

MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

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DEPARTMENT OF ENGLISH

SUBJECT NAME: PUBLIC HEALTH AND HYGIENE

SUBJECT CODE: SW5AC

SEMESTER: I

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Unit-I Scope health and hygiene – Concept of health and disease - Pollution and health hazards; water and air borne diseases. Radiation hazards: Mobile Cell tower and electronic . Role of health education in environment improvement and prevention of diseases. Personal hygiene, oral hygiene and sex hygiene.

Unit-II Classification of food into micro and macro nutrients. Balanced diet, Importance of dietary fibres. Significance of breast feeding. Malnutrition anomalies – Anaemia, Kwashiorkor, Marasmus, Rickets, Goiter (cause, symptoms, precaution and cure)

Unit-III Communicable viral diseases- measles, chicken pox, poliomyelitis, swine flu, dengue, chikungunya, rabies, leprosy and hepatitis. Communicable bacterial diseases- tuberculosis, typhoid, cholera, tetanus, plague, whooping cough, diphtheria, leprosy. sexually transmitted diseases- AIDS, syphilis and gonorrhoea. Health education and preventive measures for communicable disease

Unit-IV Non-communicable diseases such as hypertension, stroke, coronary heart disease, myocardial infarction. Osteoporosis, osteoarthritis and rheumatoid arthritis- cause, symptom, precautions. Diabetes- types and their effect on human health. Gastrointestinal disorders- acidity, peptic ulcer, constipation, piles (cause, symptoms, precaution and remedy) etc. Obesity (Definition and consequences). Mental illness (depression and anxiety). Oral and lung cancer and their preventive measures.

UNIT - I

Unit-I Scope health and hygiene – Concept of health and disease - Pollution and health hazards; water and air borne diseases. Radiation hazards: Mobile Cell tower and electronic. Role of health education in environment improvement and prevention of diseases. Personal hygiene, oral hygiene and sex hygiene.

PUBLIC HEALTH IS A BROADER TERM

It includes a goal- maximum health for all – as well as the means of attempting to achieve that goal. Public Health is concerned with the prevention of disease and disability. It is aimed at benefitting the entire population in contrast with medicine, which focuses on the individual.

The functions of public health in a community can be compared with the functions of a physician in caring for a patient. Public health diagnoses and treats the community's ills by way of assessment, policy development, and assurance. It relies on the tools of science and politics. The public health sciences of epidemiology and statistics are applied in assessing a population's health. Policy is developed based on biomedical sciences, social and behavioural sciences, environmental health sciences, and the study of the medical care system. Public health depends on policies for decision making. Decision on public health interventions to be taken by the community, insofar as they require government action, are reached through politics.

Public health focuses on prevention of diseases and disability. Preventive measures can be applied at three levels: primary prevention aims to prevent a disease or injury from occurring at all; secondary prevention aims to minimize the damage caused by the illness or injury-causing event when it occurs; and tertiary prevention seeks to minimize any ensuing disability by providing medical care and rehabilitation.

Public health prevention programs function through interventions designed to interrupt the chain of causation that leads to an illness or an injury. Intervention can be directed toward eliminating or suppressing the agent that causes an illness or injury, strengthening the resistance of the host to the agent, or changing the environment in such a way that the host is likely to encounter the agent. Public health is an abstract concept that is not well understood and is often neglected. (from *Introduction to Public Health* (Third Edition) by Mary Jane Schneider)

Public health and hygiene is one basic key, not only to the prevention of infectious diseases, but also to the promotion of health among the people as a whole.



Image Source- <https://icsehelp.com/>

Pollution

Exposure to high levels of air pollution can cause a variety of adverse health outcomes. It increases the risk of respiratory infections, heart disease and lung cancer. Both short and long term exposure to air pollutants have been associated with health impacts. People who are already ill are affected severely due to pollution.

Health effects of pollution

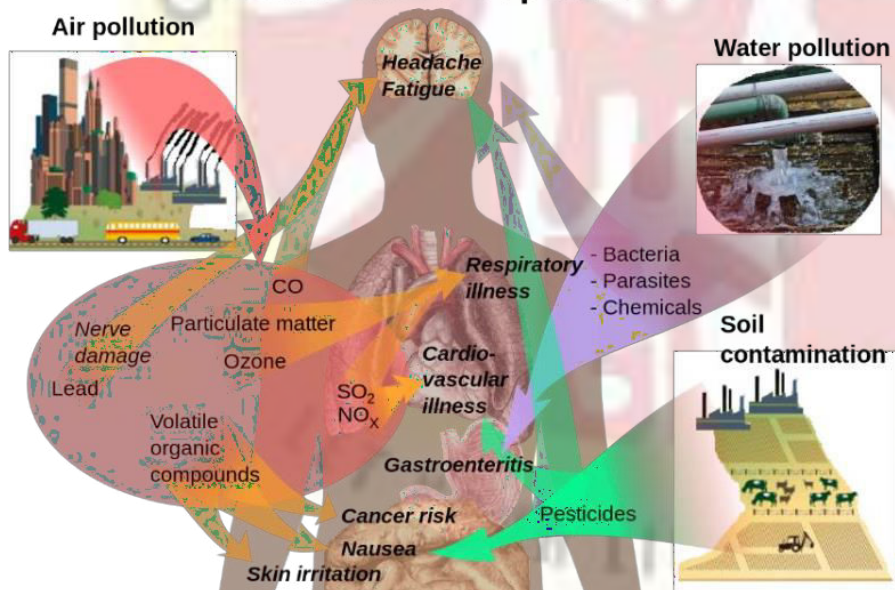


Image Source - <https://commons.wikimedia.org/>

Concept of health and disease

When harmful substances contaminate the environment, it leads to pollution. Further, exposure to high levels of air pollution has an adverse effect on health. It causes the diseases prone to respiration, heart and lungs. The changes in the environment, lead

to the malfunctioning of physical and mental state of human beings which results in drastic diseases.

When these harmful substances contaminate the environment, it results in health hazards. As a result, people are prone to water and air borne diseases.

i. Water borne diseases

Waterborne diseases are caused by microscopic organisms such as viruses and bacteria. They are transmitted through the contaminated water or by human waste.

Common Water-borne diseases are

1. Trachoma (Eye infection)
2. Typhoid
3. Schistosomiasis
4. Cholera
5. Dysentery
6. Arsenicosis
7. Polio



Image Source-<https://www.medindia.net/>

ii. Airborne diseases

Airborne diseases are caused by small particles. Their size is so small that they cling to the air. They hang on dust, moisture droplets, or on the breath until they are inhaled. They also acquired by contact with mucus or phlegm. These pathogens (particles) multiply inside the body to cause disease. These pathogens are bacteria and viruses.

Common airborne diseases

- The Common cold
- Varicella zoster
- Mumps
- Measles
- Whooping cough

Uncommon airborne diseases

- Anthrax
- Diphtheria
- Meningitis



REGULAR HAND-WASHING CAN PREVENT AIR-BORNE DISEASES

Image Source-<https://www.medicalnewstoday.com/>

Radiation Hazards

Radiation can harm people by damaging their cells. These cells might malfunction or stop function or multiply in an out-of-control fashion, causing various drastic diseases like cancer.

