

Name

Date

What are Diseases?

Diseases are one of the factors threatening us from having a properly functional life.

Throughout our history, epidemics have caused the extinction of whole populations. Over the last century, man has discovered many microorganisms that cause diseases in humans and animals, and has learned how to protect himself from them, by either prevention or treatment.



A disease is an illness that affects the body or mind. When you have a disease, you do not feel as healthy. Some diseases, like the common cold, come and go quickly. Others last longer. Some diseases can lead to death.

Some diseases can be passed on from one person to another. These are called **infectious diseases**. One way to stop the spread of these diseases is to fight the germs that cause them. Another way is to stop contact between people during the time that the disease can be spread.

Other illnesses are caused by how people live, by conditions they are born with, or by hazards around them. Those are called **non-infectious diseases**. Heart disease, asthma, and diabetes are examples of non-infectious diseases. In order to reduce the risk of getting these diseases, they must try to change how they live or decrease the hazards around them. For example, people can reduce their risk of lung cancer by not smoking. Heart disease can be prevented by eating a healthy diet and staying at a healthy weight.

Death due to diseases is called death by natural causes. There are four main types of disease: pathogenic disease, deficiency disease, hereditary disease, and physiological disease. Diseases can also be classified as communicable and non-communicable disease.

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What are Diseases? Writing Activity

1. What is the difference between infectious and non-infectious diseases?

2. Give three examples of non-infectious disease.

3. What are the four main types of diseases?

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What are Diseases? Multiple Choice Questions

1. Diseases that are passed on from one person to another are called

- a) Infectious disease
- b) Non- infectious disease
- c) Viral disease
- d) None of the above

2. Which of the following is the right way to stop infectious diseases?

- a) Fight the germs that causes them
- b) Stop contact between people during the time that the disease can be spread.
- c) Both a and b option
- d) None of the above

3. Asthma is an example of

- a) Infectious disease
- b) Non-Infectious disease
- c) Viral Disease
- d) All of the above

4. Death due to disease is called _____

- a) Death by disease
- b) Death by natural causes
- c) Death by chance
- d) Death on bed