

تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف مراجعة الوحدة الثانية Unit2: systems body the of Diseases

[موقع المناهج](#) ← [المناهج الإماراتية](#) ← [الصف الثاني عشر](#) ← [علوم صحية](#) ← [الفصل الأول](#)

روابط مواقع التواصل الاجتماعي بحسب الصف الثاني عشر



روابط مواد الصف الثاني عشر على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

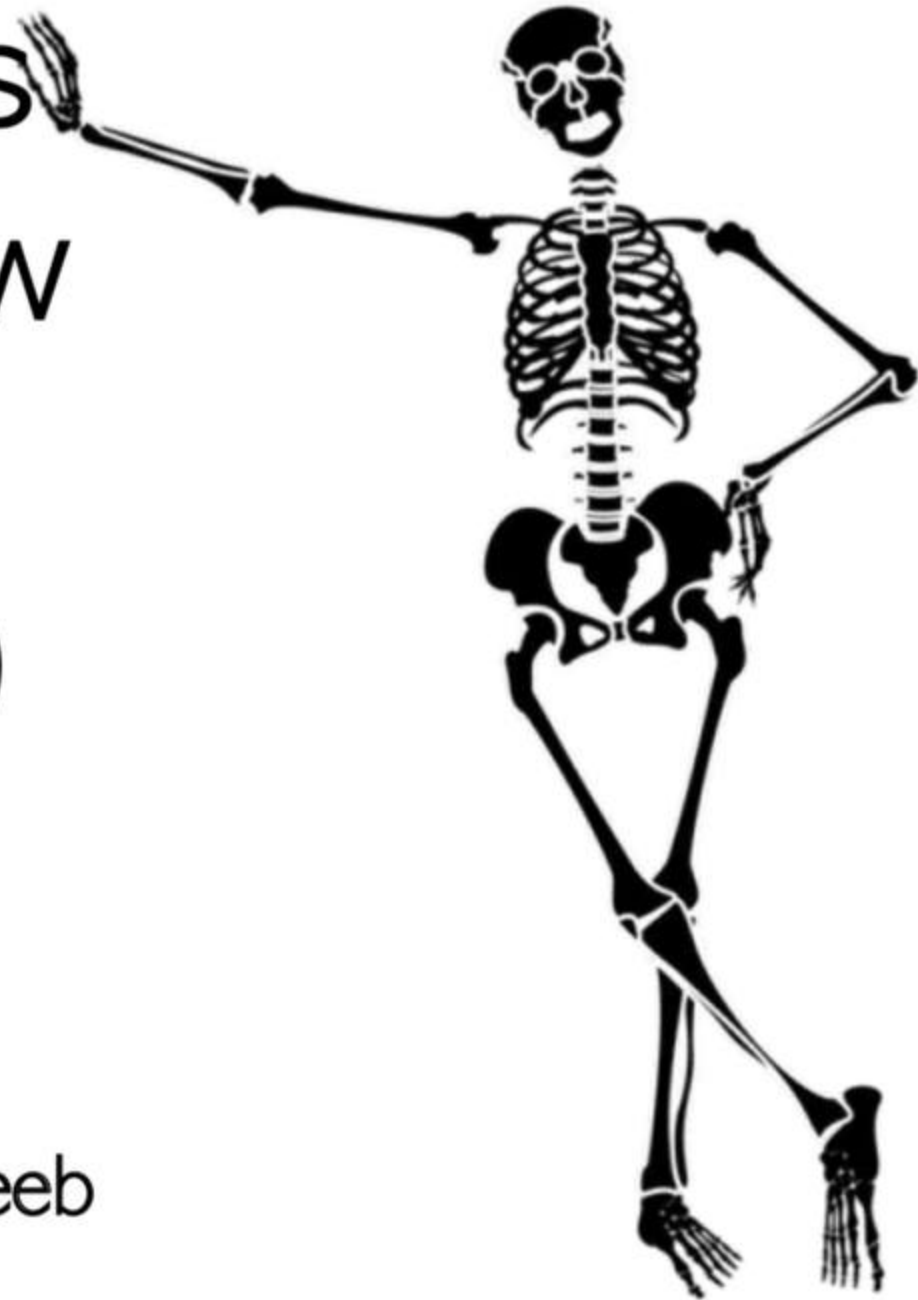
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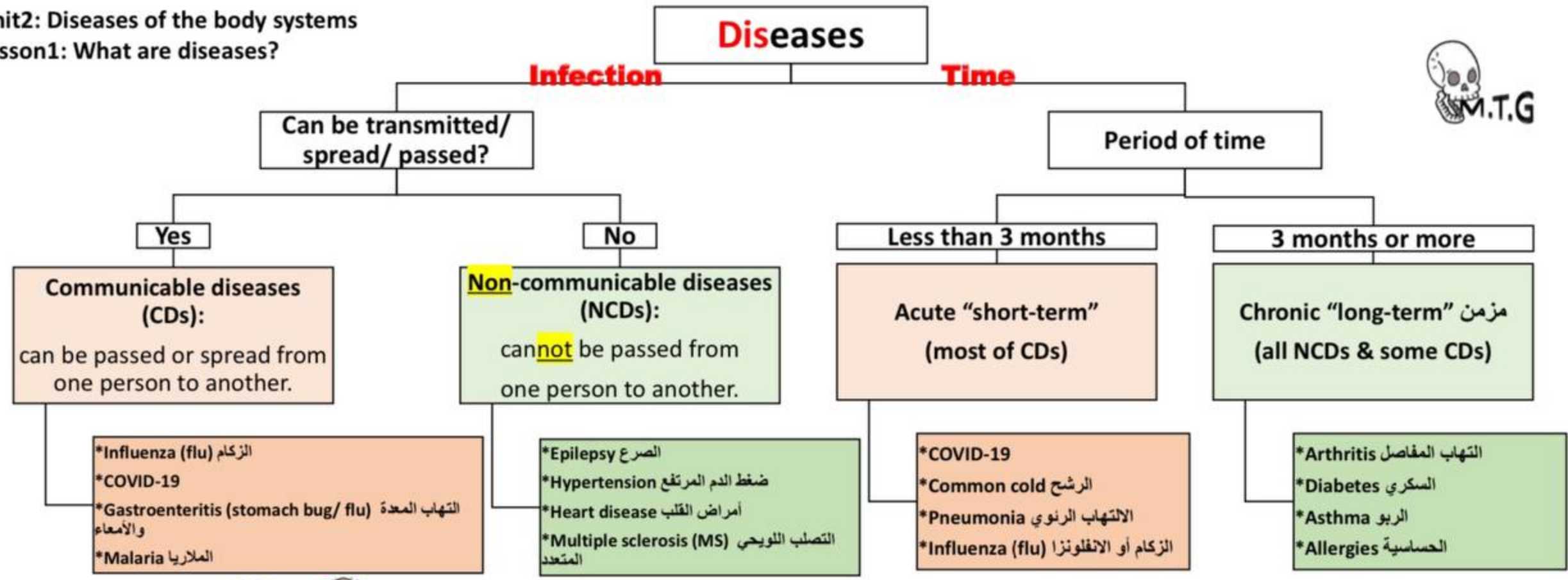
المزيد من الملفات بحسب الصف الثاني عشر والمادة علوم صحية في الفصل الأول

