

In your workbooks, match the term and the definition -

<u>Key Word</u>	<u>Definition</u>
Prevalence	The number or rate of deaths caused by a specific illness in a group of people over time.
Incidence	A long-term health problem or illness that lasts for a year or more and usually cannot be cured quickly.
Chronic Condition	The number of new cases of a health condition that develop in a population over a specific period of time.
Morbidity	How common or widespread an illness is in a group of people at a specific time (total cases).
Mortality Rate	The state of being unwell or living with a medical condition or illness.

Serious Health Conditions



LO - To be able to describe what is meant by a serious health condition and explain their prevalence. Be able to identify common characteristics, symptoms and risk factors associated with serious health conditions.

Go Task Feedback - Key Term Match

Correct any mistakes.

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Incidence	The number of new cases of a health condition that develop in a population over a specific period of time.
Chronic Condition	A long-term health problem or illness that lasts for a year or more and usually cannot be cured quickly.
Morbidity	The state of being unwell or living with a medical condition or illness.
Mortality Rate	The number or rate of deaths caused by a specific illness in a group of people over time.

What is a serious health condition?

A **serious health condition** is an illness that may:

- Have long-term effects on a person's life.
- Require ongoing treatment or monitoring.
- Affect quality of life.
- Potentially be life-threatening.

Task - Can you think of any examples of conditions which might fit under this definition?

Examples of Serious Health Conditions

Cancer

Heart Disease

Stroke

Type 2 Diabetes

Dementia

Chronic Respiratory Disease

Task

Visit the stations around the room and use the information on each of the serious health conditions to **complete** your [worksheet](#).

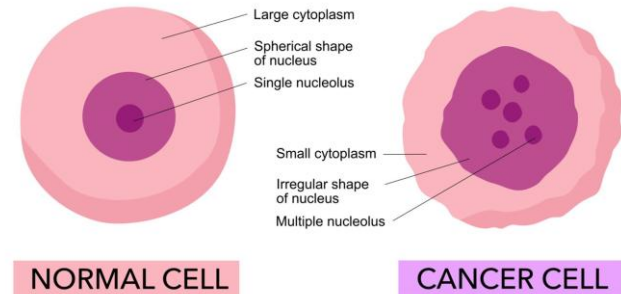
Cancer

Cancer is a disease that occurs when some of the body's cells begin to grow and divide in an uncontrolled way. Normally, cells grow, divide and die in an organised manner. Cancer develops when this process stops working properly. Cancer can start almost anywhere in the body. There are more than 200 different types of cancer. Some common types include breast cancer, lung cancer, bowel cancer and prostate cancer. In the UK, over 1,000 people are diagnosed with cancer every day. Many people survive cancer, especially when it is found early and treated quickly.

What Happens in the Body? - Healthy cells follow instructions from the body about when to grow and when to stop. Cancer cells ignore these instructions and continue growing. They can form a lump called a [tumour](#). Some cancers can spread to other parts of the body through the blood or lymphatic system. This process is called [metastasis](#).

Common Symptoms - Symptoms depend on the type of cancer, but may include:

- Unexplained weight loss
- A lump or swelling
- Changes in bowel habits
- Unusual bleeding
- A cough that does not go away
- Extreme tiredness
- Changes to moles or skin



Having these symptoms does not automatically mean someone has cancer, but they should be checked by a doctor.

Heart Disease

Heart disease is a term used to describe several conditions that affect the heart and blood vessels. The most common form is [coronary heart disease](#) (CHD). CHD happens when fatty deposits build up inside the arteries that supply blood to the heart. This makes it harder for blood to flow properly. Heart disease remains one of the leading causes of death in the UK.

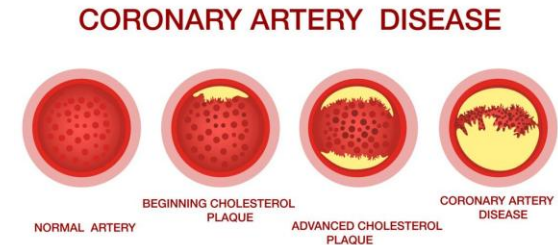
What Happens in the Body?

The heart is a muscle that pumps blood around the body. If arteries become narrowed or blocked, the heart receives less oxygen-rich blood. If a blood vessel becomes completely blocked, a [heart attack](#) can occur. Part of the heart muscle may become damaged because it does not receive enough oxygen.

