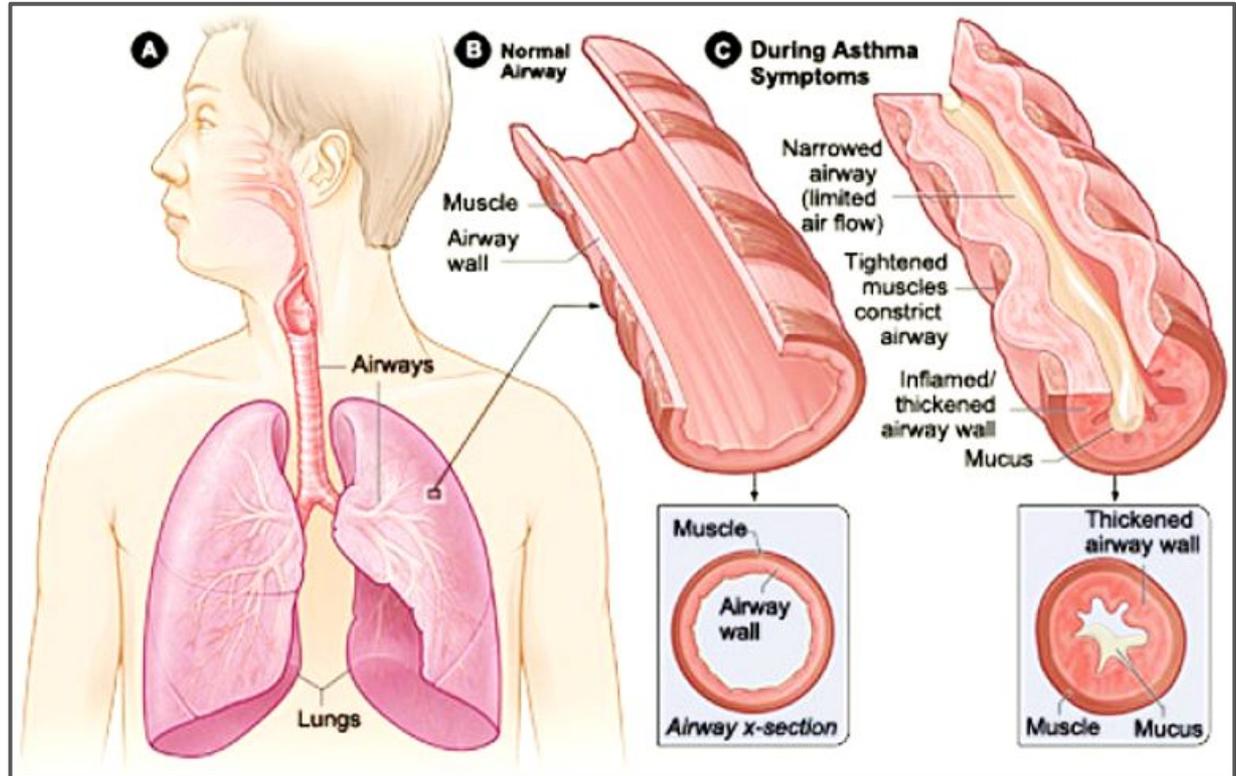


Section D

5.0

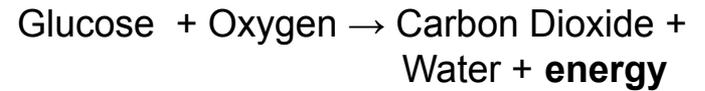
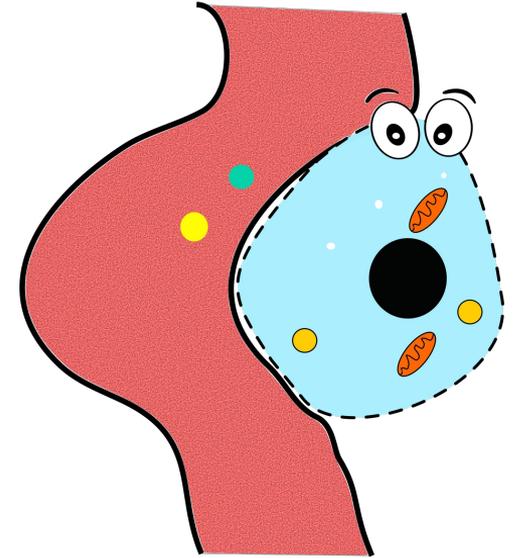
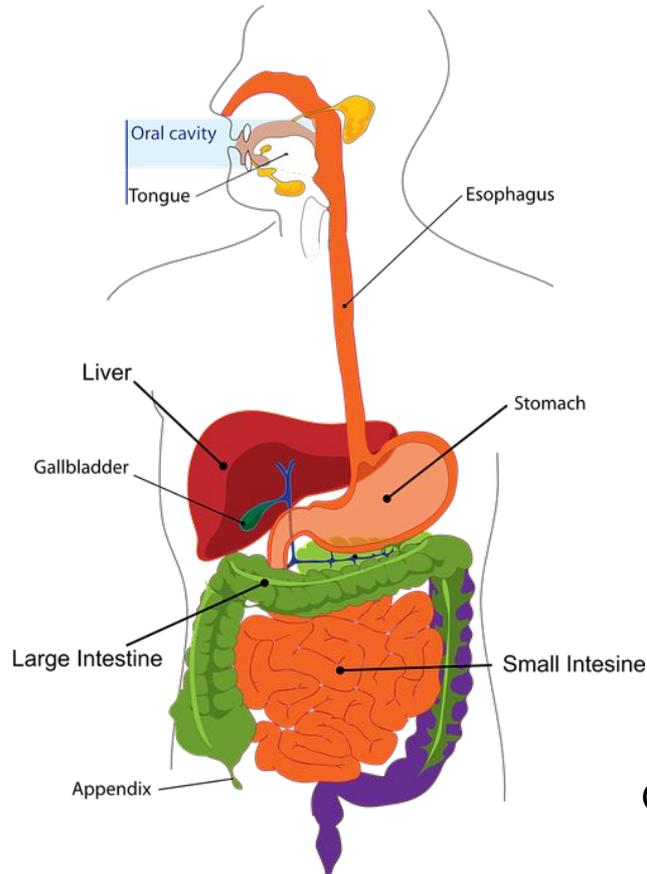
explain how asthma affects the respiratory tract

