Use the terms to fill in the blanks below. Some terms may be used more than once.

allergen hay fever pollen
allergy influenza rheumatic fever
asthma pneumonia strep throat
common cold

1. Prompt treatment is critical for the lung infection known as __________________________.

2. __________________________ is a chronic disease that causes symptoms such as wheezing, coughing, and difficulty breathing.

3. Produced by trees, flowers, and grasses, __________________________ is an allergen that may become airborne and trigger an allergic response.

4. One-third of all infections known as the __________________________ are caused by rhinoviruses.

5. __________________________ typically affects people in the fall and spring.

6. In order to reduce or eliminate certain reactions, a person with a(n) __________________________ may need to be treated with medication on a regular basis.

7. Although most people recover in a week or two, __________________________ can be life-threatening for the elderly, young babies, and people who are chronically ill.

8. If __________________________ is not treated quickly, rheumatic fever can develop.

9. Animal dander is a common __________________________.

10. __________________________ is an autoimmune disease in the heart.

11. People who have __________________________ can prevent attacks by avoiding triggers, recognizing warning signs, and taking certain medications.

12. Dizziness, skin rash, nausea, and difficulty in breathing are all symptoms of a response to a(n) __________________________.
LESSON 47  Reducing the Risk of Cardiovascular Diseases

Vocabulary Practice

Use the terms to fill in the blanks below. Some terms may be used more than once.

aneurysm  arteriosclerosis  plaque
angina pectoris  cardiovascular disease  prehypertension
antihypertensives  pacemaker  stroke
arrhythmia

1. ___________________ occurs because the heart is not getting enough oxygen.

2. People with an irregular heartbeat may need to have surgery to implant a(n) ___________________.

3. If a(n) ___________________ bursts, a stroke can occur.

4. The buildup of ___________________ in the coronary arteries causes coronary heart disease.

5. ___________________ is a type of coronary heart disease that tends to occur naturally as people age.

6. A(n) ___________________ may result in paralysis.

7. People with ___________________ have hearts that may skip beats or beat irregularly.

8. A heart attack may occur if a coronary artery that is narrowed by ___________________ becomes clogged with a blood clot.

9. Doctors may prescribe ___________________ for people with high blood pressure.

10. Congestive heart failure is a type of ___________________.

11. ___________________ is a blood pressure range that places people at higher risk for heart disease and stroke.

12. When a(n) ___________________ occurs, brain cells are deprived of the oxygen they need.
Reducing the Risk of Cardiovascular Diseases

Lesson 47 Quiz

Complete the following sentences by writing the correct word or phrase from the textbook in each blank.

1. Pain from a heart attack is due to a lack of _______________ reaching the heart muscle.

2. Blood pressure of more than 160 over 100 is called _______________.

3. The risk of a heart attack _______________ as blood cholesterol level increases.

4. The higher the level of HDL in the blood, the _______________ the risk of a heart attack.

5. Foods which contain _______________ protect the body's cells from oxidation damage.

In the space at the left, write the letter of the choice that best completes each statement.

____ 6. Rheumatic fever is most common in ___________
   a. children   b. adults   c. older men   d. older women

____ 7. A blood clot in an artery of the brain can cause a(n) ___________
   a. heart attack   b. stroke   c. arrhythmia   d. angioplasty

____ 8. Eating saturated fats raises ___________.
   a. the HDL level   b. the LDL level
   c. both HDL and LDL levels   d. neither HDL nor LDL levels

____ 9. Medical treatment is required for ___________ hypertension.
   a. stage-one   b. stage-two
   c. both stage-one and stage-two   d. neither stage-one nor stage-two

____ 10. There are usually ___________ symptom(s) of high blood pressure.
   a. three   b. two   c. one   d. no
LESSON 48  Managing Chronic Health Conditions

Vocabulary Practice

Match the sentence in the left column with the vocabulary term in the right column. Write the letter of the correct answer in the space provided.

autoimmune disease
chronic health condition
cystic fibrosis

---

1. The level of this builds up in the blood if the body does not produce enough insulin or does not use the insulin it does produce.
   a. narcolepsy
   b. glucose
   c. chronic health condition
   d. osteoarthritis
   e. sickle-cell anemia
   f. insulin
   g. autoimmune disease
   h. hemophilia
   i. multiple sclerosis
   j. cystic fibrosis

2. A person with this condition can suffer uncontrolled bleeding.

3. This condition is caused by an abnormal gene in the body.

4. This is a persistent health condition, such as chronic fatigue syndrome, cerebral palsy, or Down syndrome.

5. People with this condition experience numbness and tingling in the body, and they may feel tired and dizzy.

6. When the pancreas fails to produce enough of this, a person develops diabetes.

7. This health condition results in the painful inflammation of the joints that may be treated with medication, physical therapy, or surgery.