<a href="#">علوم صحية تلخيص الوحدة الأولى</a>	1
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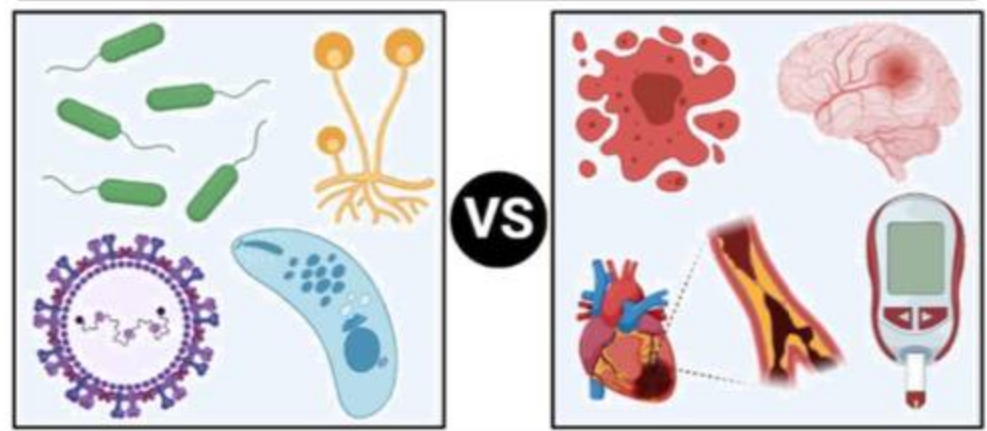
Health sciences  
Grade 12 review  
Term 1  
(2021/2022)



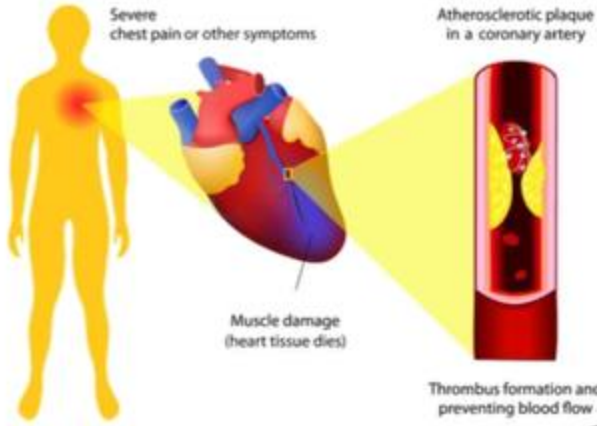
Done by: Maitha Taleb Ghareeb



**Communicable and Non-Communicable Diseases**



# HEART ATTACK



في المرض يتأثر عمل العضو ومن الممكن أن يتوقف عن العمل وفي بعض الحالات الخطيرة يسبب الوفاة

Signs  
علامات



Coughing

Skin rash

Each disease has its remarkable signs & symptoms:

Pain

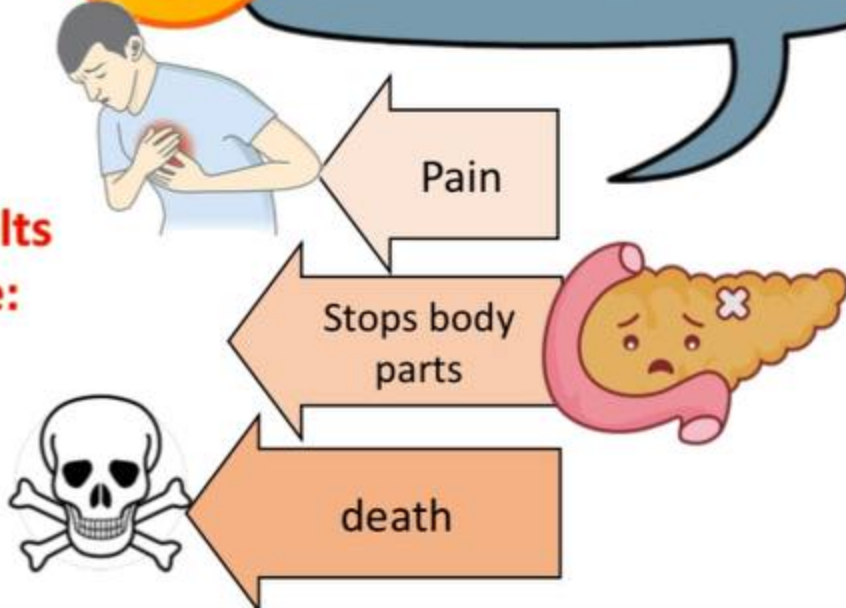


Symptoms  
أعراض

## EXAMPLE

**Dis-ease**  
المرض  
A medical condition that stops the body from working normally.

Possible results of a disease:

