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
- 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
- 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
- ___________ 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.