

# Hypokinetic Diseases

## Facts about Hypokinetic Diseases

A disease related to, or caused by, insufficient ACTIVITY and lack of regular EXERCISE (sedentary living)

- Sedentary living costs our nation \$ 150 Billion each year because of increased need for health care and loss of productivity.
- Approximately 250,000 people die prematurely because they are inactive.
- Regular physical Activity is one of the best ways of reducing ILLNESS and increasing wellness in our society.
- Teenagers feel that these statistics are not relevant to them. Hypokinetic diseases are now prevalent among teens and many teens are not Active enough to resist these conditions.

## CARDIOVASCULAR DISEASES

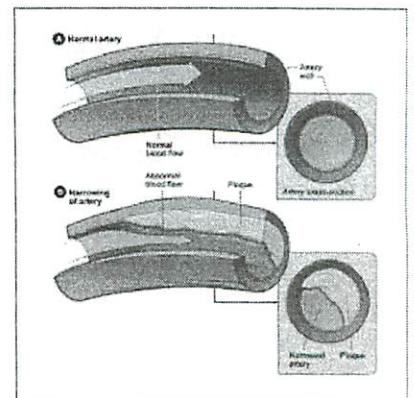
*Diseases that involve the heart or blood vessels*

- Cardiovascular disease is a primary or contributing cause of 80% of all deaths in our country.
- Currently about one in every 4 Americans has one or more forms of cardiovascular disease.
- People get cardiovascular disease for many reasons, each one called a RISK FACTOR. The more risk factors you have, the more chance you have of getting a disease.
- **Primary Risk Factors of Cardiovascular Diseases:**
  - Sedentary or InActive living
  - SMOKING
  - High blood pressure (Hypertension)
  - High fat levels in the blood
  - Having too much Body Fat
  - Having DIABETES
- **Secondary risk factors of Cardiovascular Diseases:**
  - Stressful living
  - Excessive ALCOHOL use.

## ATHEROSCLEROSIS

Clogging of the Arteries. This occurs when substances including fats, such as cholesterol, build up on the inside walls of the arteries. This build-up narrows the openings through the arteries.

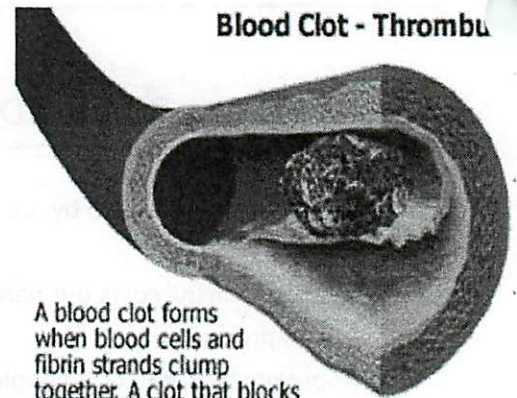
As a result, the heart must work harder to pump blood. Atherosclerosis can begin early in life but typically develops with age.



## HEART ATTACK

Occurs when the Blood Supply into or within the Heart is severely reduced or cut off.

As a result, an area of the heart muscle can die. During a heart attack, the heart may beat Abnormally or even Stop beating.



Blood Clot - Thrombus

A blood clot forms when blood cells and fibrin strands clump together. A clot that blocks blood flow is called a thrombus.

## STROKE

Occurs when the Blood Supply in/to the Brain is severely reduced or cut off.

Because a stroke damages the Brain, it can affect a person's ability to Move, think, and Speak.

Some strokes are severe enough to cause Death.

## HYPERTENSION (aka high blood pressure)

A condition in which blood pressure is consistently Higher than normal. It is not considered a leading cause of death but it is a primary Risk Factor for many cardiovascular diseases.

High blood pressure is a Hypokinetic condition because regular physical Activity is one way to help lower blood pressure.

## CANCER

- Is the uncontrollable Growth of Abnormal cells
- Cancer is the 2nd leading cause of death in the United States.
- When diagnosed Early, many forms of cancer can be treated and even Cured through surgery, chemical therapy, radiation, or medication.
- We know that the death rate from all forms of cancer is lower in Active people than in Inactive people
- Cancers such as Breast cancer and Colon cancer, are considered hypokinetic conditions because people who are physically Active are less likely to get them than people who are Inactive
- Many of the Risk Factors for heart disease are also risk factors for cancer.
- It is not clear why physical activity helps Reduce the risk of cancer, but one of the health benefits of activity is an Immune system that is more capable of fighting diseases that invade the body.

## DIABETES

- A person has diabetes when their body cannot regulate Sugar levels within their body.
- A person with diabetes will have excessively High blood sugar unless he or she gets medical assistance. Over time, diabetes can damage the blood vessels, Heart, kidneys, and eyes.
- A very high level of sugar in the blood can cause Coma and Death.
- Type # 1 diabetes is NOT a hypokinetic condition. It's often hereditary and accounts for about 10% of all diabetics. These diabetics take a hormone called Insulin, to help control blood sugar levels.
- The most common kind of diabetes—Type 2—is a HYPOKINETIC CONDITION because people who are physically Active are less likely to have it.
- Active people are more likely to have blood with healthy sugar levels.
- Overfatness is a major Risk Factors for Type II diabetes.

## OBESITY

- Obesity is when a person has a high % of body Fat.
- Obesity is often the result of Inactivity.
- Having too much body fat contributes to other diseases such as Heart Disease and Diabetes.
- Since 1980 the incidence of obesity among teens in the United States has increased from 5% to 14%.

## OSTEOPOROSIS

- Is when the structure of the Bones deteriorates and the bones become Weak.
- Osteoporosis is most common among older people, but it has its beginnings in Youth.
- You develop your greatest Bone Mass when you are young.
- Those who Exercise regularly develop stronger Bones than those who are Sedentary.
- It is especially important to do physical activities that cause you to bear weight, such as Running, and that stress the bones, such as weight training.
- If you do the right kind of activity when you are Young, you will build a higher peak bone mass. As a result, if you lose bone mass as you get older, you will have stronger bones than if you hadn't exercised while young.
- Lack of Calcium in the diet, especially when a person is young, contributes to osteoporosis.
- WOMEN are more likely to have osteoporosis than men because, as a result of hormonal changes that take place in women later in life, calcium absorption becomes less efficient.

# HYPOKINETIC DISEASES REVIEW CROSSWORD PUZZLE

**ACROSS**

- 1 Currently about one in every \_\_\_\_\_ Americans has one or more forms of cardiovascular disease.
- 2 Occurs when the blood supply into or within the heart is severely reduced or cut off.
- 6 Another name for high blood pressure
- 7 Cardiovascular disease is a \_\_\_\_\_ or contributing cause of 80% of all deaths in our country.
- 9 During a heart attack, the heart may beat \_\_\_\_\_ or even stop beating.
- 10 Diseases that involve the heart or blood vessels
- 11 Lack of regular exercise

**DOWN**

- 1 The more RISK \_\_\_\_\_ you have, the more chance you have of getting a disease.
- 3 Clogging of the arteries
- 4 Regular \_\_\_\_\_ Activity is one of the best ways of reducing illness and increasing wellness in our society.
- 5 A disease related to, or caused by, insufficient activity and lack of regular exercise
- 8 Occurs when the blood supply into the brain is severely reduced or cut off.