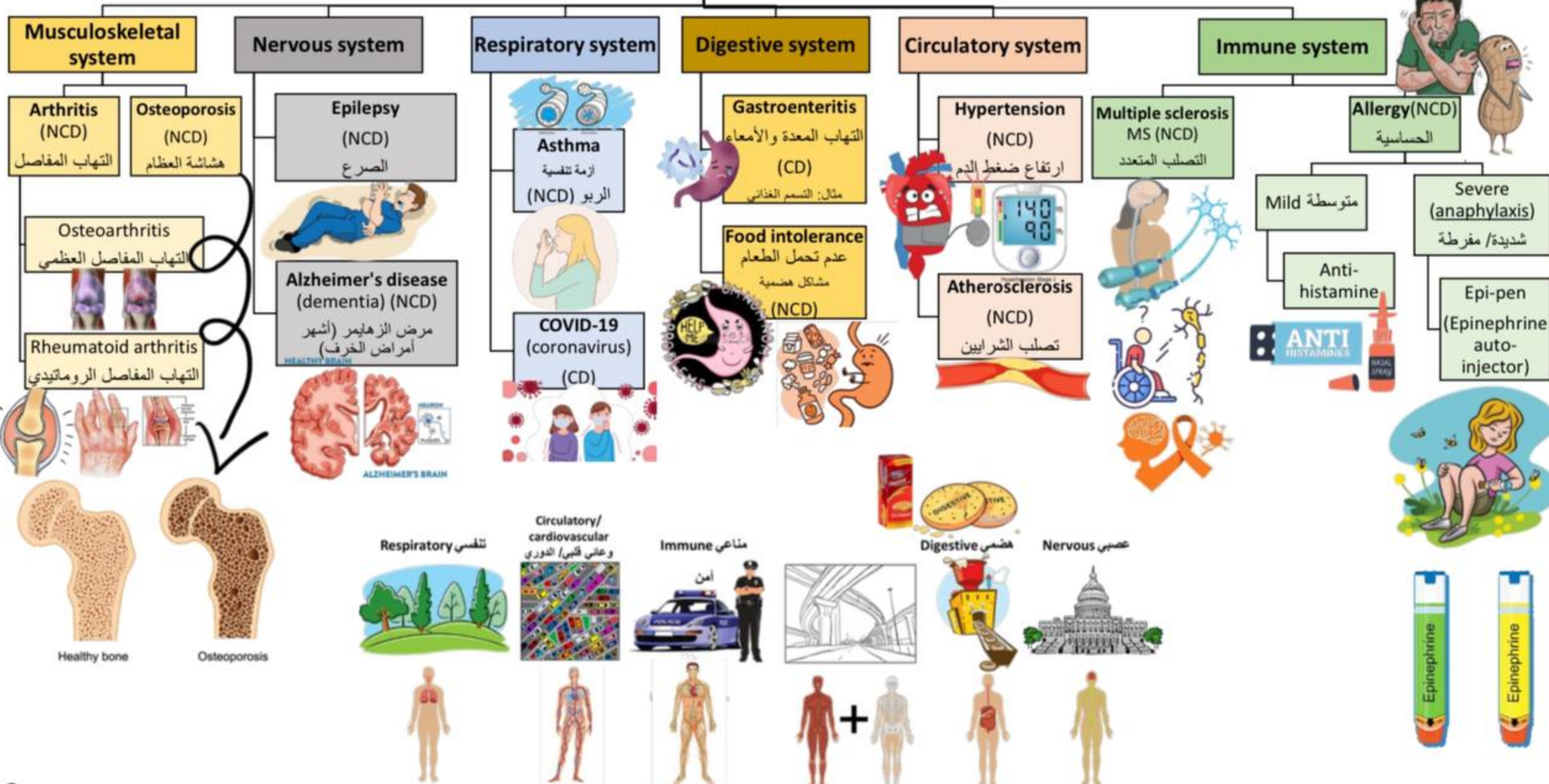


### Medical specialists:

ADV only

- Orthopedic surgeon:** skeletal system specialist.
- Neurologist:** expert on the nervous system. (diagnose & treat diseases of the brain/ spinal cord/ nerves/ muscles)
- Pulmonologist:** respiratory system expert.
- Gastroenterologist:** digestive system specialist.
- Cardiologist:** expert on the circulatory system.
- Immunologist:** immune system expert. (managing asthma/ allergies/ diseases of the immune system)

# Diseases



<p><b>Body system</b></p>	<p><b>Musculoskeletal system (muscular + skeleton) الجهاز العضلي الهيكلي</b></p>			
<p><b>Organs/ parts (anatomy) Skeleton</b></p>	<ol style="list-style-type: none"> <li><b>Bones (206 in adults)</b></li> <li><b>Bone joins bone = joint مفصل</b></li> <li><b>Bone + bone = ligament رباط</b></li> <li><b>Muscle on bone = tendon وتر</b></li> <li><b>Cartilage غضروف</b></li> <li><b>Muscles عضلات</b></li> </ol> <p>Connective tissue</p>			
<p><b>Function (physiology)</b></p>	<p>provides <u>form</u>, <u>stability</u> and <u>support</u> and allows the body to <u>move</u>.</p>			
<p><b>Diseases</b></p>	<p><b>What is it? (definition)</b></p>	<p><b>Who dose it affect?/ risk factors</b></p>	<p><b>Signs &amp; symptoms:</b></p>	<p><b>Treatment:</b></p> <p style="text-align: right;"><b>USE IT OR LOSE IT</b></p>
<p><b>Arthritis (NCD)</b> (There are over 100 different types of arthritis) The 2 most common types: <b>Osteoarthritis:</b> degenerative disease. مرض تآكلي <b>Rheumatoid arthritis:</b> auto-immune disease. مرض مناعي ذاتي</p>	<p><b>A disease of the joints</b></p>	<ul style="list-style-type: none"> <li>→ Can develop in anyone of any age.</li> <li>→ More <u>common in adults over the age of 65</u>.</li> <li>→ It affects <u>women</u> more than men.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pain &amp; swelling around the joint.</li> <li>▪ Lack of motion.</li> <li>▪ Stiffness.</li> <li>▪ Grating (grinding sounds because of rubbing).</li> </ul>	<ul style="list-style-type: none"> <li>✓ Medication (anti-inflammatory drugs).</li> <li>✓ Physical therapy/ <b>العلاج الطبيعي</b> physiotherapy</li> <li>✓ Surgery to replace joint (e.g. knee replacement)</li> </ul>
<p><b>Osteoporosis (NCD)</b></p>	<p><b>A disease of the bones (weak/ brittle bones)</b></p>	<ul style="list-style-type: none"> <li>→ Being a female. <b>نقص</b></li> <li>→ Calcium &amp; vitamin D deficiency.</li> <li>→ Drinking caffeine &amp; fizzy drinks.</li> <li>→ Lack of <u>weight-bearing exercises</u> (e.g., running/ walking/ aerobics/ weight-lifting).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Easily fractured bones. <b>سهولة تكسر العظام</b></li> <li>▪ Back pain.</li> <li>▪ Stooped posture. <b>حنفية</b></li> <li>▪ Loss of height.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Eat enough Ca<sup>2+</sup> &amp; vitamin D.</li> <li>✓ Avoid fizzy drinks and caffeine.</li> <li>✓ Do <u>weight-bearing exercises</u>.</li> <li>✓ Medication to slow down the process of bones becoming weaker</li> </ul>



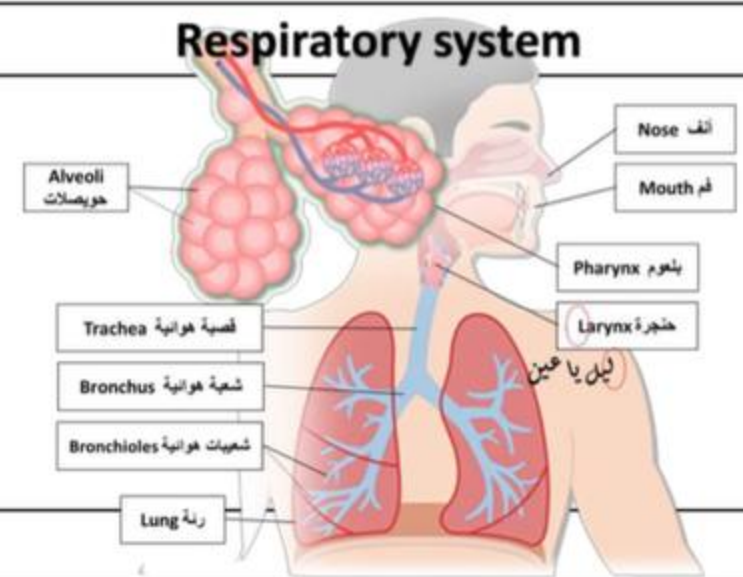





**Degenerative disease:** worsen slowly by the time.

**Autoimmune disease:** when the immune system attack the healthy tissue of the body.

Unit2: Diseases of the body systems  
 Lesson3: Diseases of the nervous system

<p><b>System</b></p> <p><b>Organs/ parts (anatomy)</b></p>	<p><b>Nervous system</b></p>			
<p><b>Function (physiology)</b></p>	<p>PNS carries information to and from the CNS.                  CNS then processes this information and tells the body how to react.</p>			
<p><b>Diseases</b></p> <p><b>Epilepsy (NCD)</b>                  سيبسي لبيسي                  تذكر: من ضمن الإسعافات الأولية للمريض عدم لمس أو تثبيت المريض</p>	<p><b>What is it? (definition)</b></p> <p>Chronic <u>abnormal</u> brain <u>activity</u> which can lead to <u>seizures</u>.                  يحدث فرط نشاط في كهربائية المخ أثناء النوبة</p>	<p><b>Who dose it affect?/ risk factors</b></p> <ul style="list-style-type: none"> <li>→ Anyone can develop epilepsy, but it is more <u>common in children and older adults</u></li> <li>→ The cause of most cases is unknown</li> <li>→ It can be caused by brain injury/ serious illness/ high fever (febrile seizure)/ stroke</li> </ul>	<p><b>Signs &amp; symptoms:</b></p> <p><u>Seizures</u> are the main symptom of <u>epilepsy</u>:</p> <ul style="list-style-type: none"> <li>▪ Stiff body with an arching back.</li> <li>▪ Noisy, difficult breathing.</li> <li>▪ Sudden uncontrolled movements.</li> <li>▪ Fall down.</li> <li>▪ Become unresponsive/ unconscious</li> </ul>	<p><b>Treatment:</b></p> <ul style="list-style-type: none"> <li>✓ Anti-epileptic drugs</li> <li>✓ A diet (healthy fats &amp; low carbs)</li> <li>✓ Brain surgery to remove the area of the brain that causes the seizures</li> </ul> <p><b>Recommended movie:</b> first do no harm</p>
<p><b>Alzheimer's disease (NCD)</b></p> <p>Normal Alzheimer</p>	<p><b>What is it? (definition)</b></p> <p>A <u>degenerative disease</u> that causes brain cells to waste away and die (brain shrinkage) causing <u>memory loss</u> (type of <u>dementia</u>)</p>	<p><b>Who dose it affect?/ risk factors</b></p> <ul style="list-style-type: none"> <li>→ Aging (65 or over)</li> <li>→ Family history</li> <li>→ Women are more likely to develop the disease</li> </ul>	<p><b>Signs &amp; symptoms:</b></p> <ul style="list-style-type: none"> <li>▪ Memory loss + forgotten people's names or things + getting lost in familiar places</li> <li>▪ Trouble with words &amp; following up conversations</li> <li>▪ Difficulty concentrating &amp; thinking</li> <li>▪ Behavioral changes (mood swings/ depression)</li> </ul>	<p><b>Treatment:</b></p> <ul style="list-style-type: none"> <li>✓ There's <u>no cure</u> for Alzheimer's disease.</li> <li>✓ Some medications can slow down the disease</li> </ul>

