

# Hypokinetic Diseases

## Facts about Hypokinetic Diseases

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

- Sedentary living costs our nation \$ \_\_\_\_\_ each year because of increased need for health care and loss of productivity.
- Approximately 250,000 people die prematurely because they are inactive.
- Regular \_\_\_\_\_ is one of the best ways of reducing \_\_\_\_\_ 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 \_\_\_\_\_ enough to resist these conditions.

## CARDIOVASCULAR DISEASES

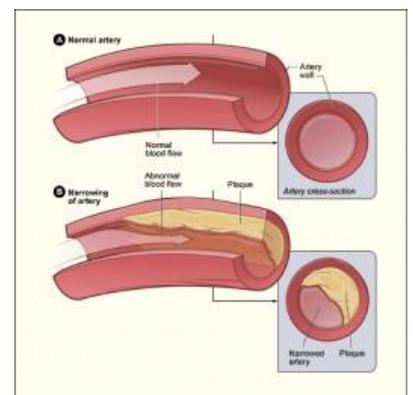
*Diseases that involve the heart or blood vessels*

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

## ATHEROSCLEROSIS

Clogging of the \_\_\_\_\_. 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 \_\_\_\_\_ into or within the \_\_\_\_\_ is severely reduced or cut off.

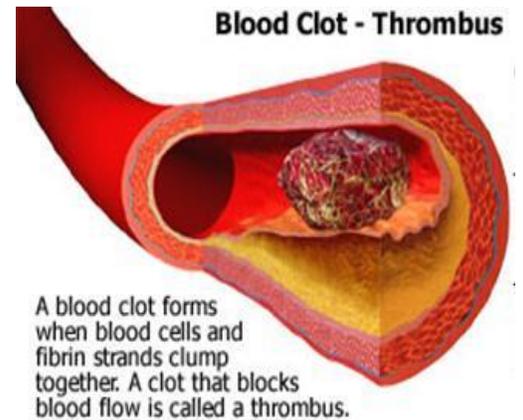
As a result, an area of the heart muscle can die. During a heart attack, the heart may beat \_\_\_\_\_ or even \_\_\_\_\_ beating.

## STROKE

Occurs when the \_\_\_\_\_ in/to the \_\_\_\_\_ is severely reduced or \_\_\_\_\_.

Because a stroke damages the \_\_\_\_\_, it can affect a person's ability to \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Some strokes are severe enough to cause \_\_\_\_\_.



## HYPERTENSION (aka high blood pressure)

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

High blood pressure is a \_\_\_\_\_ condition because regular physical \_\_\_\_\_ is one way to help lower blood pressure.

## CANCER

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

## DIABETES

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

## OBESITY

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

## OSTEOPOROSIS

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- Is when the structure of the \_\_\_\_\_ deteriorates and the bones become \_\_\_\_\_,
- Osteoporosis is most common among \_\_\_\_\_ people, but it has its beginnings in - \_\_\_\_\_.
- You develop your greatest \_\_\_\_\_ \_\_\_\_\_ when you are young.
- Those who \_\_\_\_\_ regularly develop stronger \_\_\_\_\_ than those who are \_\_\_\_\_.
- It is especially important to do physical activities that cause you to bear weight, such as \_\_\_\_\_, and that stress the bones, such as \_\_\_\_\_ training.
- If you do the right kind of activity when you are \_\_\_\_\_, 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 \_\_\_\_\_ while young.
- Lack of \_\_\_\_\_ in the diet, especially when a person is young, contributes to osteoporosis.
- \_\_\_\_\_ 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.