Mobile cell tower and electronics

Mobile towers are dangerous, because they emit microwaves at a frequency of 1900 MHZ. The intense radioactivity from mobile phone towers have adverse effect on all organisms in the environment. Radio towers, TV towers, cell phone towers emit radiation continuously.



5 G radiations have adverse effect on health

Image Source-<https://www.electricsense.com/>

Role of health education in environment improvement and prevention of diseases

For airborne microbes, we can prevent exposure by providing living conditions that are not overcrowded. For water-borne diseases, we can prevent exposure by providing safe drinking water. This can be done by treating the water to kill any microbial contamination. For vector-borne infections, we can produce clean environments. This would not, for example, allow mosquito breeding. In other words, public hygiene is one basic key to the prevention of infectious diseases. There should be good immune system to fight against these diseases. To have good immune system, one should see to that, that there is the availability of proper and sufficient food for everyone.

People should be vaccinated. Though the Vaccination does not cause the disease, it can prevent diseases. There are vaccines against these diseases. These form the public health programme of childhood immunization for preventing infectious diseases. Such programmes can be useful only if such health measures are available to all children. Effective prevention of infectious diseases in the community requires that everyone should have access to public hygiene and immunization.

Personal hygiene, oral hygiene and sex hygiene.

Oral hygiene is the practice of keeping one's mouth clean and free of disease and other problems (e.g. bad breath) by regular brushing of the teeth (dental hygiene) and cleaning between the teeth. It is important that oral hygiene be carried out on a regular basis to enable prevention of dental disease and bad breath. The most common types of dental disease are tooth decay (cavities, dental caries) and gum diseases

Personal hygiene can be defined as an act of maintaining cleanliness and grooming of the external body. Maintaining good personal hygiene consists of bathing, washing your hands, brushing teeth and sporting clean clothing. Additionally, it is also about making safe and hygienic decisions when you are around others.

Sexual hygiene describes the doctrine of the health aspects of human sexuality , of the maintenance and consolidation of health and the prevention of sexually transmitted diseases , in a narrower sense



UNIT- II

CLASSIFICATION OF FOOD INTO MICRO AND MACRO NUTRIENTS

Nutrients

Each dish is made up of one or more ingredients, which we get from plants or animals. These ingredients contain some components that are needed by our body. These components are called nutrients. The major nutrients in our food are named carbohydrates, proteins, fats, vitamins and minerals. In addition, food contains dietary fibres and water which are also needed by our body.

Carbohydrates, fat and protein are called macronutrient. These are the nutrients used in the largest amounts to maintain body functions and carry out the daily activities of life.

Micronutrients include vitamins and minerals. Vitamins are necessary for energy production, immune function, blood clotting and to fight against other diseases. Minerals are essential for growth, bone health, and several other processes

Balanced Diet

The food we normally eat in a day is our diet. For growth and maintenance of good health, our diet should have all the nutrients that our body needs in right quantities. Not too much of one and not too little of the other. The diet should also contain a good amount of roughage and water. Such a diet is called a balanced diet.

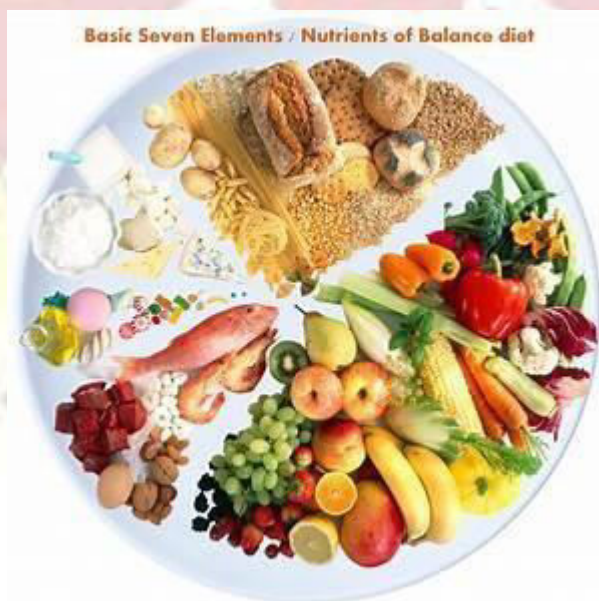


Image Source-tutortutees.com

Importance of Dietary Fibre

Besides the nutrients such as carbohydrates, proteins, fats, vitamins and minerals, our body needs dietary fibres and water. Dietary fibres are also known as roughage. Roughage is mainly provided by plant products in our food, whole grains and pulses, potatoes, fresh fruits and vegetables are main sources of roughage.

Roughage does not provide any nutrient to our body, but is an essential component of our food and adds to its bulk. This helps our body get rid of undigested food.

Eating of plenty of fibre food reduces the risk of heart diseases, strokes, type 2 diabetes and bowel cancer.



Image Source-<https://newsd.in/>

Significance of Breast Feeding

- a. Breast milk is economical and convenient; it is always at the right temperature.
- b. Nursing creates a special kind of mother-infant bonding.
- c. Breast-fed babies are prone to lesser infections. Many studies prove that people who were breast-fed have a reduced incidence of obesity, diabetes, asthma, heart disease, and some types of cancer
- d. Breast milk can protect infants with a strong family history of allergy from developing one

Malnutrition Anomalies

When a person fails to take a balanced diet, it results in various diseases such as Anaemia, Kwashiorkor, Marasmus, Rickets, Goiter and so on. The onset of symptoms such as nausea, vomiting, pain, heartburn, bloating, cramping, diarrhea, constipation and flatulence reflect a normal response to an unusual meal or be associated with some lifestyle factor, such as eating an improper diet or dealing with the stresses of daily life.

i. Anaemia

Causes: Anaemia is due to an abnormality of a low level of haemoglobin, the iron and protein based red pigment in blood that carries oxygen from the lungs to all body

cells. In other words it is caused due to iron deficiency, which is usually caused by blood loss of some type. Surgery patients, accident victims, people with a bleeding ulcer or certain cancers, or those with chronic or repeated bleeding such as nose-bleeds often have iron-deficiency anemia.

People above fifty need B12, so they need to consume food fortified with B12. Vitamin B12 is found only in animal products and strict vegetarians are at risk and should consume fortified foods and or take a supplement.

Cook in Iron Pot

Cooking in iron pots add large amounts of iron to food.

ii. Kwashiorkor

Kwashiorkor, the medical term for severe protein deficiency, is marked by poor growth and mental impairment in children, edema, anemia, muscle wasting, decreased immunity, and metabolic abnormalities. People consume much protein than the human body needs. This does not pose a serious threat for healthy persons, but too much protein adds to the workload of the kidneys and liver. Thus people with diseases affecting these organs are often put on a low-protein diet

iii. Marasmus

Marasmus is caused due to nutrition deficiency. When there is a severe deficiency of protein, vitamins, minerals, carbohydrates and fats. It mainly occurs due to poverty and famine. Loss of body weight and muscles are the main symptoms.

iv. Rickets

Rickets are caused due to deficiency of Vitamin-D. It results in softening and weakening of bones in children. Vitamin – D should be taken in sufficiently.

v. Goiter

Goiter is caused due to deficiency of Iodine. The symptoms of Goiter are glands in the neck appear swollen, mental disability in children.