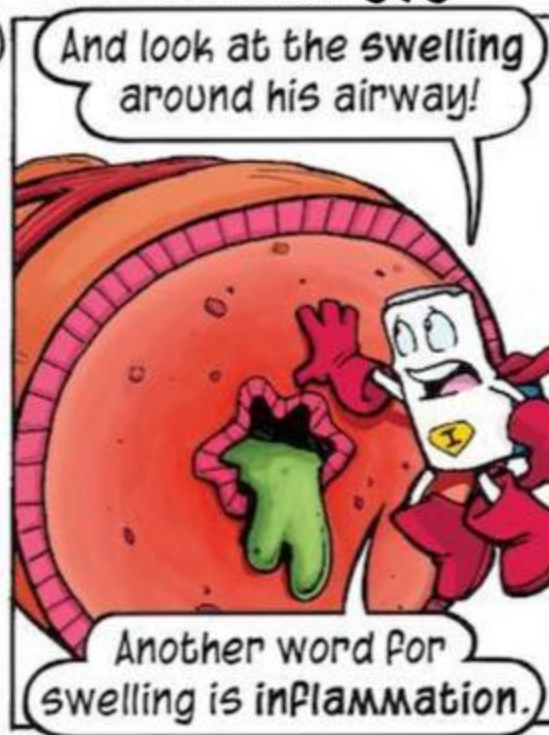
<p><b>System</b></p>	<p><b>Respiratory system</b></p>			
<p><b>Organs/ parts (anatomy)</b></p>	<ol style="list-style-type: none"> <li>1. Nose and mouth</li> <li>2. Trachea</li> <li>3. Bronchus</li> <li>4. Bronchioles</li> <li>5. Lungs (made up of alveoli)</li> </ol>			
<p><b>Function (physiology)</b></p>	<p>Allows us to breathe &amp; provide the body with oxygen</p>			
<p><b>Diseases</b></p>	<p><b>What is it? (definition)</b></p>	<p><b>Who dose it affect?/ risk factors</b></p>	<p><b>Signs &amp; symptoms:</b></p>	<p><b>Treatment:</b></p>
<p><b>Asthma (NCD) أزمة تنفسية</b> Asthma - Inflamed Bronchial Tube</p> 	<p><u>inflammation</u> of the <u>airway</u> making it difficult to breath. التهاب المجاري الهوائية.</p>	<ul style="list-style-type: none"> <li>→ Can begin in childhood and lasts into adulthood</li> <li>→ Family history</li> <li>→ Exposed to smoking</li> <li>→ Having allergies</li> </ul>	<ul style="list-style-type: none"> <li>▪ Coughing (especially at night)</li> <li>▪ Shortness of breath.</li> <li>▪ Tightness in the chest.</li> <li>▪ A wheezing/ whistling sound</li> </ul> 	<ul style="list-style-type: none"> <li>✓ Long-term daily medication</li> <li>✓ Inhaler during asthmatic attack</li> <li>✓ Lifestyle changes: healthy diet, regular physical activity, stopping smoking</li> </ul>
<p><b>Coronavirus disease (COVID-19) (CD)</b></p>	<p>An acute viral infection of the lungs</p>	<ul style="list-style-type: none"> <li>→ Can affect anyone</li> <li>→ People with chronic conditions are more vulnerable (cardiovascular disease/ diabetes/ chronic respiratory disease/ cancer)</li> <li>→ Children are less affected</li> </ul>	<p>Loss of taste &amp; or smell Dry cough Fever &amp; headache Tiredness &amp; pains Sore throat</p> 	<p><b>Signs &amp; symptoms</b></p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>Mild:</b> Home nursing. The patient will recover without requiring special treatment.</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>Severe (life-threatening):</b> Hospitalization. The patient may be fitted with apparatus (ventilator) to help them breathing.</p> </div> </div>



