

تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف ملخص ومصطلحات الوحدة الثانية disorders and Diseases

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روابط مواقع التواصل الاجتماعي بحسب الصف الثاني عشر



روابط مواد الصف الثاني عشر على تلغرام

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

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Health Sciences

Grade 12, Unit 2: Diseases and disorders

A **disease** is a medical condition that *stops the body* from working normally. A **disorder** is the *disruption* of the normal functions of the body because of the presence of a disease.

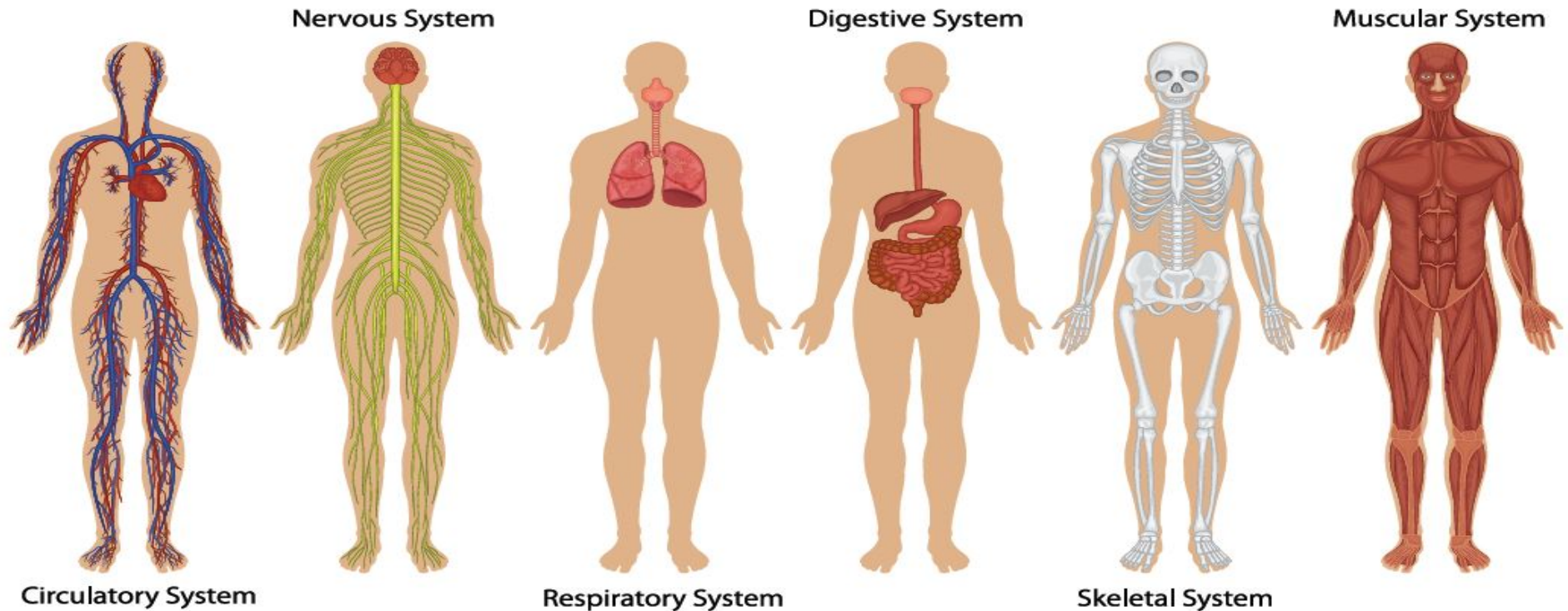
Communicable diseases can be *passed* or spread from one person to another.

Non-communicable diseases *cannot be passed* from one person to another.

Acute diseases last a *short* length of time, usually less than three months.

Chronic diseases last a *long* time and sometimes they last for the whole life.

Human Body Systems



The musculoskeletal system الجهاز العضلي الهيكلي

The musculoskeletal system provides the body form, stability and support and allows the body to move.

1. Arthritis التهاب المفاصل

Arthritis is a disease that affects the musculoskeletal system. It describes pain and disease of the joints. Arthritis is noncommunicable. More common in adults over the age of 65

Signs and symptoms: Pain and swelling, lack of motion, stiffness, grating (bones rubbing)

Treatment: Medication, physical therapy, surgery

2. Osteoporosis هشاشة العظام

Chronic disease, bones become weak and porous and can break easily. Affects more women than men. Low levels of calcium and vitamin D can lead to weaker bones.

Signs and symptoms: Easily fractured (broken) bones, back pain, stooped posture, loss of height

Treatment: Calcium and vitamin D, weight bearing physical activity, medication

3. Sarcopenia ضمور

It is the loss of muscle strength and muscle mass, it reduces mobility. Usually affects people over the age of 75, people with a bad diet and those who are not physically active

Signs and symptoms: Weakness, increased falls, difficulty doing everyday tasks, reduced mobility, reduced muscle mass

Treatment: exercise

The nervous system الجهاز العصبي

Made up of the brain, the spinal cord, and nerves. It sends signals all around the body so that it can respond to stimulation

- **The central nervous system (CNS):** Brain + Spinal cord
- **The peripheral nervous system (PNS):** Nerves

1. Epilepsy الصرع

Epilepsy is a chronic disorder, affects CNS, non-communicable, more common in young children and older adults.