8. People who have this disease have misshapen blood cells that do not easily pass through tiny blood vessels.

9. People with this condition become drowsy and fall asleep at inappropriate times.

10. Insulin-dependent diabetes is considered this type of disease because the immune system attacks and destroys cells that produce insulin.
Lesson 48 Quiz

Read each statement below. If the statement is true, write true. If the statement is false, write false. Then replace the italicized word or words to make the statement true.

1. Osteoarthritis is the wearing down of the moving parts of joints.

2. Hemophilia occurs almost exclusively in females.

3. Sickle-cell anemia causes the white blood cells to become deformed.

4. Cystic fibrosis is caused by a virus.

5. People with diabetes lose excess glucose through their sweat.

Match the definition or example on the left with the appropriate term or phrase on the right.

6. diabetes that usually occurs in adults
   - a. grand mal

7. diabetes that usually occurs in pregnant women
   - b. petit mal

8. diabetes that usually occurs in children
   - c. insulin-dependent diabetes

9. a seizure that may include convulsions
   - d. non-insulin-dependent diabetes

10. a seizure in which a person briefly loses consciousness
    - e. gestational diabetes
LESSON 49 Reducing the Risk of Cancer

Lesson 49 Quiz

Complete the following sentences by writing the correct word or phrase from the textbook in each blank.

1. The survival rate for all types of cancer improves with ____________.

2. Women should have an annual pelvic exam after age 40 in order to detect ____________ cancer.

3. The most preventable risk factor for cancer death is use of ____________.

4. People who are overweight and have a high percentage of ____________ are at higher risk for developing cancer.

5. Exposure to UV radiation is a leading cause of ____________ cancer.

Match the definition or example on the left with the appropriate term or phrase on the right.

_______ 6. a chemical that is known to cause cancer

_______ 7. a type of cancer that is detectable with the use of Pap smears

_______ 8. a way to fight cancer by placing radioactive materials in or near a cancer site

_______ 9. a type of cancer that is not easily detected in the early stages

_______ 10. a way to fight cancer by injecting the body with cancer cells that have been made harmless by radiation

a. immunotherapy

b. radiation therapy
c. benzene
d. cervical
e. leukemia
LESSON 49: VOCABULARY WORKSHEET
CANCER
PGS. 530-536

MATCHING - Place the letter of the correct vocabulary term in the space provided.

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</thead>
<tbody>
<tr>
<td>a. basal cell carcinoma</td>
<td>e. malignant melanoma</td>
<td>i. radon</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>b. benign tumor</td>
<td>f. malignant tumor</td>
<td>j. tumor</td>
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<tr>
<td>c. cancer</td>
<td>g. metastasis</td>
<td>k. ultraviolet radiation</td>
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<tr>
<td>d. chemotherapy</td>
<td>h. radiation therapy</td>
<td>l. immunotherapy</td>
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</tbody>
</table>

___ 1. Treatment of cancer with anti-cancer drugs
___ 10. The most common form of skin cancer
___ 2. An odorless, colorless radioactive gas that is released by rocks and soil
___ 11. Treatment of cancer with high-energy radiation to kill or damage cancer cells
___ 3. A tumor that is cancerous and may spread to other parts of the body
___ 12. A type of radiation that comes from the sun and also is emitted by sun lamps and tanning booths
___ 4. Group of diseases in which cells divide in an uncontrolled manner
___ 5. A tumor that is not cancerous and does not spread to other parts of the body
___ 6. The form of skin cancer that is the most fatal
___ 7. A process in which the immune system is stimulated to fight cancer cells
___ 8. An abnormal growth of tissue
___ 9. The spread of cancer