# Asthma الربو



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Coughing



Wheezing









Chest tightness



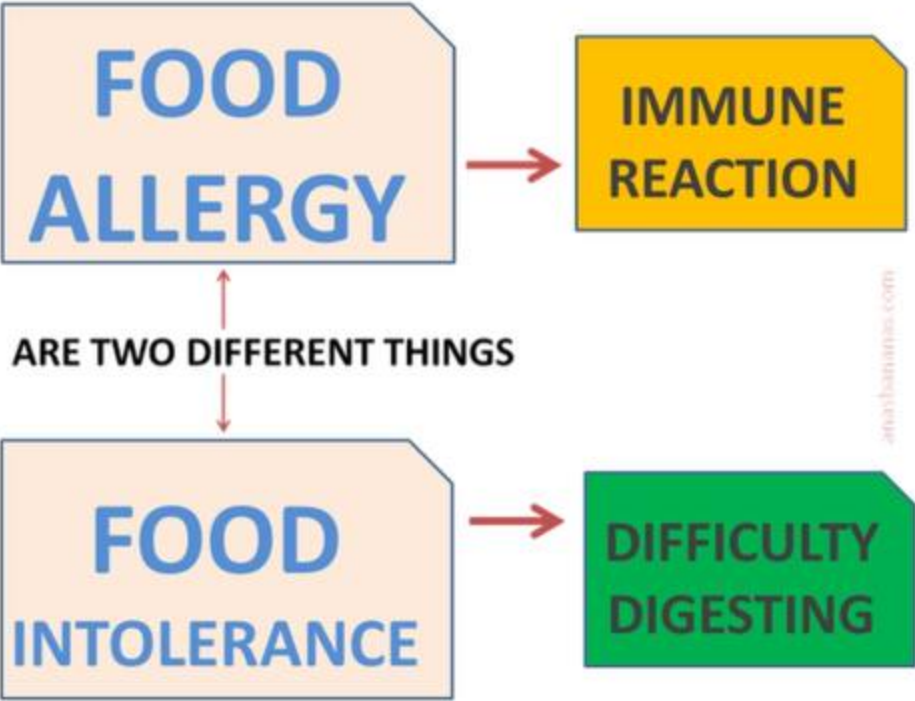
Shortness of breath

Unit2: Diseases of the body systems  
 Lesson5: Diseases of the digestive system

System	Digestive system			
Organs/ parts (anatomy)	<p>Mouth (tongue/ teeth/ salivary glands الغدد اللعابية)</p> <p>Esophagus المريء</p> <p>Stomach المعدة</p> <p>Small intestine الأمعاء الدقيقة</p> <p>Large intestine (colon) القولون/ الأمعاء الغليظة</p> <p>Rectum البتكرياس</p> <p>Pancreas/ liver &amp; gall/ bile المرارة الكبد bladder</p>			
Function (physiology)	Responsible for breaking down (digesting) the food into small nutrients			
Diseases	What is it? (definition)	Who dose it affect?/ risk factors	Signs & symptoms:	Treatment:
<b>Gastroenteritis (CD)</b> (stomach flu/ bug) 	<p><u>Acute</u> (less than 2 weeks) viral or bacterial <u>infection</u> of the <u>stomach</u> &amp; small <u>intestine</u>.</p> <p>caused by eating or drinking contaminated food طعام ملوث</p>	<p>→ Can affect any age</p> <p>→ Children/ older adults &amp; people with other serious conditions are more at risk</p> <p>أعراض التسمم الغذائي</p>	<ul style="list-style-type: none"> <li>Watery diarrhoea</li> <li>Cramps and pain in the stomach</li> <li>Nausea, vomiting or both</li> <li>Muscle aches, headache, or fever</li> </ul> 	<p><b>Prevention:</b> الوقاية</p> <ul style="list-style-type: none"> <li>✓ Good hygiene (handwashing)</li> <li>✓ Keep your home clean</li> <li>✓ Not eating raw food</li> </ul> <p><b>Treatment:</b> العلاج</p> <p>no cure available but you should keep <b>hydrated</b> (drink water) &amp; stop eating solid food</p> 
<b>Food intolerance (NCD)</b> 	<p>*Difficulty digesting certain foods.</p> <p>*Examples: <u>dairy products</u>, <u>gluten</u>, <u>eggs</u>, and <u>caffeine</u>.</p> <p>*It is not a life-threatening condition, but it can be painful</p>	<p>Anyone at any time.</p> 	<ul style="list-style-type: none"> <li>Stomach pain</li> <li>Bloating</li> <li>Headaches</li> <li>Nausea</li> <li>Diarrhoea</li> </ul>	<p>A diet that <u>removes a certain food</u> that causes the symptoms of food intolerance.</p> 




Disease	Food allergy	Food intolerance
Which body system it triggers?	Immune system	Digestive system
Is it dangerous?	Can be fatal (anaphylaxis)	Not serious
Symptoms	Appears immediately	It takes time (≈2 hours)
What to do?	Avoid eating offending foods	



# Do you think you have ...

## A Food ALLERGY




A Food Allergy is a Cellular Immune-mediated reaction. It affects the

### Immune System

Food Allergies Can be Fatal

OR


## A Food INTOLERANCE

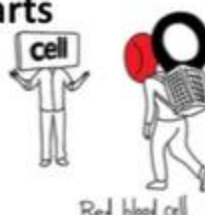
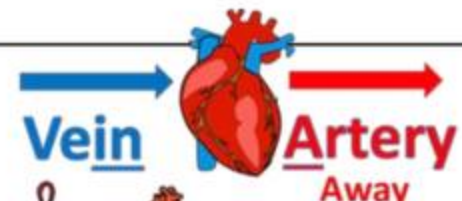




A Food Intolerance is not an Immune-mediated reaction. It affects the

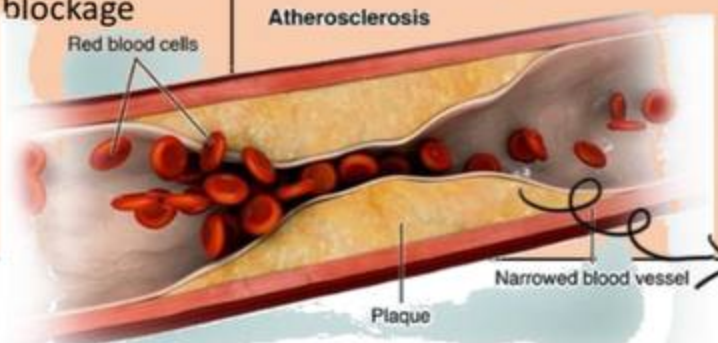
### Digestive System

Intolerances are Not Life-Threatening

[www.foodinsight.org](http://www.foodinsight.org)
@FoodInsight


<b>System</b>	<b>Circulatory system</b>		
<b>Organs/ parts (anatomy)</b> 	Heart (pumps blood) Veins (take blood back the heart) Arteries (take blood <u>away</u> from the heart) Blood (carries nutrients and oxygen to all body parts)		 
<b>Function (physiology)</b>	Provides oxygen & nutrients to all parts of the body		

<b>Diseases</b>	<b>What is it? (definition)</b>	<b>Who dose it affect?/ risk factors</b>	<b>Signs &amp; symptoms:</b>	<b>Treatment:</b>
<b>Hypertension (NCD)</b> (high blood pressure)	It means that the blood pressure in the arteries is higher than it should be	<ul style="list-style-type: none"> <li>→ Can affect anybody</li> <li>→ Risk factors include family history, overweight, smoking, too much salt, high stress levels, lack of physical activity</li> </ul>	They show when blood pressure is too high (140/90) <ul style="list-style-type: none"> <li>▪ Severe headache.</li> <li>▪ Fatigue or confusion.</li> <li>▪ Vision problems.</li> <li>▪ Chest pain.</li> <li>▪ Irregular heartbeat.</li> <li>▪ Irregular breathing.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Lifestyle changes: healthy weight, exercise regularly, diet with less salt &amp; low fat</li> <li>✓ Medications to lower blood pressure</li> <li>✓ Checking blood pressure regularly</li> </ul>
<b>Atherosclerosis (NCD)</b>	A disease in which plaque (fat) builds up slowly inside arteries' walls till a blockage happens.	<ul style="list-style-type: none"> <li>→ Being overweight</li> <li>→ Unhealthy diet</li> <li>→ Not exercising</li> </ul>	**If the blockage in the <u>heart</u> : (heart attack) <ul style="list-style-type: none"> <li>▪ Severe chest pain</li> </ul> **If the blockage in the <u>brain</u> : (stroke) <ul style="list-style-type: none"> <li>▪ Body weakness</li> <li>▪ Loss of vision</li> <li>▪ Difficulty speaking</li> </ul> **Pain in the arms or legs if the blockage is in either of those area	<ul style="list-style-type: none"> <li>✓ Lifestyle changes</li> <li>✓ Medications to lower body fat (cholesterol) &amp; blood pressure</li> <li>✓ Surgery to remove plaques from the blood vessels</li> </ul>



**Fat = cholesterol = plaque**

# Hypertension



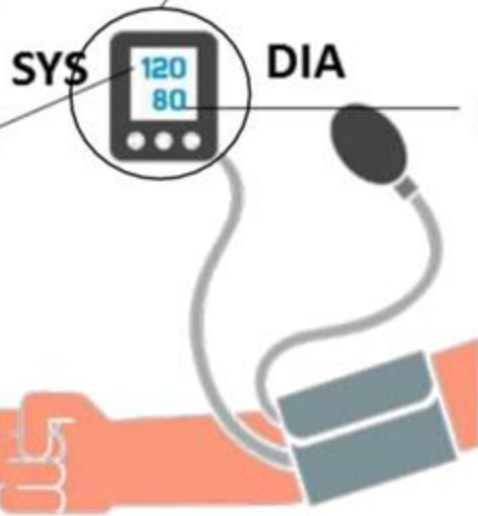
In 2018 a study showed that 30% of adults in the UAE had high blood pressure.