Signs and symptoms: loss of sight, smell, hearing, taste or touch, dizziness, shaking, falling, unresponsiveness

Treatment: anti-epileptic drugs, diet (healthy fats, low carbs), brain surgery

2. Parkinson شلل الرعاش

Chronic degenerative disorder, affects CNS, non-communicable, more common in people over the age of 60, more common in men and people who have close family member with Parkinson

Signs and symptoms: Tremor (shaking) in the hands, difficulty concentrating, freezing, loss of sense of smell or taste, slow movement

Treatment: medications to help with movement, medication to control dopamine, lifestyle changes(exercise), physical therapy

3. Alzheimer النسيان

Degenerative, brain cells death, memory loss, type of dementia, more common over age of 65 and people who have close family member with Parkinson

Signs and symptoms: memory loss, trouble with words, behavior changes, difficulty concentrating

Treatment: no cure, medications can help

The respiratory system الجهاز التنفسي

Allows us to breath. Main parts: the nose and mouth- the trachea- the bronchus - the lungs - the bronchioles - the alveoli.

1. Asthma الربو

Chronic disease, inflammation of airways. starts in childhood and lasts into adulthood. More common if other family members have it, or in people who have allergies, or those exposed to smoking.

Signs and symptoms: cough, shortness of breath, chest tightness, wheezing

Treatment: No cure, medication can help, lifestyle (diet, exercise, stop smoking...)

2. Chronic obstructive pulmonary disease (COPD) الانسداد الرئوي المزمن

Difficulty breathing, can lead to serious complications, get worse over time. Affect men or women and usually begins around the age of 30 or 40.

Signs and symptoms: chronic cough, shortness of breath, chest tightness, wheezing

Treatment: stop smoking, medication (relax muscles), steroids (reduce inflammation)

3. Pneumonia التهاب رئوي

Acute infection that affects the air sacs (alveoli) in one or both lungs. Can be communicable (bacteria or viruses). Under the age of 2 and adults over the age of 65 are most at risk

Signs and symptoms: chest pain, confusion, cough, short breath, fever, shaking, sweating

Treatment: medication at home (if mild), hospitalized (if serious/ use ventilator)

The digestive system الجهاز الهضمي

Breaking down the food that you eat into smaller pieces so that it can be turned into nutrients for the body.

1. Gastroenteritis التهاب المعدة والأمعاء

Infection of the stomach and the small intestines, acute disease, communicable

Signs and symptoms: Watery diarrhea, cramps and pain in the stomach, nausea, vomiting, muscle aches, headache, fever

Treatment: no treatment/ remain hydrated

Can be prevented by having good personal hygiene

2. Inflammatory bowel disease (IBD) التهاب الأمعاء

Long-term such as Crohn's disease and colitis. Mostly before 30. Greater risk if a close family member has the disease. Can be caused by taking certain medication for long time

Signs and symptoms: Diarrhea, fever, fatigue, stomach pain, cramping, blood in the stool, reduced appetite and weight loss

Treatment: medications, special diet, surgery

3. Food intolerance عدم تحمل الطعام

Difficulty digesting certain foods (dairy products, eggs...). Can affect anybody

Signs and symptoms: Stomach pain, bloating, headaches, cough, runny nose

Treatment: special diet

The circulatory system نظام الدورة الدموية

Transport blood that carries nutrients and oxygen to all body parts. Main parts: the heart, arteries (take blood away from heart), veins (take blood back to the heart), blood. Also known as cardiovascular system

1. Hypertension (high blood pressure) ارتفاع ضغط الدم

Blood pressure in the arteries is higher than it should be. Chronic condition. Risk increase if there's a family history, too much salt in the diet, no exercise, stress...

Signs and symptoms: severe headache, fatigue or confusion, vision problems, chest pain, irregular heartbeat, difficulty breathing.

Treatment: healthy lifestyle, medication

2. Atherosclerosis تصلب الشرايين

Happens when a fatty substance called plaque builds up in the arteries. Can lead to stroke or heart attack. More risk due to being overweight, non-healthy lifestyle, high blood pressure...

Signs and symptoms: chest pain (if the blockage is in the heart), weakness in the body + vision loss + difficulty speaking (if blockage is in the brain) pain in limbs

Treatment: lifestyle changes, medication (lower cholesterol, surgery (remove plaque)

The immune system الجهاز المناعي

Responsible for 'fighting' disease. It protects the body from illness and disease.

1. Multiple Sclerosis (MS) تصلب متعدد

Autoimmune disease of the brain and spinal cord. Chronic disease affecting communication between the brain and the rest of the body. usually affects people between 16-55. More in women or if you have family history

Signs and symptoms: tiredness, weakness, vision problems, (movement) problems, pain or numbness in the arms and legs, (mental functioning) problems.

Treatment: no cure/ medication, physical therapy

2. Allergy حساسية

When the immune system reacts to a substance. Can affect anybody. Or if you have asthma or family history of allergies.

Signs and symptoms:

- **Mild:** sneezing, red or swollen eyes, swelling of the face, lips, or throat, chest tightness, shortness of breath.
- **Severe (Anaphylaxis):** severe shortness of breath, skin rash, rapid weak pulse, loss of consciousness.

Treatment: avoiding things that cause the reaction, antihistamine epinephrine auto-injector can save your life if you are experiencing anaphylaxis.