

# Knowledge



1. Diet, smoking, exercise, stress, pollution levels
2. Health is a state of physical and mental well-being
3. A non-communicable disease is one that is not caused by microbes and so cannot be passed on.
4. A benign tumour is one that will not spread as it is contained within a capsule.
5. Cardiovascular disease is any diseases of the heart or blood vessels
6. Lower blood cholesterol
7. A tube that helps to prevent blood vessels or airways open
8. To keep blood flowing one way around the body
9. Biological or mechanical
10. Anything capable of causing cancer – e.g xrays, cigarette smoke

# Apply

1. An artificial heart can be transplanted right away, whereas the patient would have to wait for a transplant to become available. There is much less chance of rejection with the artificial heart than the transplanted one. However, artificial hearts don't work as smoothly as real ones, and patients have to take blood thinning drugs to help blood flow. This can lead to problems with bleeding.
2. An infection can cause increased immune response which can trigger asthma attacks. Infection with the HPV virus can cause cervical cancer. Depression can be caused by obesity.
3. A malignant tumour can spread when cells break off from the tumour and enter the bloodstream. They can then lodge in other organs and begin to divide there.

4a) Lifestyle and diet can affect blood cholesterol levels. Statins lower blood cholesterol by as much as 40% over 6 months.

4b) The control or placebo group

4c) A tablet that looked exactly the same as the statin tablet, but with no statin in it – a sugar pill

4d) because 6000 people took part, which is a large sample size

5. Diabetes, heart disease and high blood pressure are more common in overweight people and most common in obese people. High blood pressure is found in 27.5% of obese people, three times higher than the number of people of healthy weight (8.5%)  
Diabetes is found in 11% of obese people, more than 5x higher than the 2% of normal weight people