**تمدد**  
**Dilation**  
تمدد/ استرخاء = Dilation

Normal blood pressure reading: 120/80

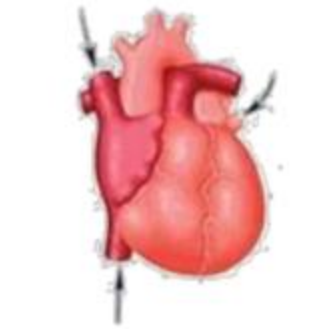
من كلمة systems في العملية القلب يضخ الدم بقوة ليصل لكل أجهزة الجسم لذلك يكون الرقم/ الضغط كبير

**Systolic pressure**  
الضغط الانقباضي



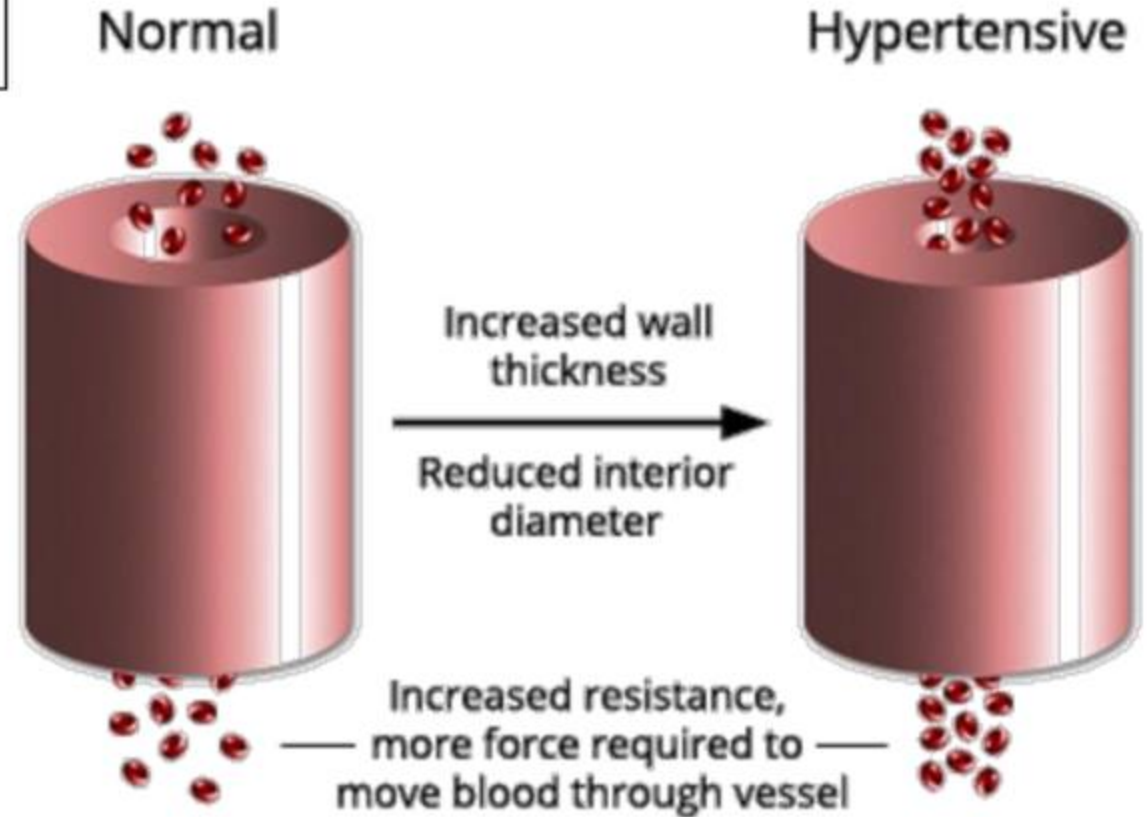
من كلمة dilation بمعنى تمدد حيث يسترخي القلب في العملية فيكون الضغط صغير (الرقم الصغير)