When someone with asthma is exposed to certain triggers such as allergens, irritants, or exercise, their airways become inflamed, narrowed, and produce excess mucus, making it difficult to breathe.



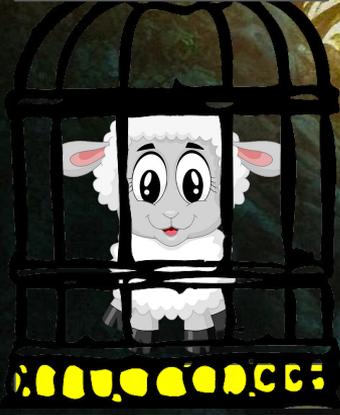
Key words

Glucose
Cells
Fat
Glycogen
Insulin
Pancreas
Energy
Respiration



Jibby is the greatest

Shelly



\$ 100

Tiggy



\$ 300

Eli



\$ 800

These animals are mine,
I'm gonna sell them on
the black market and be
rich rich rich !!!!



Section D

6.0

discuss the **causes**,
signs/symptoms,
treatment modality
and prevention of
chronic/lifestyle related
diseases

(a) Obesity, diabetes
mellitus (type I and type
II) and cardiovascular
disease (hypertension
and coronary heart
disease

Insulin is a hormone created by your pancreas that controls the amount of glucose in your bloodstream at any given moment.

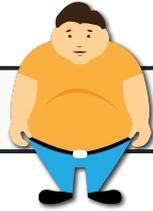
High blood sugar levels (Hyperglycemia) for long periods of time (over months or years) can result in permanent damage to parts of the body such as the eyes, nerves, kidneys and blood vessels.

Section D

6.0

discuss the causes, signs/symptoms, treatment modality and prevention of chronic/lifestyle related diseases

(a) **Obesity**, diabetes mellitus (type I and type II) and cardiovascular disease (hypertension and coronary heart disease)



	Obesity
Cause	Genetics , overeating, lack of physical activity , sleep deprivation, medical conditions (polycystic ovary syndrome, diabetes 2, hypothyroidism) , medications (antidepressants), and sedentary lifestyles
Treatment / Prevention	Obesity can be treated and prevented through dietary changes, regular exercise, behavioral therapy, medications, and bariatric surgery are some of the approaches that can help with weight loss.
When does it develop?	At any age
Signs and symptoms	Increased body weight or body mass index (BMI) above 30 , shortness of breath with exertion, Increased sweating , Sleep apnea or snoring, Fatigue or low energy levels , High blood pressure, High cholesterol , Insulin resistance or type 2 diabetes.

Chester



\$ 1000

Zabu



\$ 500

Henry



\$ 700

Ohh these animals will taste so good in the soup of the evil restaurants I sell them too! Muahahah!!!

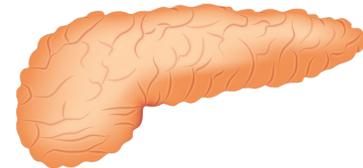
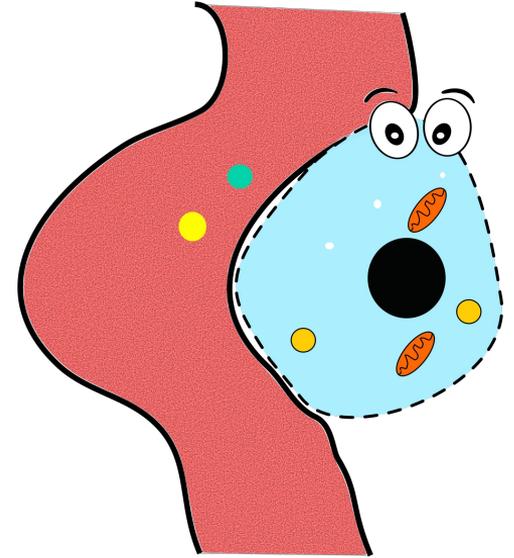
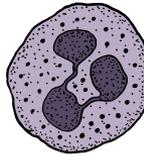
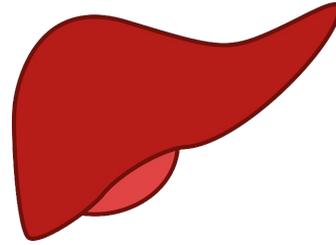