UNIT-III

COMMUNICABLE VIRAL DISEASES

A viral disease occurs when a human being is invaded by pathogenic viruses. The communicable viral diseases are measles, chicken pox, Poliomyelitis, swine flu, dengue, chikungunya, rabies, leprosy and hepatitis.

Measles

It is caused by Virus. This viral infection is quite serious among small children. But it is easily prevented by vaccination. The disease spreads via air by respiratory droplets produced from sneezing or coughing. The symptoms include cough, running nose, inflamed eyes, sore throat, fever and a red, blotchy skin rash. Vitamin -A rich food can counter the symptoms to great extent.

Chickenpox

Chickenpox is an infection caused by the varicella-Zoster virus. It causes an itchy rash with small, fluid-filled blisters. It is highly contagious disease. However, due to the availability of the vaccine, children are vaccinated in their childhood. It is usually self-treatable

Poliomyelitis

Poliomyelitis (polio) is a highly contagious disease caused by infection with a member of the genus Enterovirus known as poliovirus (PV). The virus attacks the nervous system. Children younger than 5 years old are more vulnerable to it. It is a disabling and life-threatening disease. As it is a communicable disease, it can infect a person's spinal cord, causing paralysis. There is no cure for polio, but it can be prevented only by immunization. In India, it has been eradicated completely.

Swine Flu

Swine flu is a human respiratory infection caused by H1N1 virus strain. It initially began in pigs, later it started spreading among human beings. Symptoms include fever, cough, sore throat, chills weakness and body aches. It can be treated with antiviral medication. Usually, treatment includes rest, pain relievers and fluids.

Dengue

Dengue is a mosquito-borne viral disease. Symptoms include high fever, vomiting, headache, skin rashes, muscle and joint pain. In some cases, it is life threatening, so hospital care is required. Treatment includes fluids and pain relievers.

Chikungunya

Chikungunya is a viral infection caused by the Chikungunya virus. Symptoms include fever, headache, muscle and joint pains. Treatment includes pain relievers

Rabies

Rabies is a deadly virus spread to people through the saliva or the bite of the infected dogs. Symptoms include fever, headache, excess salivation, muscle spasms,

paralysis and mental confusion. An infected person should consult doctor immediately, as it is fatal. A vaccine can prevent infection.

Leprosy

Leprosy is an infectious disease. It is spread by air-borne droplets. It is caused by infection with the bacterium *Mycobacterium leprae*. It affects the skin, eyes, nose and peripheral nerves. Symptoms include light-coloured or red skin patches with numbness and weakness in hands and feet. Early treatment is essential to avoid disability.

Hepatitis

It is a serious liver infection caused by the hepatitis B virus. Symptoms are the yellowing of eyes, abdominal pain, and dark urine. Medication is a must for the treatment.

Communicable bacterial diseases

A bacterial disease occurs when a human being is invaded by bacteria. The communicable bacterial diseases are tuberculosis, typhoid, Cholera, tetanus, plague, whooping cough, diphtheria, leprosy.

Tuberculosis

Tuberculosis is an infectious disease caused by bacteria. It affects the lungs. It spreads when an infected person coughs or sneezes. Symptoms include cough tinged with blood, weight loss, night sweats and fever. It needs medication.

Typhoid

Typhoid is caused through contaminated food and water. It is prevented through vaccines. Symptoms include high fever, headache, stomach pain, weakness, vomiting and loose stools. Treatment includes antibiotics and fluids.

Cholera

Cholera is a bacterial disease caused by a bacterium called *Vibrio Cholerae*. It is caused by eating food or drinking water contaminated. Symptoms are severe diarrhea and dehydration. Treatment includes fluids and antibiotics.

Tetanus

Tetanus is a bacterial infection that affects the nerves. It causes painful muscle contractions, especially in the jaw and neck. It leads to breathlessness and eventually causes death if not treated on time. A vaccine can prevent the infection.

Plague

Plague is a bacterial infection that is transmitted by infected fleas. Symptoms include fever, chills, headache, fatigue, muscle aches, swollen lymph nodes in the groin, armpit or neck. It needs medication with strong antibiotics.

Whooping Cough

It is a highly contagious respiratory infection caused by a type of bacteria called *Bordetella Pertussis*. Symptoms are uncontrollable cough, nasal congestion, sneezing and difficulty in breathing. It should be treated with antibiotics. It can be prevented by vaccination.

Diphtheria

Diphtheria is a serious infection caused by bacteria called *Corynebacterium diphtheria*. It affects the mucous membranes of the throat and nose. Symptoms are sore throat, fever, swollen lymph nodes and weakness. It can be prevented by vaccination and treated with antibiotics.

Sexually transmitted diseases

i. AIDS (Acquired Immune Deficiency Syndrome)

AIDS is a sexually transmitted disease. There is no complete cure for AIDS. But good nutrition (balanced diet) can prevent or delay weight loss and other complications. Death occurs due to starvation rather than any other HIV complications. It is often recommended that HIV-positive people take a multiple vitamin and mineral pill to prevent nutritional deficiencies.



HIV (Human Immunodeficiency Virus) is a virus that causes AIDS (Acquired Immunodeficiency Syndrome)

FACT: HIV by itself is not an illness and does not instantly lead to AIDS. A person with the HIV virus can live a healthy life for several years before he/she develops AIDS.

What is AIDS: Acquired Immunodeficiency Syndrome is a health condition that results from the body having contracted the HIV virus and leaves the body vulnerable to life threatening diseases.

