



HEALTH AND DISEASES



Learning Objectives



At the end of this lesson the students will be able to:

- ◆ Understand the types of abuses and associated behavioural changes.
- ◆ Gain knowledge of prevention and protection from child sexual abuse.
- ◆ Know the causes for drug, tobacco and alcohol addiction and its effects on health.
- ◆ Analyse the possible ways of de-addiction.
- ◆ Know about the diseases and disorders associated with lifestyle modification.
- ◆ Compare the features of Type-1 and Type-2 diabetes mellitus and relates the signs and symptoms.
- ◆ Explain the underlying cause and symptoms for obesity, heart disease, cancer and AIDS.
- ◆ Suggest remedial measures for prevention and control of these diseases and disorders.
- ◆ To create awareness among the individuals in the society to lead healthy life.

Introduction

Abuses occur in a variety of forms and are deeply rooted in cultural, social and economic practices. Solving this global problem however requires a much better understanding of its occurrence, causes and consequences with context to sexual and childhood abuse, this is followed by substance abuse. Are people leading healthier lives in today's modern world than their generations did in the past? For instance, smoking cigarettes, alcohol addiction, use of drugs, eating high fat and cholesterol rich diets, excessive intake of junk foods, reduced physical activity are some of the risk factors for illness and early death. The role of behaviour in health has been receiving increased attention in countries around the

world. The health habits of the individuals and their behaviour influence the development of chronic and fatal diseases such as diabetes, obesity, heart disease, cancer and AIDS. These conditions can be substantially reduced by adopting lifestyles that promote wellness and protect their health by taking nutritious diet, regular exercise and by avoiding drugs, alcohol and smoking.

21.1 Abuse and Types of Abuse

Abuse refers to cruel, violent, harmful or injurious treatment of another human being. It includes **physical, emotional or psychological, verbal, child and sexual** abuses. Abuse can occur within the family and with people who are not associated with the family.