Poor uneducated Joey. Only overweight persons can diabetes and plus type 1 and type 2 diabetes are basically the same thing.

Those doctors don't know anything



Hey Jibby the doctor says I have type 1 diabetes



Section D

6.0

discuss the causes, signs/symptoms, treatment modality and prevention of chronic/lifestyle related diseases

(a) Obesity, **diabetes mellitus (type I and type II)** and cardiovascular disease (hypertension and coronary heart disease)

	Type 1 Diabetes	Type 2 Diabetes
Cause	Inability of pancreas to produce insulin because the immune system mistakenly attacks and destroys the insulin-producing cells	Cells of the body become resistant to insulin
Treatment / Prevention	Monitoring blood glucose levels and injecting human insulin throughout the day (particularly after meals consumed)	Maintain a low-carbohydrate diet and regular exercise to reduce need for insulin
When does it develop?	Early childhood or early adulthood	adulthood
Signs and symptoms	Increased thirst , Frequent urination, Extreme hunger , Unintentional weight loss, Fatigue or weakness , Blurred vision, Slow healing of cuts or sores Numbness or tingling in the hands or feet	Increased thirst , Frequent urination, Extreme hunger , Unintentional weight loss, Fatigue or weakness , Blurred vision, Slow healing of cuts or sores Numbness or tingling in the hands or feet, Recurrent gum or skin infections , Dark patches of skin in the armpits, neck or groin area



Stop you fool an African elephant's tusks are worth \$ 200,000. Let us shoot it and I'll split the money with you !!!

Oh no, one of Melvin's workers is about to shoot a poor helpless elephant . What should you do? **If you save the elephant you will get \$1000**

Shout "**Lion, a lion is behind you**" to distract him

This works as Africa do have lions and the worker gets scared, loses focus and misses the elephant.

Shout "**Tiger, a tiger is behind you**" to distract him

There are no tigers in Africa and the worker knows you are lying and takes the shot and hits the elephant.

Section D

6.0

discuss the causes, **signs/symptoms**, treatment modality and prevention of chronic/lifestyle related diseases

(b) Diabetes mellitus (type II) and secondary **hypertension as complications of obesity.**

Hypertension, also known as high blood pressure, is a condition in which the force of blood against the walls of the arteries is consistently too high.

Obesity can contribute to the development of hypertension (high blood pressure) in several ways:

1. **Increased blood volume:** When a person is obese, the body has to pump more blood to supply oxygen and nutrients to the excess tissue. This increases the amount of blood in the arteries and can raise blood pressure.
2. **Increased cardiac output:** The heart has to work harder to pump blood to the extra tissue in an obese person. This can increase cardiac output and blood pressure.
3. **Insulin resistance:** Obesity is often associated with insulin resistance. Insulin resistance can lead to the buildup of fatty deposits in the arteries, which can increase blood pressure.
4. **Inflammation:** Obesity can increase inflammation in the body, which can damage the blood vessels and increase blood pressure.

Section D

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discuss the causes,
signs/symptoms,
treatment modality and
prevention of
chronic/lifestyle related
diseases

(c) The importance of
diet and exercise

Here are five important reasons for diet and exercise:

1. **Reducing the risk of chronic diseases:** A healthy diet and regular exercise can help reduce the risk of many chronic diseases, such as heart disease, diabetes, certain types of cancer, and high blood pressure.
2. **Maintaining a healthy body weight:** Diet and exercise are essential for maintaining a healthy body weight. Being overweight or obese can increase the risk of many chronic diseases, including heart disease, diabetes, and certain types of cancer.
3. **Improving mental health:** Regular exercise has been shown to help reduce stress, anxiety, and symptoms of depression. A healthy diet can also help support good mental health.
4. **Increasing energy levels:** Regular exercise can help increase energy levels and reduce fatigue. A healthy diet can also help provide the body with the nutrients it needs to function properly and maintain energy levels throughout the day.
5. **Improving overall quality of life:** Diet and exercise can help improve overall quality of life by increasing physical fitness, improving sleep, reducing stress, and promoting overall feelings of well-being.

Genny



\$ 300

Robbie



\$ 400

Marlon



\$ 900

Animals, blehhh I don't like them !!!
Try and stop me squid brains !!!

