

Disease prevention questions assignment

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Disease Prevention Questions/Assignment

s Congestive Heart Failure i. e. the heart is not able to pump enough blood to other body organs, enlarged heart, Cor Pulmonale i. e. its right side failing, varicose i. e. twisted and enlarged veins, endocrine PCOS (Polycystic Ovarian Syndrome) i. e. Cysts in ovaries that cause high androgens (male hormones) levels and irregular or missed periods, menstrual disorder, infertility, fatty liver disease, cholelithiasis i. e. (gallstones)formed on bile hardening into stone like pieces when it contains a lot of cholesterol, hernia i. e. when body cavity contents bulge out of their contained area, cancer i. e. colon cancer, breast cancer and uterine cancer, renal and Genitourinary i. e. Erectile Dysfunction, urinary Incontinence i. e. lack of bladder control, stillbirth, immobility, osteoarthritis, low Back Pain, stroke, headache, dementia, hypoventilation syndrome i. e. not breathing enough oxygen during sleep, asthma, low self-esteem, social stigmatization body dimorphic disorder, and depression.

2. BMI is an of obesity measure based on weight and height. It is calculated by division of your weight (kg) over the square of your height (m). It correlates with the percentage of body fats. A BMI of 30 to 34. 9 is grade 1 obesity, 35 to 39. 9 grade 2 obesity and 40 an above grade 3(morbid obesity).

3. NO. The young adults do not understand that being obese or overweight plays in determining their health status today and in the future. They continue ignoring guidelines on healthy eating habits and lifestyle not knowing the risks involved with this.

4. An effective plan of informing is by parents practicing healthy habits

themselves for the population to imitate and talking to them about it, using the media to teach the population on its importance and teaching about weight control and its effects in schools.

5. Metabolic Syndrome refers to a group of factors of risk that raises your heart diseases risks and other health issues. Its dangers are causing heart diseases and diabetes.

6. The two lifestyle habits are being involved in exercises regularly and avoiding fatty foods during meals.

7. This is because following the advice requires sacrifice and a lot of discipline which is not easy to have. A lot of people also do not like change in their normal lifestyle which is involved with following the advice. Ignorance and assumption also plays a vital role. Many ignore the advice or just assume it.

8. Yes. I have questioned my family, and I know my family history for these diseases. In my family, there is no history of these hereditary diseases.

9. Yes there are. I should get involved with exercises more often and reduce my consumption of fatty foods, reduce animal products consumption and avoid poisons.

10. Filter my source of drinking water, drink more water, go vegetarian, eat whole foods and organic foods, avoid toxic intakes in foods, take whole food supplements and drink fresh vegetable or fruit juice regularly.

Work cited.

Miller, Richard E.. Epidemiology for health promotion and disease prevention professionals. New York: Haworth, 2002. Print.