**Diastolic pressure**  
الضغط الانبساطي



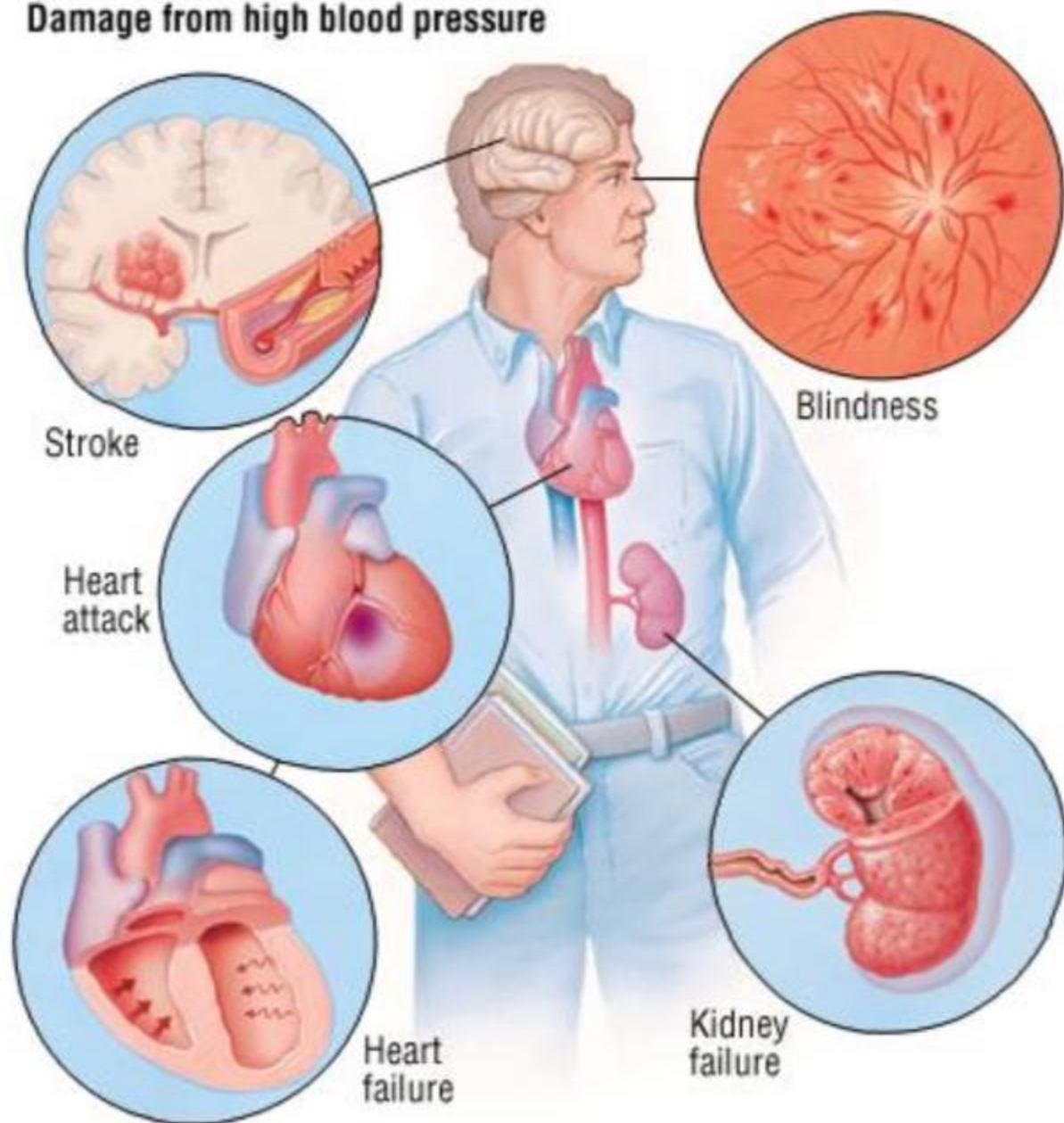
Relaxation & refilling with blood again

Contraction & pushing blood to all body systems



# Hypertension complications

Damage from high blood pressure



Stroke

Heart  
attack

Heart  
failure

Kidney  
failure

Blindness

# Circulatory system diseases & disorders



**Overweight +  
not doing exercises**



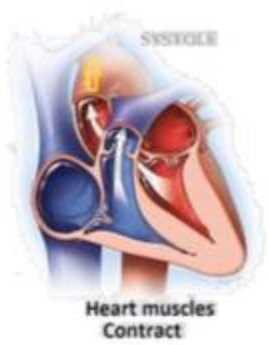
**High stress**



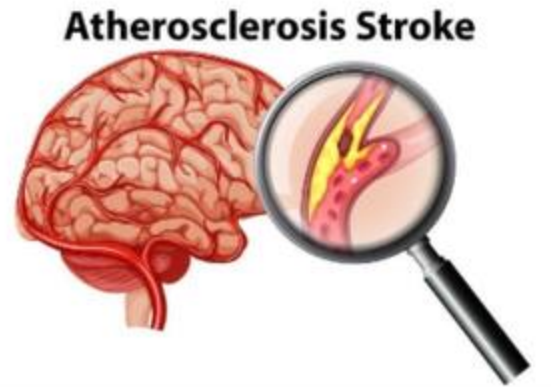
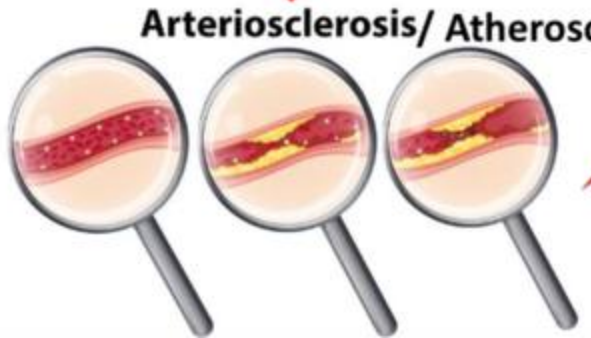
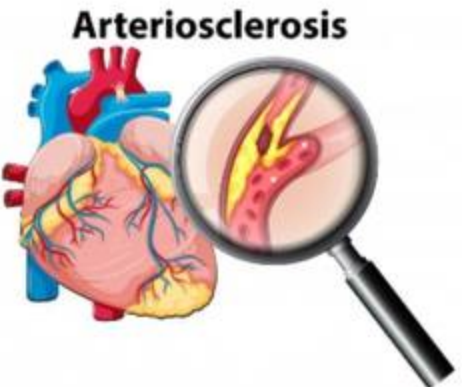
**Too much salt**

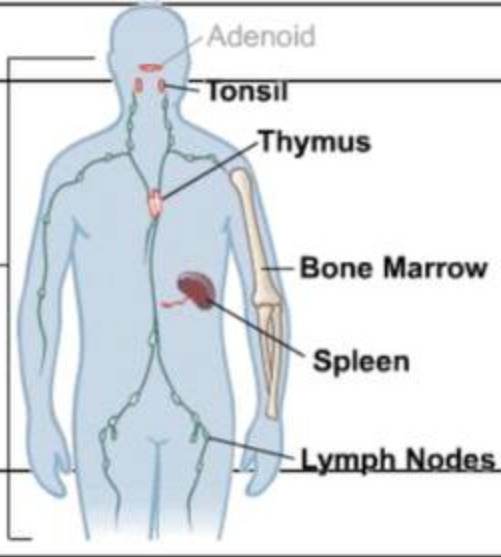
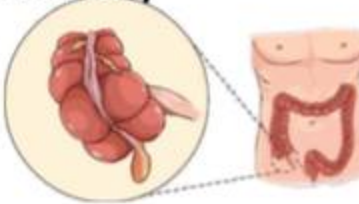
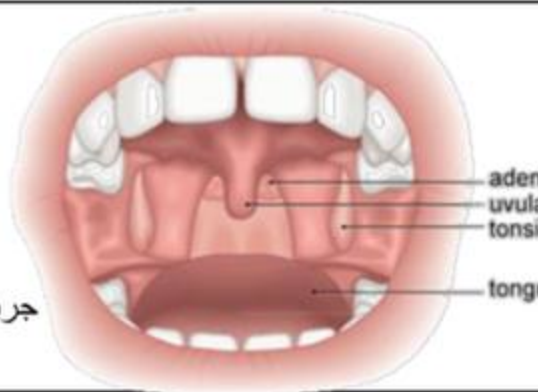


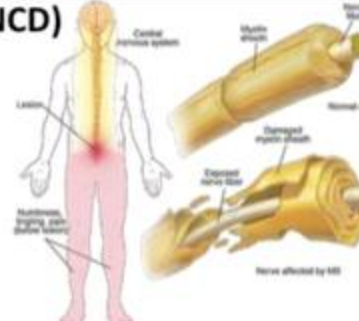
**Risk factors (causes)**






**Hypertension (high blood pressure)**



<b>System</b>	<b>Immune system الجهاز المناعي</b>			
<b>Organs/ parts (anatomy)</b> 	Tonsils and adenoids اللوزتان والحمية Thymus gland الغدة الزعترية Lymph nodes العقد الليمفاوية Bone marrow نخاع العظم (ينتج خلايا الدم بأنواعها) Spleen الطحال Appendix الزائدة الدودية Peyer's patches (in the intestine) جريبات باير على اسم العالم		<b>Whole System</b>	
<b>Function (physiology)</b>	Fights off diseases (white blood cells produce antibodies that destroy germs)			

Diseases	What is it? (definition)	Who dose it affect?/ risk factors	Signs & symptoms:	Treatment:
<b>Multiple sclerosis MS (NCD)</b> 	<ul style="list-style-type: none"> <li>*An autoimmune disease of the brain and spinal cord</li> <li>*The nerve cells will be "demyelinated"</li> <li>*The patient will have difficulties to do everyday tasks</li> </ul>	<ul style="list-style-type: none"> <li>→ Affects people between 16-55</li> <li>→ Women are more likely to develop the disease</li> <li>→ Family history</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tiredness and weakness.</li> <li>▪ Vision problems.</li> <li>▪ Mobility problems.</li> <li>▪ Pain or numbness in arms and legs.</li> <li>▪ Cognitive problems.</li> </ul> <p>قصة راكان:  <a href="https://www.youtube.com/watch?app=desktop&amp;v=TiuNtb_nJg4">https://www.youtube.com/watch?app=desktop&amp;v=TiuNtb_nJg4</a></p>	<ul style="list-style-type: none"> <li>✓ No cure for MS</li> <li>✓ Medication to slow down the progression</li> <li>✓ Physical therapy to strengthen muscles</li> </ul>

