

Points to Remember

Abuse	<p>It refers to cruel, violent, harmful or injurious treatment of another human being.</p> <p>Types : physical, emotional or psychological, verbal, child and sexual abuses.</p> <p>Child abuse : Physical or emotional or sexual harm resulting in child's ill health.</p> <p>Sexual abuse : It refers to inappropriate or forced sexual contact.</p> <p>Protection of an abused child : Child helpline, counselling the child, family support, medical care, legal counsel, rehabilitation, community based efforts.</p>
Drug abuse / Drug addiction	<p>Drug addict is a person who is habituated to a drug due to its prolonged use.</p> <p>Drug dependence : Condition of a person who becomes fully dependent on drugs.</p> <ul style="list-style-type: none"> * Psychotropic drugs : acts on the brain and alter the behavior. * Mood altering drugs : acts on the consciousness, power of thinking and perception <p>Drug De-addiction : Detoxification, Counselling to family members, Psychotherapy, Rehabilitation.</p>
Tobacco abuse	<p>Addiction to tobacco is due to 'nicotine' which is harmful and poisonous.</p> <p>Tobacco use : Smoking, Chewing, snuffing</p> <p>Hazards : Lung & oral cancer, pulmonary tuberculosis, bronchitis, emphysema, etc.,</p>
Alcohol abuse	<p>Alcoholism : It is the dependence of alcohol.</p> <p>Rehabilitation : Education & counselling, physical activity, medical assistance</p>

Diseases and disorders due to lifestyle modifications

Diabetes mellitus (chronic metabolic disorder)	<p>It is characterized by increased blood glucose level due to insufficient, deficient or failure of insulin secretion.</p> <p>Type-1 Insulin dependent diabetes mellitus (IDDM) : Caused by destruction of β-cells of pancreas. Inadequate insulin secretion.</p> <p>Type-2 Non-Insulin dependent diabetes mellitus (NIDDM) : Insulin production is normal but its action is impaired.</p> <ul style="list-style-type: none"> * Hyperglycemia : Increased blood glucose level. * Polyuria : Increased urine output leading to dehydration. * Polydipsia : Loss of water leads to thirst. * Glycosuria : Excessive glucose excreted in urine. * Polyphagia : Excess hunger due to loss of glucose in urine. <div style="text-align: right; margin-top: 10px;"> <p>} Symptoms of Diabetes mellitus</p> </div>
Obesity	<p>It is an accumulation of excess body fat with an abnormal increase in body weight.</p> <p>Body Mass Index (BMI) is an estimate of body fat and health risk.</p> <p style="text-align: center;">BMI = Weight (kg) / Height (m²)</p> <p>Factors: Physical inactivity, eating habits, genetic and endocrine factors.</p> <p>Prevention and control : Diet management, Physical exercise</p>

Heart disease	<p>Cardiovascular disease : It is associated with diseases of heart and blood vessels</p> <p>Coronary heart disease : caused by deposition of cholesterol in blood vessels.</p> <p>Causes : Heredity, cholesterol, obesity, increasing age, stress, smoking, etc.,</p> <p>Symptoms : Shortness of breath, headache, tiredness, dizziness, chest pain, swelling of leg, and gastrointestinal disturbances.</p> <p>Prevention : Diet management, physical activity, addictive substance avoidance.</p>
Cancer	<p>Oncology : Study of cancer.</p> <p>Cancer : It is an abnormal and uncontrolled division of cells that invade and destroy surrounding tissue forming a tumor (or) neoplasm (new growth).</p> <p>Metastasis: It is the migration of cancerous cells to distant parts of the body and affect new tissues.</p> <p style="text-align: center;">Types of Cancer</p> <p>1) Carcinomas – It arise from epithelial and glandular tissues.</p> <p>2) Sarcomas : It occurs in the connective and muscular tissue.</p> <p>3) Leukaemia :It is the increase in formation of white blood cells in the bone marrow and lymph nodes.</p> <p style="text-align: center;">Carcinogenic agents</p> <p>Carcinogens – They are cancer causing agents.</p> <ul style="list-style-type: none"> * Physical Irritant : Heavy smoking, betel and tobacco chewing, etc., * Chemical agents : Nicotine, caffeine, pesticides, certain dyes, etc., * Radiations : Ionizing radiations, radioactive substances, etc., * Biological agents : Oncogenic viruses - Cancer causing viruses <p>Treatment of Cancer : Surgery, Radiation therapy, Chemotherapy, Immunotherapy</p>
Aids	<p>It is a severe viral disease caused by Human Immunodeficiency Virus(HIV)</p> <p>Transmission of HIV : It spreads through contact of body fluids or blood.</p> <p>Symptoms : Infected individuals become immune deficient.</p> <p>Diagnosis : Western blot (or) ELISA – Enzyme Linked Immuno Sorbent Assay</p> <p>Treatment : Anti-retroviral drugs and immune stimulative therapy can prolong the life of the infected person.</p>

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| ★ Child helpline number | - 1098 |
| ★ International day against drug abuse and illicit trafficking | - June 26 th |
| ★ Anti Tobacco Act | - May 1 st 2004 |
| ★ World Anti-Tobacco Day | - May 31 st |
| ★ World Cancer Day | - February 4 th |
| ★ National Cancer awareness day | - November 7 th |
| ★ AIDS Day | - December 1 st |