WOMEN'S MINISTRIES DEPARTMENT / GENERAL CONFERENCE OF SEVENTH-DAY ADVENTISTS

Image Source-<https://slideplayer.com/>

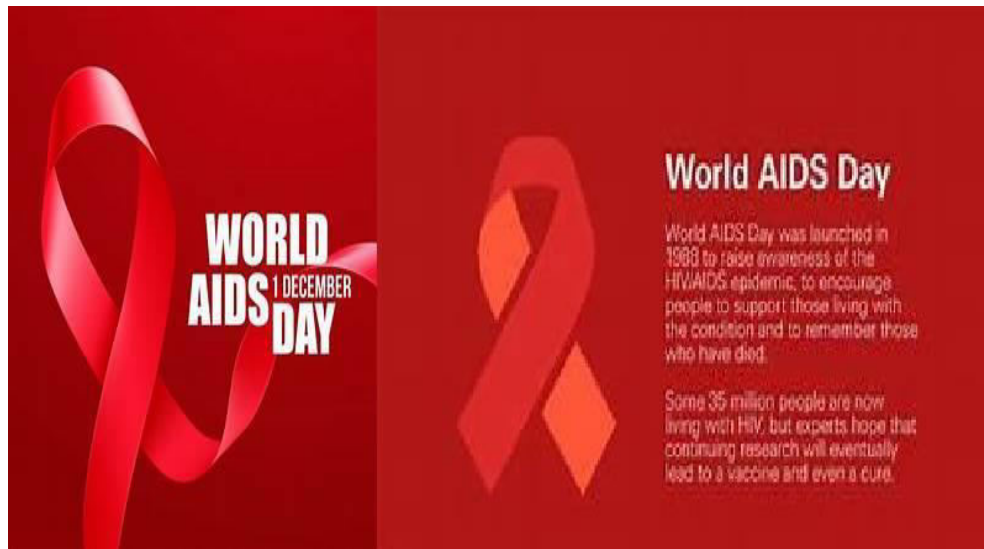


Image Source- <https://www.charities.org/>

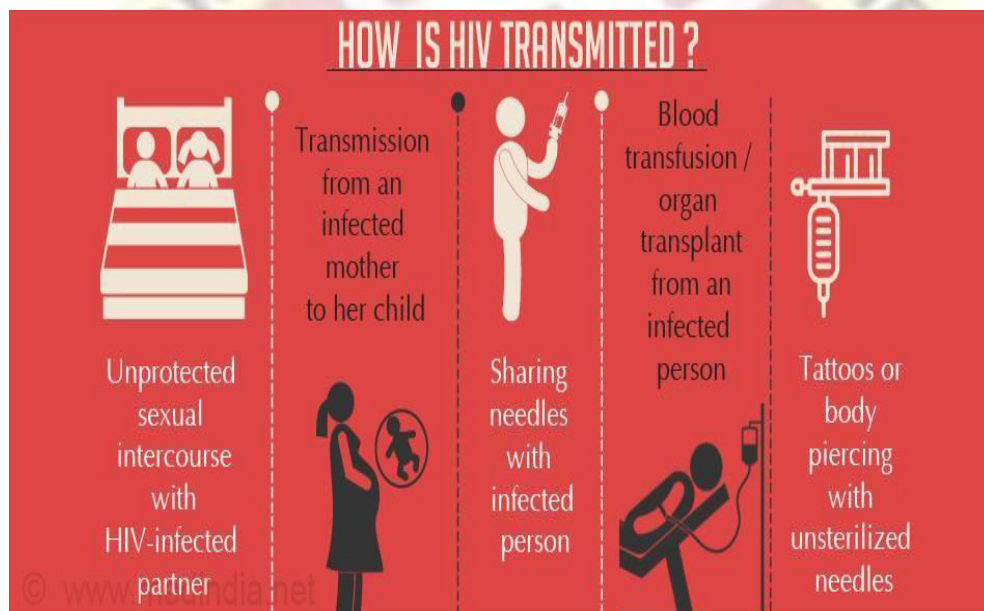


Image Source- <https://www.medindia.net>

ii. Syphilis

Syphilis is a sexually transmitted disease. It is caused by a type of bacteria known as *Treponema pallidum*. This disease begins as a painless sore on genitals, rectum or mouth. The final stage of the disease causes damage to the brain, nerves, eyes or heart. It is treated with penicillin.

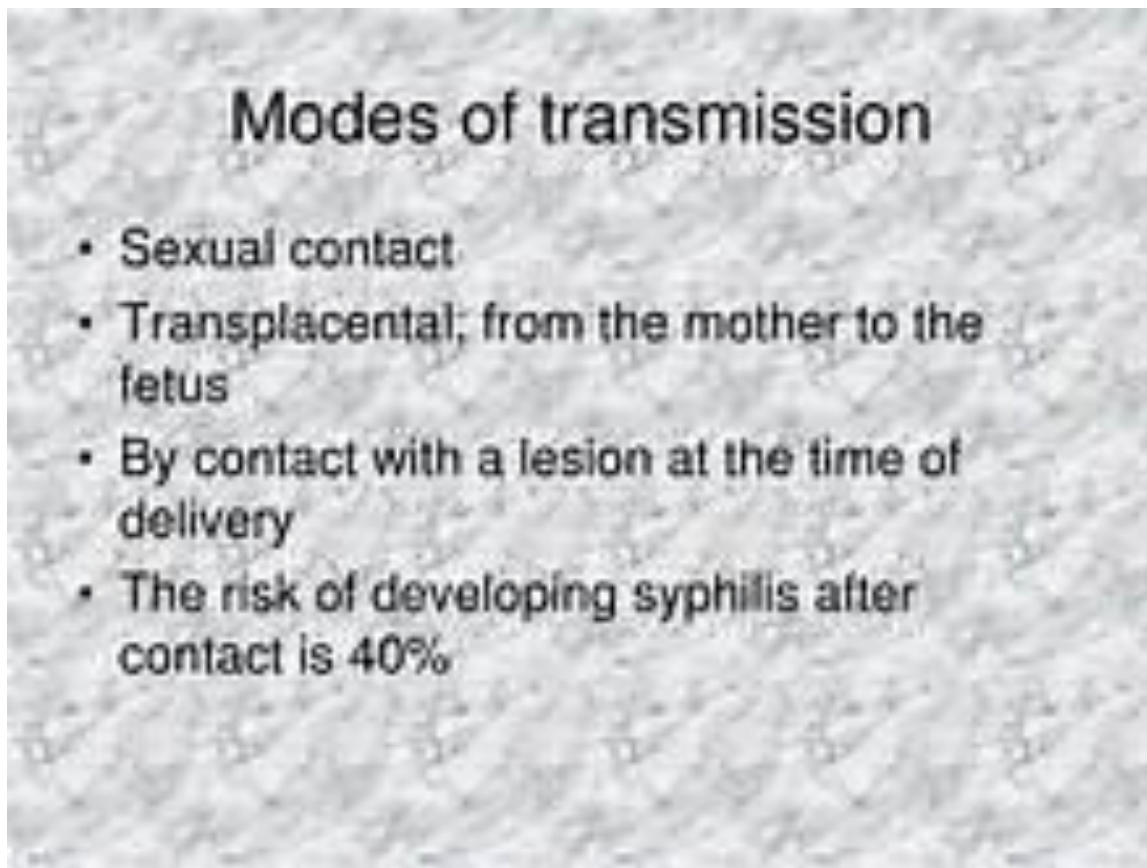



Image Source-<https://www.slideserve.com/>

iii. **Gonorrhea**

Gonorrhea is a sexually transmitted disease. It is caused by the bacterium *Neisseria gonorrhoeae*. Infection may involve the genitals, mouth, or rectum. It can be cured with medication.

