

# WJEC England Biology GCSE

## 3.4 - Non-communicable diseases in humans

Flashcards



Give 5 non-communicable diseases



## Give 5 non-communicable diseases

- Heart disease
- Emphysema
- Type 2 diabetes
- Cancer
- Liver cirrhosis



Give 5 lifestyle factors that increase the global incidence of non-communicable disease like heart disease and cancer



Give 5 lifestyle factors that increase the global incidence of diseases like heart disease and cancer

- Smoking
- Poor diet
- Exposure to radiation (particularly UV radiation from the sun)
- Drinking alcohol
- Lack of exercise



# What are statins?



# What are statins?

## Drugs that lower blood cholesterol



Give 2 benefits of statins





## Give 2 benefits of statins

- They relax the blood vessels and so can reduce blood pressure
- Helps to lower the risk of a heart attack



# What are the risks of taking statins?



## What are the risks of taking statins?

- They can have unpleasant side effects
- They can cause kidney and liver damage
- They can lead to type 2 diabetes
- They have to be taken regularly



# What is an angioplasty?



# What is an angioplasty?

The surgical insertion of a small balloon to clear a blocked artery



# What are the benefits of an angioplasty?



## What are the benefits of an angioplasty?

- It is a quick procedure
- 'Minimally invasive' and usually only requires local anaesthetic
- Effective at treating heart attacks



# What are the risks of an angioplasty?





## What are the risks of an angioplasty?

- Bleeding, clots or scarring can block the artery again
- It is only a temporary solution



What lifestyle changes can somebody make to help treat cardiovascular disease?



What lifestyle changes can somebody make to help treat cardiovascular disease?

- Eating a healthy and balanced diet
- Participating in regular cardiovascular exercise
- Stop smoking/drinking alcohol



Why may lifestyle changes be difficult to make when attempting to treat cardiovascular disease?



Why may lifestyle changes be difficult to make when attempting to treat cardiovascular disease?

- Permanent lifestyle changes are difficult to implement as they require consistent commitment
- Benefits are not immediately noticeable

