

**Section 1: Key Definitions**

<b>Non-communicable disease</b>	Long term or slow progressing disease not caused by infectious pathogens.
<b>Risk factor</b>	Characteristic or exposure that increases the likelihood of developing a disease.
<b>Correlation</b>	When one thing changes when the other one does. e.g more tomatoes eaten, less heart disease.
<b>Casual Link/Cause:</b>	When one factor changes, the other one changes as well and there is evidence to show that the change of one factor actually causes the other to change
<b>Cancer</b>	Non-communicable disease caused by uncontrolled cell division.
<b>Causes of cancer</b>	Ionizing radiation e.g Gamma Rays, Viral infection, Chemicals in food or cigarette, Inherited mutations in the gene.
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<b>Benign tumours</b>	Form in one place and do not spread to other tissues
<b>Malignant tumours</b>	May spread to different tissues and form secondary tumours
<b>Lifestyle risk factors for cancer</b>	Smoking, obesity, common viruses and UV light. Genetic factors are also risks for some cancers.
<b>Carcinogens</b>	Agents that cause cancer or increase the risk of causing cancer
<b>Ionizing radiation</b>	Radiation that penetrates the cells and damages chromosomes, causing mutations in the DNA.
<b>Treating cancer</b>	Radiotherapy – cancer cells are destroyed by targeted doses of radiation Chemotherapy – chemicals are used to stop cancer cells dividing or causing the cancer cells to 'self destruct'.
<b>Smoking</b>	Can cause heart disease and lung cancer Fetus exposed to smoke has restricted oxygen, which can lead to premature birth, low birthweight, and stillbirth Tobacco smoke contains carbon monoxide (a poisonous gas) and nicotine (addictive chemical)
<b>Diet</b>	Affects risk of developing cardiovascular diseases through cholesterol levels and through obesity. Obesity is a risk factor for type 2 diabetes Lack of exercise is a risk factor for type 2 diabetes
<b>Alcohol</b>	Can damage the liver and cause cirrhosis and liver cancer Can cause brain damage and death Alcohol taken by pregnant women can affect the development of the unborn baby