Health Education plays a vital role in preventing, controlling and eliminating diseases. As there are so many proverbs such as "Prevention is better than Cure" "Cleanliness is next to Godliness", similarly Health Education educates people on the necessity of keeping our surroundings clean and consuming healthy food in the environment free from pollution

LET YOUR LIGHT SHINE



e-Bug
Caused by

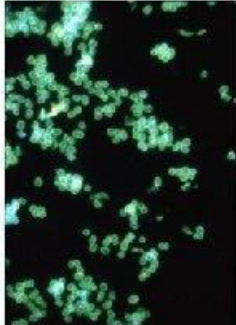
Gonorrhoea

Bacterium *Neisseria gonorrhoeae*

Incidence
Increased by 46% between 1997 and 2006 in the UK

Symptoms

- About half of all women infected with gonorrhoea, and over 90% of men experience symptoms
- Can affect the genitals, anus, rectum and throat with symptoms including
 - a thin, watery discharge from the vagina or tip of the penis that can appear yellow or green, and pain when urinating



Neisseria gonorrhoeae

Transmission

- Sexual intercourse

Image Source-<https://slidetodoc.com/>



UNIT-IV

NON-COMMUNICABLE DISEASES

Non-communicable diseases are hypertension, stroke, coronary heart disease, myocardial infarction, osteoporosis, osteoarthritis, rheumatoid arthritis, diabetes, gastrointestinal disorders, mental illness, obesity, oral and lung cancer.

Hypertension

a. Causes

Blood pressure rises when the arterioles, the body's smallest arteries, narrow or constrict, requiring the heart to beat more forcefully in order to pump blood through them. Increased blood volume, often due to the body's tendency to retain excessive salt and fluids, raises blood pressure.

b. Symptoms

Vision changes, headaches, dizziness, vomiting, nausea, loss of appetite, anger.

c. Precautions

Limit canned and other processed foods with added salt. Avoid fatty foods, pickled and salty foods, alcohol and caffeine.

Stroke

a. Causes

When a clot blocks blood flow to a part of the brain. Most of these clot form in an artery that is already narrowed either in the brain itself or in the carotid artery in the neck.

b. Symptoms

Sudden weakness or numbness of the face, arm, and leg on one side of the body; difficulty in speaking or understanding others, dizziness, a sudden fall and impaired vision in the eye.

c. Precautions

Unhealthy lifestyle habits such as smoking, excessive use of alcohol, obesity increase the risk of a stroke.

Get lots of Omega-3S. Some fish are rich in omega-3 fatty acids, help to prevent blood clots by reducing the stickiness of blood patelets.

Myocardial Infarction



Myocardial Infarction

Heart With Muscle Damage and a Blocked Artery

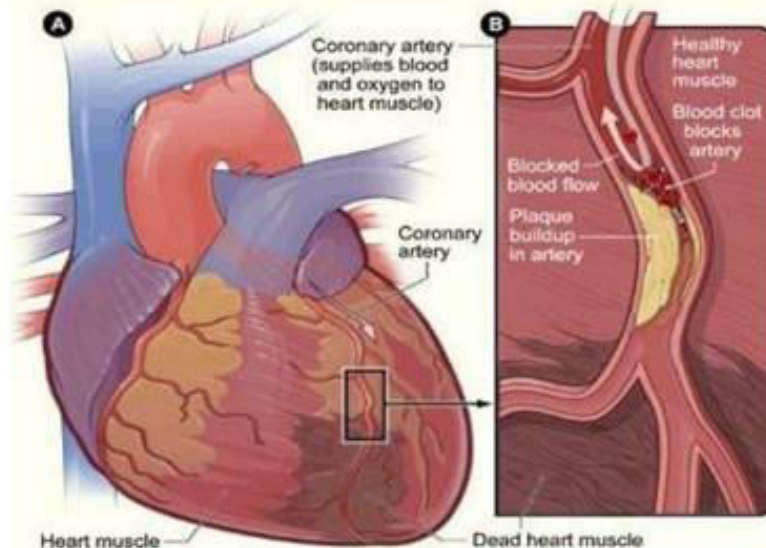


Photo Source: National Heart, Lung and Blood Institute (NHLBI).
http://www.nhlbi.nih.gov/health/dci/Diseases/Cad/CAD_Whats.html

Image Source- <https://simple.wikipedia.org/>

a. Causes

Myocardial infarction is commonly called as heart attack. It occurs when blood flow decreases or stops to a part of the heart, causing damage to the heart muscle.

b. Symptoms

Chest pain, discomfort into the shoulder, arm, back, neck or jaw

c. Precautions

Avoid saturated fats, eggs, whole milk, organ meats, chicken skin, full-fat dairy products, coconut oil, processed foods made with hydrogenated fats and baked goods.

Osteoporosis

OSTEOPOROSIS PREVENTION



Image

shutterstock.com · 1664210089

Source-<https://www.istockphoto.com/>

a. Causes

Inadequate balanced food and regular exercise.

b. Symptoms

Bones become weak and brittle. In such condition, fractures can occur with little or no pressure

c. Precautions

Osteoporosis can be prevented with a healthy diet and regular exercise. Plenty of calcium and Vitamin-D should be intaken.

Osteoarthritis

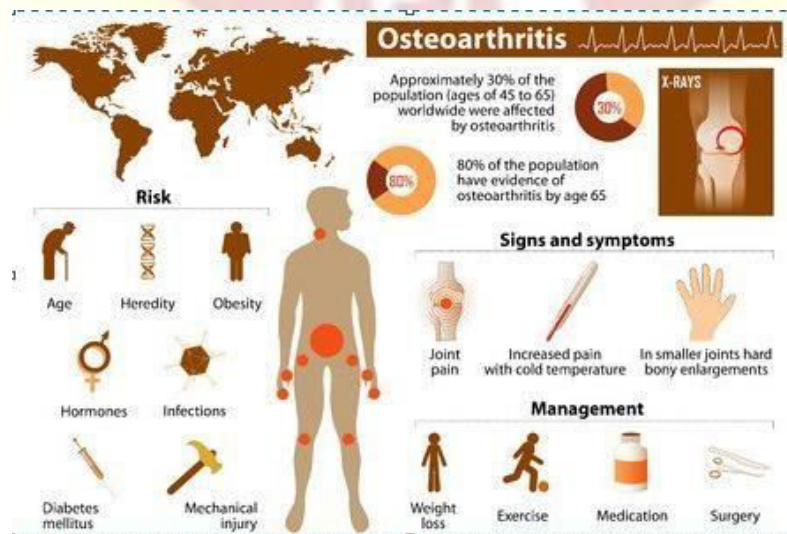


Image Source-<https://www.healthnavigator.org.nz/>

It is a joint disease that results in breaking down of joint cartilage and underlying bone.

a. Symptoms

Joint pain and stiffness

b. Precautions

Maintaining a healthy weight, and good postures; and avoid stress on the joints

Diabetes



Main types of DIABETES

TYPE 1 DIABETES
Body does not produce enough insulin

TYPE 2 DIABETES
Body produces insulin but can't use it well

Control D
Diabetes Management

Image Source-<https://controld.in/>

Types of Diabetes

There are three types of diabetes:

1. Type 1 Diabetes.
2. Type 2 Diabetes.
3. Gestational diabetes mellitus (GDM).

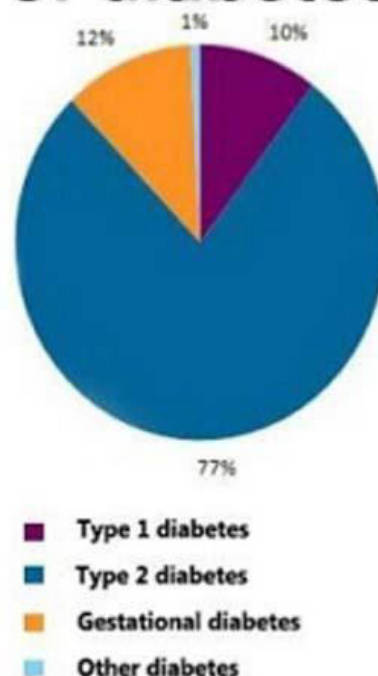


Image Source: <https://styleseatlife.com/>



What are the 3 types of diabetes?



