Communicable and Non-communicable Diseases
After this lesson you will be able to:

- Compare and contrast between non-communicable and communicable diseases
- Define the common pathogens that cause communicable diseases
Distinguish between communicable and non-communicable diseases

- **Non-Communicable disease**
  - Also called non-infectious diseases
  - For example: Heart disease

- **Communicable diseases**
  - Also called infectious diseases.
  - Passed through direct/indirect contact
Non-communicable diseases

- Diseases that **CANNOT** be spread from one person/thing to another

- Diseases that are not caused by pathogens (bad germs)

- Can affect any system in the body (circulatory, nervous, respiratory)

- Can be treated but not usually cured
Causes of non-communicable diseases

1. Hereditary - passed from parent to child
   - Where you live – or work
   - For example: Nuclear power plant

2. Environmental
   - Where you live – or work
   - For example: Nuclear power plant

3. Lifestyle
   - Poor health habits – tanning, smoking, drinking, poor diet, lack of exercise and emotional stress.
Preventing non-communicable disease

- Have a balanced diet
- Get regular exercise
- Avoid tobacco, alcohol, and other drugs
- Regular check-ups can identify early warning signs
Common Non-Communicable Diseases

- Cancer
- Cardiovascular disease
- Asthma
- Multiple Sclerosis
- Alzheimer's
- Diabetes
Communicable Diseases

Definition

- Caused by direct or indirect spread of pathogens (bad germs) from a person or thing to another.
Pathogens and Vectors

- **Pathogens** are disease causing agents (bad germs)

- **Vectors** are disease-causing organisms that carry pathogens from one host to another
  
  - For example:
    
    - Mosquitoes transmit malaria
    - Ticks transmit Lyme disease
How diseases are spread

- **Direct contact** - touching infected area of person
- **Indirect** - sneezing, coughing, sharing personal items
- **Contact with vectors (animals and insects)** - bites
- **Other contact** - eating contaminated foods
Where Diseases Enter The Body

- Mouth
- Eyes
- Nose
- A break in skin (cuts)
- Bloodstream
- Bodily fluids
Prevention for communicable diseases

- Wash hands
- Cover mouth when sneezing or coughing
- Proper care of food, don’t share food
- Eat healthy and exercise to improve immune system
- Shower daily
- Vaccines - a preparation of dead and weakened pathogens that is introduced into the body to cause an immune response
Fungi

Athlete’s Foot

Ring Worm
Examples of Communicable Diseases

- HIV/AIDS
- Ebola
- Chicken Pox
- Common Cold
- Measles
- Ring Worm
- Malaria
Match the following diseases into one of the two categories:

**Infectious**
- Malaria
- The Flu

**Non-Infectious**
- Alzheimer's
- The common cold
- Cancer
- Diabetes
- Heart Disease

- Asthma
- The common cold
- Cancer
- Diabetes
- Heart Disease