<b>Allergy (NCD)</b> 	Happens when the immune system reacts to a substances (allergen): dust/ animal hair/a type of food  <div style="border: 1px dashed black; padding: 5px; width: fit-content;"> <b>Prevention:</b> avoid things that cause the reaction         </div>	<ul style="list-style-type: none"> <li>→ Affect anyone</li> <li>→ Family history</li> <li>→ Asthmatic people are more vulnerable</li> </ul> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <b>STEP 1</b>              Blue to the sky.         </div> <div style="border: 1px solid orange; padding: 5px; text-align: center;"> <b>STEP 2</b>              Orange to the thigh.         </div> </div>	<ul style="list-style-type: none"> <li>*Rash/ hives</li> <li>*Swelling of the face, lips, or throat</li> <li>*Watery red eyes</li> <li>*Sneezing</li> <li>*Itchy mouth or nose</li> <li>Bumpy red rash</li> </ul>	<div style="text-align: center;"> <b>Allergy</b> </div> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid green; padding: 10px; text-align: center;"> <b>Mild</b>             Antihistamine         </div> <div style="border: 1px solid orange; padding: 10px; text-align: center;"> <b>Severe (anaphylaxis)</b>            life-threatening             Epi-pen autoinjector (Epinephrine/ adrenaline)         </div> </div> <div style="border: 1px solid orange; padding: 10px; margin-top: 10px;"> <ul style="list-style-type: none"> <li>*Severe shortness of breath</li> <li>*Skin rash</li> <li>*Rapid weak pulse</li> <li>*Loss of consciousness</li> </ul> </div>
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# Allergen (a substance triggers/ causes allergic reaction) types & examples

## Inhalation



Pollen

Animals

Dust

## Injection



Medication

Insect bites

## Skin contact



Poison  
plants

Household  
chemicals

Latex

## Ingestion



Honey

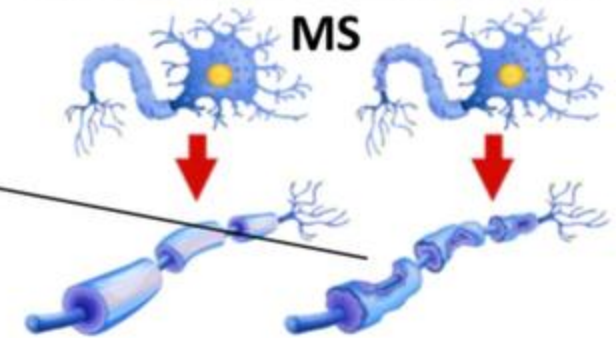
Dairy

Citrus

Conditions affecting the immune system		
	Description	Disease
<b>Autoimmune diseases</b> (when the immune system attacks healthy cells by mistake)  <u>Autoimmune disease: مرض مناعي ذاتي</u>	Affects the nervous system	Multiple sclerosis (MS) التصلب اللويحي المتعدد
	Certain types of arthritis	Rheumatoid arthritis (joints) الروماتيزم
	Certain bowel diseases	Chron's disease (digestive system)
	When the immune system overreacts to usually harmless substances	Allergy الحساسية



Damaged myelin of the human neuron



- ✓ WBCs attack the myelin sheath (fatty layer) that protects the neuron in the brain & spinal cord this process is called "**demyelination**"
- ✓ This causes damage to the nerves & disrupts the communication between the brain & the rest of the body

## Conditions affecting the musculoskeletal system

Arthritis التهاب المفاصل

Osteoporosis هشاشة العظام

Osteopenia ضعف العظام

Rickets الكساح

Gout النقرس

Sarcopenia الضمور العضلي

Spine, back and neck pain

## Conditions affecting the nervous system

Epilepsy الصرع

Parkinson's disease الشلل الرعاش / باركنسون

Alzheimer's disease مرض الزهايمر

Sciatica عرق النسا



## Conditions affecting the circulatory system

Hypertension ارتفاع ضغط الدم

Arteriosclerosis/ atherosclerosis تصلب الشرايين

Angina الذبحة الصدري

Heart failure فشل القلب

Stroke السكتة الدماغية

Venous thrombosis تجلط وريدي



## Conditions affecting the digestive system

Gastroenteritis التهاب المعدة والأمعاء

Gastritis/ stomach ulcers قرحة المعدة

Irritable bowel syndrome (IBS) متلازمة القولون العصبي

Food intolerance عدم تحمل الطعام

Constipation الإمساك



## Conditions affecting the respiratory system

Asthma الربو

Chronic obstructive pulmonary disease COPD  
أمراض الانسداد الرئوي المزمنة

Pneumonia الالتهاب الرئوي

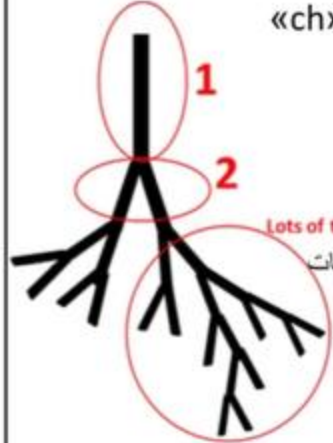
COVID-19



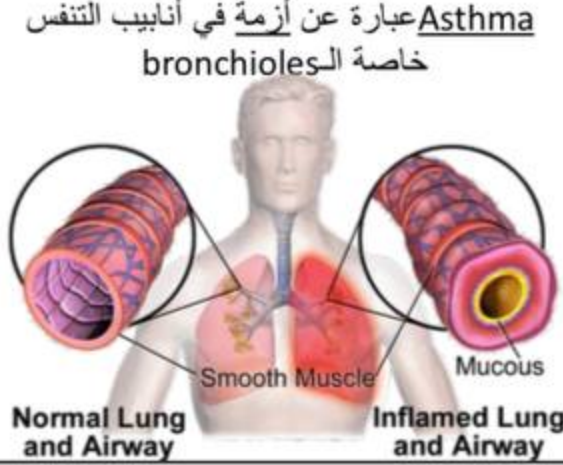
Arthr = Joints = مفصل  
 Arthr = Joints = مفصل  
 In flame  
 -itis = Inflammation = التهاب

# Arthritis

نجمع الكلمات اللي فيها «ch»  
**Trachea**  
**Bronchus**  
**Bronchioles**  
 نوزعهم على حسب عدد  
 تفرعات الأنابيب الهوائية  
 أطول كلمة مع أكبر عدد للتفرعات  
 والعكس صحيح



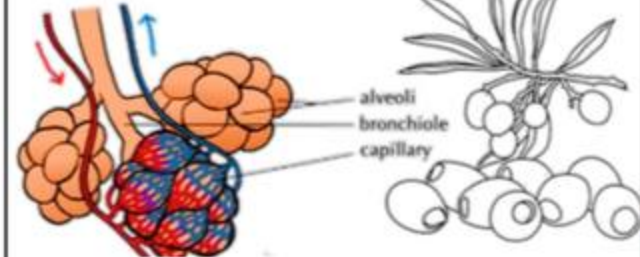
**Asthma** عبارة عن أزمة في أنابيب التنفس خاصة الـ bronchioles  
 Normal Lung and Airway  
 Inflamed Lung and Airway



Osteo = Bone = عظام  
 Porous = Pores = ثقوب  
 POP!  
 POP!  
 POP!  
 Sponge pop has pores all over his body.

# Osteoporosis

**Alveoli** sounds like **olives** they even look alike.



**Athero** sounds like **ثريد**  
 أكل الثريد وغيره من الوجبات الدسمة المشبعة بالدهون  
 ممكن أن يسبب تصلب الشرايين وانسدادها  
**Athero = Pasty material = عجينة دهون**



**Allergy** sounds like **alarm**  
 The immune system reaction to an allergen resembles the alarm system  
 الجهاز المناعي يحاول وبشراسة طرد المادة التي دخلت الجسم ويقوم بتشغل أجهزة الجسم الأخرى  
 كالجهاز التنفسي والهضمي والخلايا المخاطية والدمعية تماماً مثل عمل جهاز الإنذار



**Epilepsy** = **سببي لبسي**



**Sclerosis** → **Skele** → **Skeleton**  
 The **skeleton** is made up of **hard bones**  
**Sclerosis = hardening = تصلب**