Type 1

In type 1 diabetes, the body does not produce any insulin. Normally the body breaks down the carbohydrates you eat into blood sugar, which it uses for energy. Insulin is a hormone that the body needs to get sugar from the bloodstream into the cells of the body. In the absence of insulin, blood sugars can become very high, resulting in vomiting, dehydration and acidotic blood. The treatment for this type of diabetes is insulin.



Type 2

Type 2: In type 2 diabetes, the body makes insulin but is unable to use it properly due to insulin resistance in the cells. Type 2 is typically treated through lifestyle changes, medications and sometimes insulin as the disease progresses.



Gestational

Gestational diabetes starts when the body is not able to make and use all the insulin it needs for pregnancy. Without enough insulin, sugar cannot leave the blood and be used by cells as a source of energy. If not properly treated Gestational diabetes can cause complications in both the mother and the infant.

Source: American Diabetes Association (ADA)

Image Source: <https://www.wellmark.com/>

When blood sugar is high in the blood, diabetes occurs. It is a condition where pancreas produces little or no insulin.

a. Symptoms

Excessive hunger, blurred vision, excessive thirst, fatigue, weight loss and frequent urination.

b. Precautions

Exercise regularly, avoid sugar, be stress free.

Gastrointestinal disorders

Gastrointestinal diseases affect the gastrointestinal tract from the mouth to the anus.

Acidity

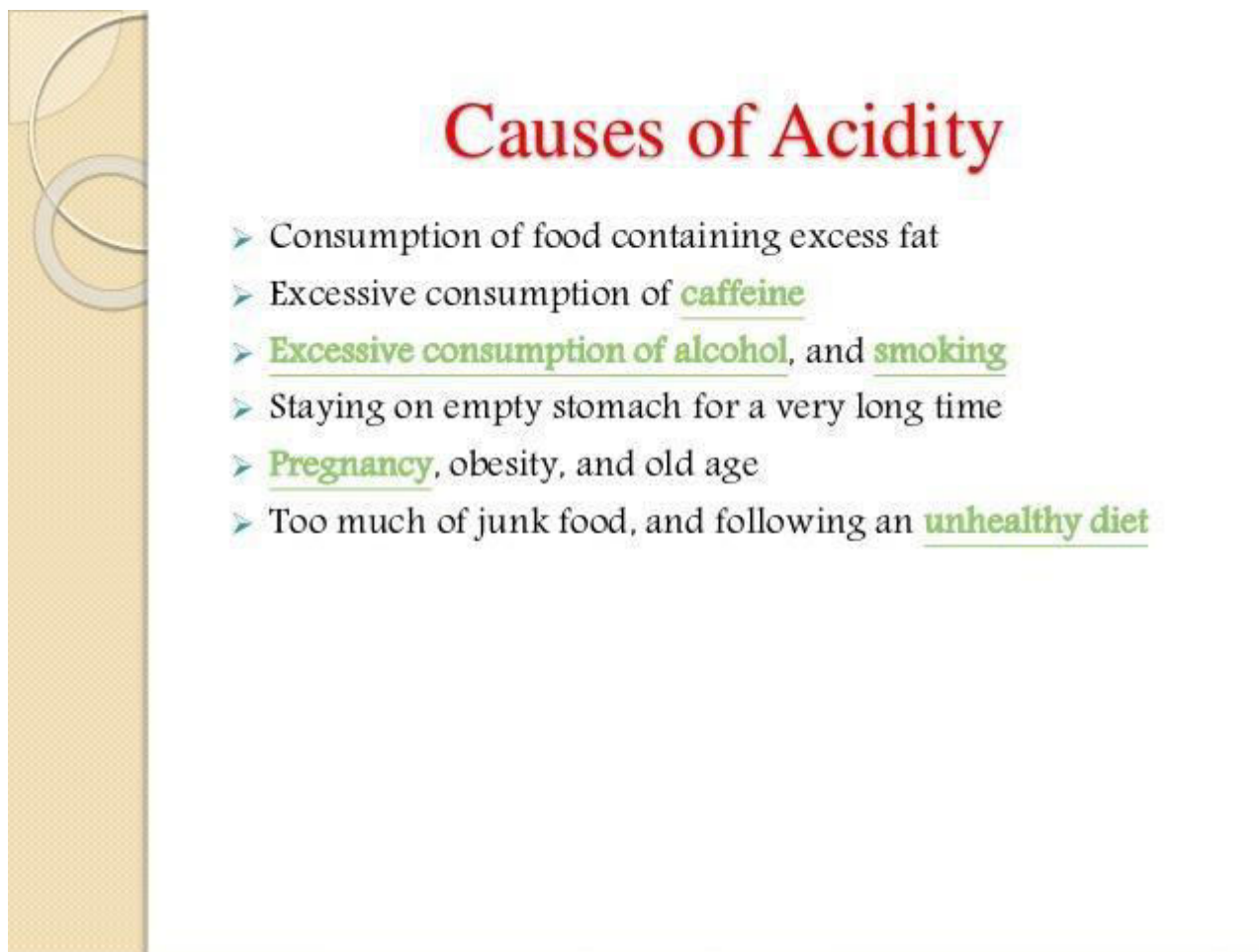


Image Source: <https://www.slideshare.net/>

- a. **Causes-** Skipping meals or having meals at irregular time, eating spicy or rich food.
 - b. **Symptoms-** Burning sensation and pain in the stomach
 - c. **Precaution**
 - Avoid lying down for three hours after a meal
 - Eat smaller meals more frequently
 - Lose excess weight
 - d. **Remedy**
 - Take hot water
 - Mint leaves can be consumed.
 - Take medicines, if necessary.
-

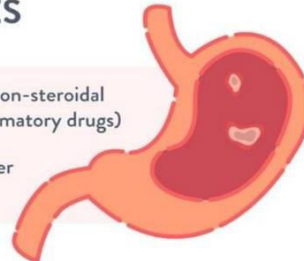
Peptic Ulcer



PEPTIC ULCER

CAUSES

- NSAIDs (non-steroidal anti-inflammatory drugs)
- Helicobacter pylori



SYMPTOMS

- Upper abdominal pain
- Nausea
- Bloating
- Lack of appetite
- Weight loss
- Heartburn

Image Source: <https://dasarimd.com/>

a. Causes

Infection with the bacterium *Helicobacter pylori* and use of nonsteroidal anti-inflammatory drugs.

