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[Health & Medicine](https://assignbuster.com/essay-subjects/health-n-medicine/), [Diabetes](https://assignbuster.com/essay-subjects/health-n-medicine/diabetes/)

## Hello Carrie

Cases of domestic violence have been on the increase in most of the families due to the challenges that a family may be enduring. Therefore, it would be appropriate if community development projects are established to provide awareness on how to handle these issues. The education should try and evaluate the challenges that may be leading to domestic violence. Proper evaluation should also be conducted to help provide possible solutions to the affected families. This will go a long way in ensuring that the community gets rid of cases of domestic violence.
McCue, M. L. (2008). Domestic violence: A reference handbook. Santa Barbara, Calif: ABC-CLIO.

## Hello Melody

Sexually Transmitted Diseases (STD’s) have been on the increase despite the efforts that have been established to reduce the increase in these infections. STDS are particularly common among the youth since they easily engage in risky sexual practices. Development projects should be established within the community to provide education on the need of safe sexual practices and how to avoid them (Holmes, 2008). The projects should also go the extra mile by providing the affected individuals with condoms and lubricants as a way of trying to reduce infection rates.
Holmes, K. K. (2008). Sexually transmitted diseases. New York: McGraw-Hill Medical.

## Hello Wendi

Diabetes has been on the increase especially among adolescents due to the amount of sugar intake. This is because adolescent children are more likely to be affected due to the kind of foods they take. Diabetes is associated with heart diseases, high and low blood sugar levels. There are long-term effects from the complication that arise. Prevention is done through avoiding sugar food stuff. This is because sugar foods affect the pancreas. Maintaining an average body weight is recommended as a precaution to avoid diabetes.
Barnett, A. H. (2006). Diabetes: Best practice & research compendium. Edinburgh: Elsevier.

## Hello Cricket

Cardiovascular health problems have been a major challenge among the elderly who are over the age of fifty years. Cardiovascular disease can cause long time problems among the elderly due to the complication that they are associated with. These diseases are in many forms; they are high blood pressure, coronary artery complications and stroke. A lot of deaths have been attributed to these diseases since they are very risky and some have no definite cure. As a method of prevention, it is advisable if the affected would seek early medical care to prevent complications. Healthy living practices such as a good diet are recommended to prevent the infection rates.
Balakrishnan, E. (2004). Cardiovascular Diseases and Homoeopathic Treatment. B Jain Pub Pvt Ltd.

## Hello Kathy

Skin cancer is associated with deformed cells where they can spread fast to other parts of the party. The cells that are abnormally formed tend to grow over around the skin cells causing damage to the skin and may result to death. Skin cancer can be prevented through avoiding too much direct sunlight into reaching the body. This can be done through wearing sunglasses, avoiding sunburns and wearing hats. This is because direct sunlight is a major factor that contributes to skin cancer.
Schwartz, R. (2008). Skin Cancer: Recognition and Management. Chichester: John Wiley & Sons.

## Hello Paula,

Obesity is a state where the affected persons tend to accumulate excessive fat due to unhealthy eating practices. It is known that the body stores fat that has not been converted to energy. Therefore, people who take in a lot of fats are likely to develop this health conditions. Prevention of obesity is done through taking in healthy foods such as vegetables and exercising frequently.
This wEckel, R. H. (2003). Obesity: Mechanisms and clinical management. Philadelphia: Lippincott Williams &Wilkins. ill help balance the diet and avoid being obsessed.