Symptoms - Common symptoms include:

- Chest pain ([angina](#))
- Shortness of breath
- Dizziness
- Tiredness
- Pain spreading to the arm, neck or jaw during a heart attack

Some people have very few symptoms before a heart attack occurs.



Stroke

A stroke occurs when the blood supply to part of the brain is interrupted. This prevents brain cells from receiving oxygen and nutrients. A stroke is a medical emergency. Quick treatment can save lives and reduce long-term disability.

Types of Stroke

- **Ischaemic Stroke** - The most common type. A blood clot blocks an artery supplying the brain.
- **Haemorrhagic Stroke** - A blood vessel in the brain bursts and causes bleeding.

Symptoms - The easiest way to remember stroke symptoms is FAST:

- **Face** - One side of the face may droop.
- **Arms** - The person may not be able to raise both arms.
- **Speech** - Speech may become slurred or confused.
- **Time** - Call emergency services immediately.

Other symptoms can include:

- Sudden weakness
- Vision problems
- Severe headache
- Dizziness



Hemorrhagic stroke



Ischemic stroke

Type 2 Diabetes

Type 2 diabetes is a long-term condition that affects how the body controls blood sugar (glucose). Glucose provides energy for the body's cells. A hormone called **insulin** helps glucose move from the bloodstream into cells. In Type 2 diabetes, the body becomes less responsive to insulin or does not produce enough of it. Millions of people in the UK live with diabetes.

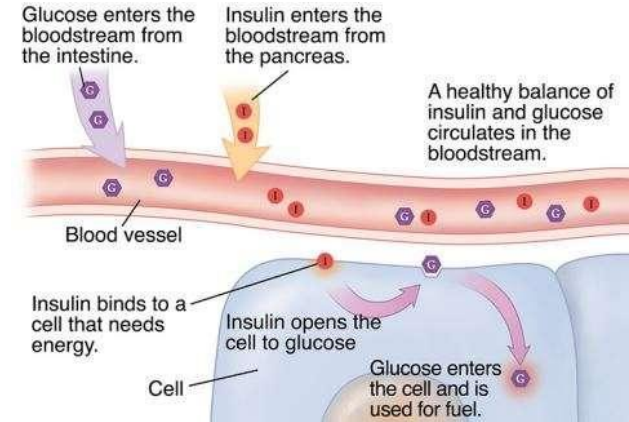
Symptoms - Common symptoms include:

- Feeling very thirsty
- Needing to urinate more often
- Tiredness
- Blurred vision
- Slow healing wounds
- Frequent infections

Some people may not notice symptoms at first.

Possible Complications - Without treatment, diabetes can increase the risk of:

- Heart disease
- Stroke
- Kidney disease
- Eye problems
- Nerve damage



Dementia

Dementia is not a single disease. It is a group of conditions that affect memory, thinking, communication and behaviour. The most common type is [Alzheimer's](#) disease. Although dementia mainly affects older adults, it is not a normal part of ageing.

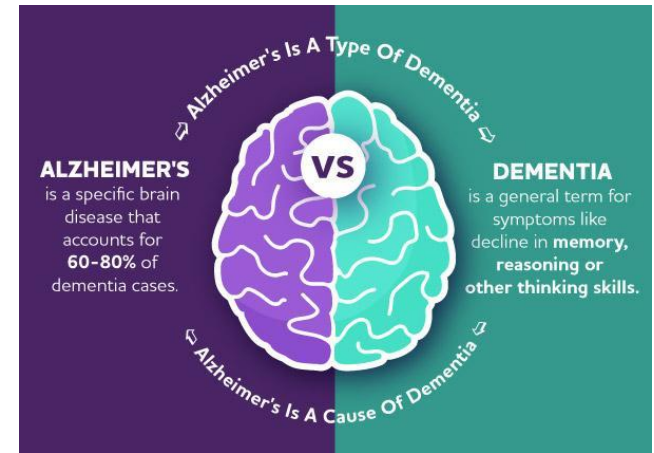
Symptoms - Symptoms may include:

- Memory loss
- Difficulty concentrating
- Confusion
- Problems finding words
- Changes in mood or behaviour

Symptoms usually become worse over time.

What Happens in the Brain?

Brain cells become damaged and stop communicating effectively. Over time, more brain cells die, making it harder for the brain to function normally.