b. Symptoms

- Nausea
- Weight loss
- Fainting
- Difficulty in breathing

c. Precautions

- Control stress
- Stop smoking
- Avoid food items that irritate your stomach
- Stop smoking

d. Remedy

Use antibiotics

Constipation

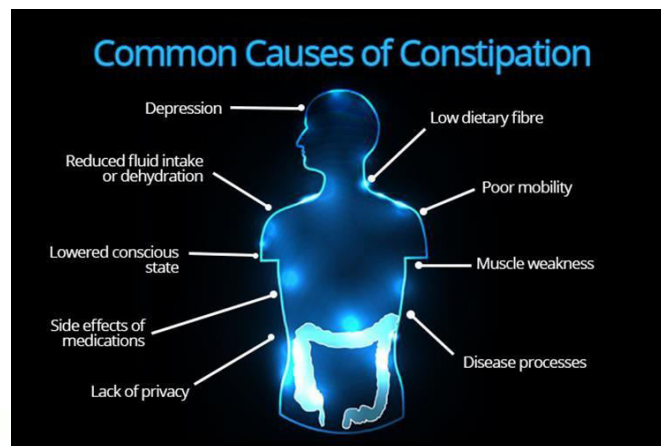


Image Source: <https://rxharun.com/>

Common causes of constipation (cont'd)

- Hypothyroidism.
- Neurological conditions such as Parkinson's disease or multiple sclerosis.
- Antacid medicines containing calcium or aluminum.
- Medicines (especially strong pain medicines, such as narcotics, antidepressants, or iron pills).
- Depression.
- Eating disorders.
- Irritable bowel syndrome.
- Pregnancy.
- Colon cancer.

Image Source: <https://slideplayer.com/>

a. Causes

- Avoiding fruits, vegetables and cereals
- Avoiding drinking fluids
- Sitting or lying in bed for a long time
- Less active and not exercising regularly.

b. Symptoms

- Having hard stools
- Stress

c. Precautions

- Consume plenty of high-fiber foods
- Drink plenty of fluids
- Exercise regularly

d. Remedy

- Consume plenty of high-fiber foods
- Drink plenty of fluids
- Exercise regularly
- Consult doctor

Piles**Causes Of Piles**

- **Constipation** - Most common cause
- Hard stools/ Straining during bowel movement
- Faulty toilet habits (sitting on the toilet for a long time ex. reading)
- Family history
- Pregnancy and childbirth
- Lifting heavy weights
- Obesity

Image Source: <https://www.quora.com/>

a. Causes

- Straining during bowel movements
 - Consuming low-fiber diet
 - Regular heavy lifting
 - Suffering from chronic constipation
-

b. Symptoms

- Bleeding when passing stools
- An itchy anus
- Lumps and pain around your anus

c. Precautions

- Consume high-fibre foods
- Drink plenty of fluids
- Avoid straining during bowel movements
- lose weight
- Avoid sitting in a same place for long periods.

Acidity occurs for the following reasons:

Obesity and its consequences

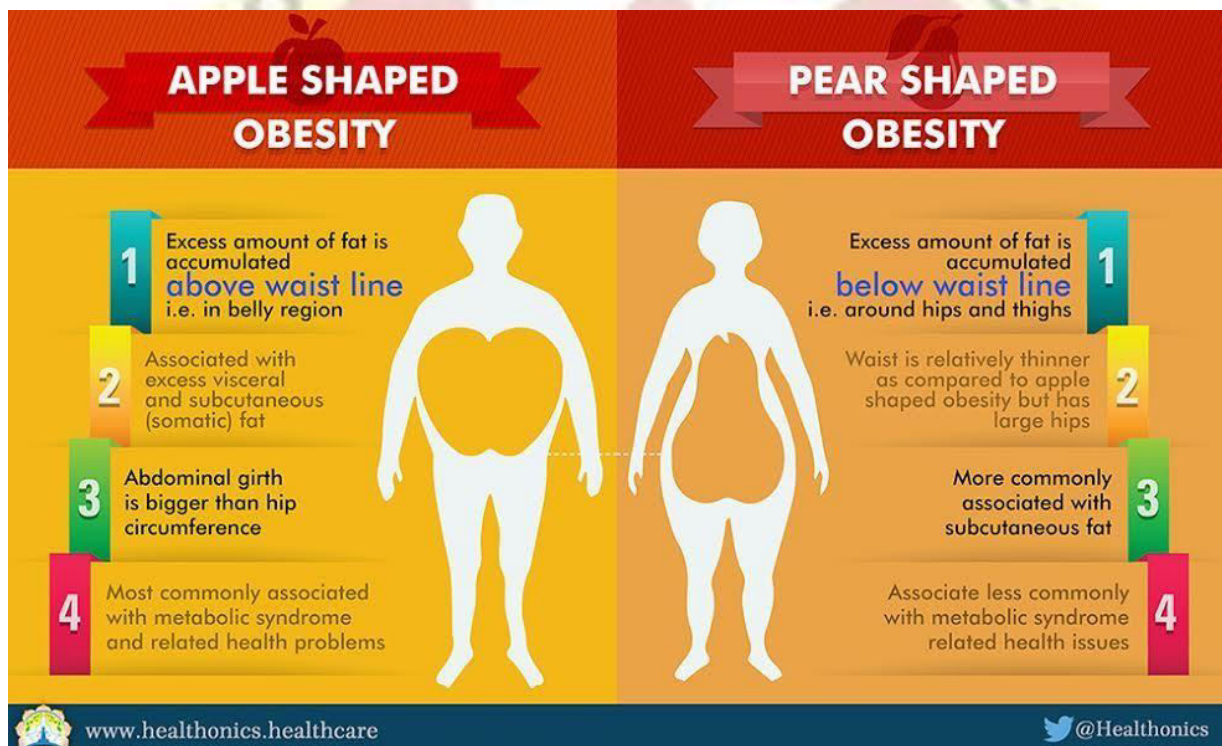


Image Source: <https://twitter.com/>

A condition where a person's weight is more than normal weight i.e, overweight is called Obesity.

Obesity causes physical problems as shortness of breath, skin chafing, and difficulty in moving around. Obese people have an increased risk of coronary heart disease, high blood pressure, stroke, damage to the weight-bearing joints, diabetes, and certain types of cancer.

