

21. Health and diseases Points to Remember

- ❖ Use of certain drugs by an individual as a regular habit. This is called drug addiction or drug abuse.
- ❖ Tobacco is used for smoking, chewing and snuffing. Inhaling tobacco smoke is called smoking.
- ❖ The dependence of alcohol is called alcoholism and the addict is termed as alcoholic.
- ❖ Prolonged use of alcohol depresses the nervous system, by acting as a sedative and analgesic substance and causes fatty liver (cirrhosis).
- ❖ Diabetes mellitus is a chronic metabolic disorder. It is characterised by increased blood glucose level due to insufficient, deficient or failure of insulin secretion and insulin resistance.
- ❖ Obesity is the state in which there is an accumulation of excess body fat with an abnormal increase in body weight.
- ❖ Coronary heart disease is the most common form and is caused by deposition of cholesterol in the blood vessels.
- ❖ Cancer is an abnormal and uncontrolled division of cells that invade and destroy surrounding tissue forming a tumor or neoplasm.
- ❖ AIDS is caused by Human immunodeficiency virus.