Chronic Respiratory Disease (Including COPD)

Chronic respiratory diseases are long-term conditions that affect the lungs and breathing. One common example is **Chronic Obstructive Pulmonary Disease** (COPD). These conditions make it harder for air to move in and out of the lungs.

What Happens in the Lungs? - The airways may become:

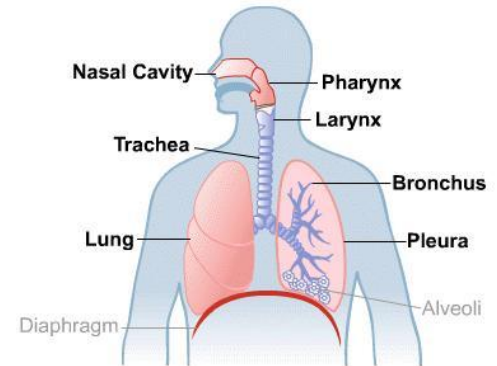
- Inflamed
- Narrowed
- Damaged

The lungs may also lose some of their ability to expand and contract normally. This reduces the amount of oxygen reaching the body.

Symptoms - Common symptoms include:

- Shortness of breath
- Persistent cough
- Wheezing
- Chest infections
- Producing excess mucus

Symptoms often become worse over time.



Task

From what we have learnt about serious health conditions so far, what might be some common **risk factors** which might increase our chances of suffering with these conditions in the future?

Common Risk Factors

- Smoking and Vaping
- Physical Inactivity
- Poor Diet
- Being Overweight or Obese
- Excessive Alcohol Consumption
- High Blood Pressure
- High Cholesterol
- Air Pollution and Exposure to Harmful Chemicals
- Regular Poor Sleep
- Family History and Genetics

Remember - It does take a while for these conditions to develop and not everybody who experiences a risk factor will go on to develop a serious health condition BUT it does significantly increase your chances if you continue to maintain this risk and / or more than one apply.

Discuss

Other than, where possible, reducing risk factors we have mentioned, what else could you do to reduce the likelihood of developing a serious health condition?

Discussion Feedback - Screenings and Check Ups

One of the most significant things we can do as we get older to prevent the development of serious health conditions are -

1. Visit the doctors if we experience the symptoms discussed.
2. Attend regular screenings and check ups.
3. Where possible, know your family medical history.

Many of the conditions we have discussed today can be identified via screenings such as blood tests and in some cases caught before they have even developed. If we know that we are potentially at more risk as close family members have suffered with a condition, the doctor will often check us more regularly.

Screenings and Check Ups

Watch the [video](#) on the next slide and make notes about what might happen at an NHS health check.

Subtitle - What to expect at a NHS health check.

A portrait of a middle-aged man with a balding head and light skin, looking directly at the camera with a neutral expression. He is wearing a dark grey jacket over a white collared shirt. The background is a blurred indoor setting with warm tones. In the top right corner, the NHS logo is displayed, consisting of the letters 'NHS' in white, bold, sans-serif font inside a blue rectangular box.

NHS

NHS Health Check

An NHS Health Check is designed to identify early signs of health problems and help people reduce their risk of conditions such as heart disease, stroke, Type 2 diabetes, kidney disease and dementia.

During a typical NHS Health Check, a healthcare professional may:

- Ask Questions About Your Health
- Measure Your Height and Weight
- Measure Your Waist
- Check Your Blood Pressure
- Take a Blood Test

NHS Health Check

The healthcare professional may use the information collected to estimate your risk of developing certain conditions over the next 10 years. They will also discuss any results with you and offer advice and next steps.

They will explain:

- What the results mean
- Whether any risk factors have been identified
- Any lifestyle changes that could improve health
- Whether further tests or appointments are needed
- Provide Advice and Support

In the UK most people are asked to attend a health check at around 40 years of age but you can ask for one earlier.

Task

Evaluate the statement:

"Most serious health conditions are preventable if people make healthy choices."

Ask an Expert

Remember if you need further support in relation to this topic area please speak with a safe adult.

You could also find more information and support at -

Cancer Research [here](#)

British Heart Foundation [here](#)

Diabetes UK [here](#)



Careers Link

Today's lesson may link to the following careers. If you would like to find out more about these jobs please speak to your careers advisor or use the link below.

- Cardiologist
- Oncologist
- Neurologist
- Occupational Therapist

[LINK](#)



Plenary

Imagine you are 40 years old. Based on today's lesson, what advice would you give your future self to help stay healthy?