Mental illness (depression and anxiety)

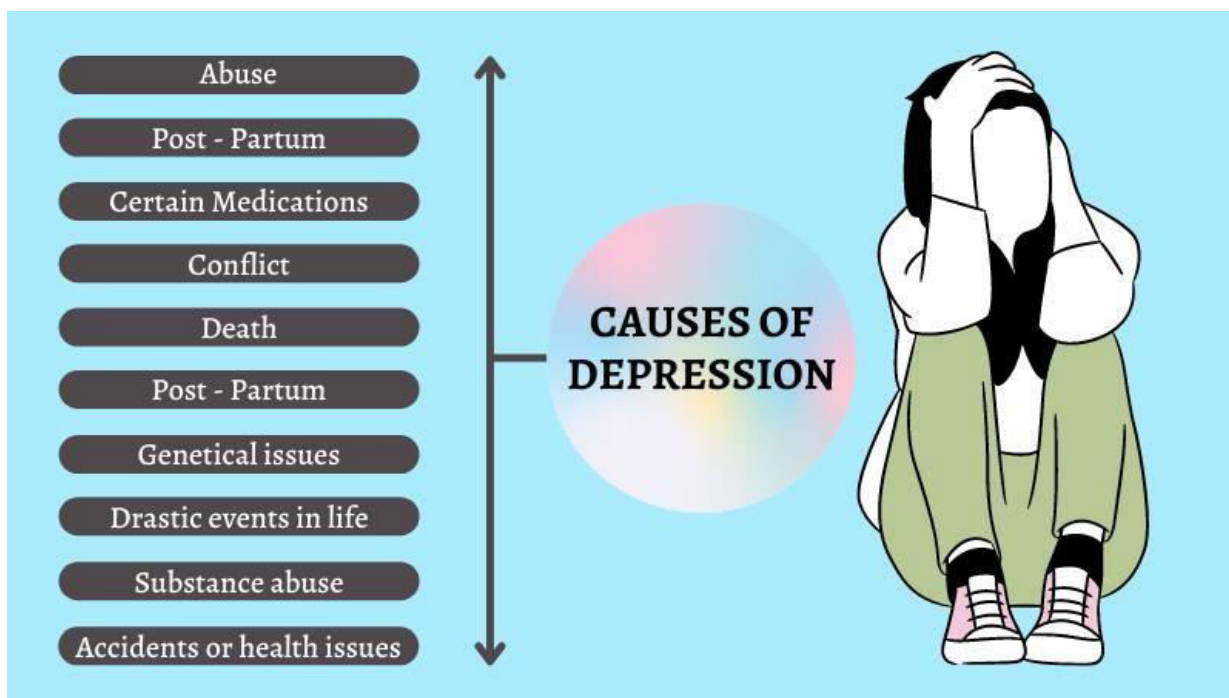


Image Source: <https://www.psychiatristinrohini.in/>

Depression is a mood disorder. A person who is experiencing depression feels sad, loss or anger when he or she encounters any activity in his daily life. His approach to any problem is problematic and pessimistic. Nowadays, stress in day-to-day life makes people anxious and depressed.

Oral Cancer

Oral cancer is a type of cancer that develops in any part of the mouth. It is common in men.



Image Source: <https://www.verywellhealth.com/>

a. Preventive measures

- Avoid using tobacco and drinking alcohol.
- Visit dentist regularly.

Lung Cancer

Lung cancer is a type of cancer that begins in the lung and it is caused by smoking.

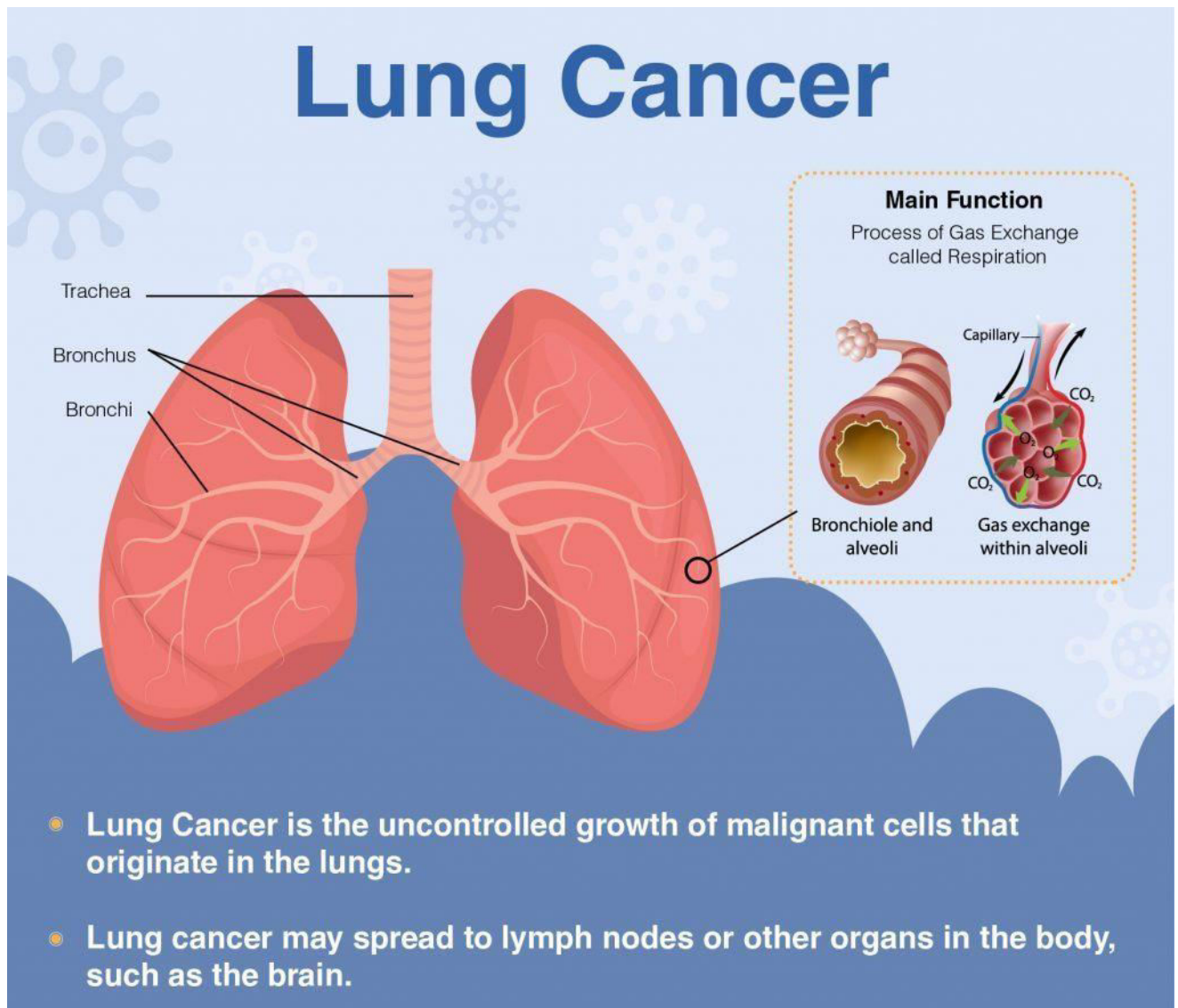


Image Source: <https://www.lalpathlabs.com/>

a. Preventive measures

Avoid smoking. Half of the people who are suffering from lung cancer are former smokers. Ninety percent lung cancer cases are due to Cigarette smoking.

Cigarette smoke contains many toxic substance including formaldehyde, benzene, and arsenic. These chemicals can cause cancer and also increase the risk of other respiratory diseases.

- ✓ Eat More Fruits and Vegetables

- ✓ Limit Your Alcohol Intake
- ✓ Exercise Regularly
- ✓ No supplements can stop cancer

Annual screening for lung cancer can be helpful to a person who have a history of heavy smoking. It is preferred for the ages between fifty and eighty.

