Objectives

• **Explain** the difference between genetic disease and congenital disease.

• **Identify** three common noninfectious diseases.
Causes of Noninfectious Diseases

- **Genetic Diseases** A genetic disease is a disease or disorder that is caused entirely or partly by genetic information passed on to a child from one or both parents.

- **Congenital Diseases** A congenital disease is a disease or disorder that is present at birth but is not a genetic disease.
Causes of Noninfectious Diseases

- **Other Noninfectious Diseases** Some noninfectious diseases are related to lifestyle choices or environmental factors.
Common Noninfectious Diseases

- Some common noninfectious diseases include the following:
  1. Heart disease
  2. Diabetes
  3. Cancer
  4. Allergies
  5. Asthma
  6. Alzheimer’s disease
Noninfectious Diseases and Your Body

- **All over**—Cancer is a group of about 100 diseases that can affect any tissue or organ in the body.

- **Liver**—Liver disease, often the result of alcohol abuse, may be fatal.

- **Red blood cells**—Sickle cell disease damages red blood cells and it causes anemia and extreme pain.

- **Joints**—Arthritis causes joints to swell, which makes movement painful.

- **Muscles**—Muscular dystrophy is a group of diseases that weaken muscles, especially heart and skeletal muscles.

- **Brain**—Alzheimer’s disease causes memory loss and behavior changes. Down syndrome causes mild mental retardation.

- **Heart**—Congenital heart disease may cause damage to heart valves or other parts of the heart. Other heart diseases, such as high blood pressure and arterial disease, may cause heart attacks and heart failure.

- **Lungs**—Emphysema, allergies, and asthma cause breathing difficulties.

- **Kidneys**—Type 1 and type 2 diabetes may cause severe kidney damage.
Living with Noninfectious Diseases

- **Requiring Special Care** A person living with a noninfectious disease may have to eat a special diet, take medicine, avoid certain activities, or have special medical care.
## Controlling Noninfectious Diseases

<table>
<thead>
<tr>
<th>Disease</th>
<th>Description</th>
<th>Control or treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>an overreaction by the body to things that are usually harmless</td>
<td>avoiding things to which you are allergic; taking medicine to relieve symptoms</td>
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<tr>
<td>Asthma</td>
<td>a disease of the respiratory system that causes shortness of breath, coughing, and wheezing</td>
<td>avoiding triggers, such as cigarette smoke; taking medicine to open airways</td>
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<tr>
<td>High blood pressure</td>
<td>a disease in which blood exerts too much force on walls of blood vessels</td>
<td>having a healthy diet; getting plenty of exercise; taking medicine to help reduce blood pressure</td>
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<tr>
<td>Cancer</td>
<td>a group of diseases that cause uncontrolled cell growth; can attack any tissue or organ</td>
<td>not using alcohol or tobacco, limiting exposure to the sun, and eating a healthy diet (prevention); chemotherapy, surgery, radiation therapy, and taking medicine (treatment)</td>
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<td>Type 1 diabetes</td>
<td>a disease in which the body does not make enough insulin, so the body cannot use sugars from food for energy</td>
<td>taking daily insulin injections; having a healthy diet</td>
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<tr>
<td>Type 2 diabetes</td>
<td>a disease in which the body makes insulin, but cannot use it properly, so the body cannot use sugars from food for energy</td>
<td>controlling weight; getting plenty of exercise; having a healthy diet; taking medicine may help the body use insulin</td>
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<tr>
<td>Arthritis</td>
<td>a group of diseases that cause swelling and severe pain in the joints</td>
<td>taking medicine to control swelling and reducing pain; exercising to keep joints flexible; using heat or cold to reduce pain</td>
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</table>
“Health is a relationship between you and your body.”

—Terry Guillemets