Unit 26 · Health Disorders

WORKSHEET

Full marks 30.5

Name _____ Class _____ Roll no. _____ Date _____ Marks _____ / 30.5

1 Key words [4]

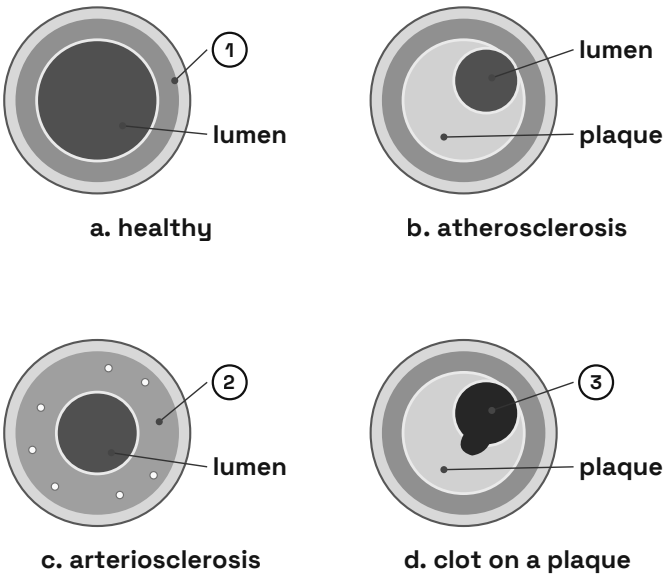
Fill in the blanks with words from the box. Two words in the box are not needed. Each blank carries 0.5 mark.

atherosclerosis	**bronchiectasis**	**calculi**	**cirrhosis**	**emphysema**	**glomerulonephritis**
hypertension	**infarction**	**narcotics**	**tranquilizers**		

A heart attack, when part of the heart muscle dies because its blood supply is cut off, is a myocardial _____. Fatty plaques building up in the lining of arteries and narrowing the lumen is _____. A blood pressure that stays at or above 140/90 mmHg is _____. When the walls between the alveoli are destroyed, leaving a few large air spaces, the disorder is _____. Inflammation of the glomeruli, also called Bright's disease, is _____. Hard stones that form when salts in the urine crystallize are renal _____. Drugs such as opium, morphine and heroin, which dull the senses and relieve pain, are _____. In heavy drinkers the liver may become permanently scarred and hardened: _____.

2 Label the diagram [1.5]

The diagram shows an artery cut across, healthy and in disease. Write the names of the parts 1 to 3. Each carries 0.5 mark.



1. _____ 2. _____

3. _____

3 Multiple choice [5]

Choose the correct option for each of the following questions.

i. In which disorder are the walls between the alveoli destroyed, leaving a few large air spaces? [1]

a. asthma
b. pneumonia
c. emphysema
d. pleurisy

ii. Which of these is a **risk factor** for cardiovascular disorders rather than a symptom of one? [1]

a. angina
b. shortness of breath
c. smoking
d. dizziness

iii. Which one of the following is an undistilled alcoholic drink? [1]

a. beer
b. whiskey
c. rum
d. brandy

iv. A blood pressure that stays at 150/95 mmHg is: [1]

a. normal
b. hypertension
c. hypotension
d. a hypertensive crisis

v. Why do women get urinary tract infections more often than men? [1]

a. Their kidneys are smaller.
b. Their urethra is much shorter, so bacteria reach the bladder more easily.
c. They drink less water.
d. Their urine is more acidic.

4 Short answers [9]

Write short answers to the following questions.

a. Write two differences between arteriosclerosis and atherosclerosis. [2]

b. Why is hypertension called the “silent killer”? [2]

c. A trekker drinks raksi to keep warm on a cold night at a high camp. Explain why this is dangerous. [2]

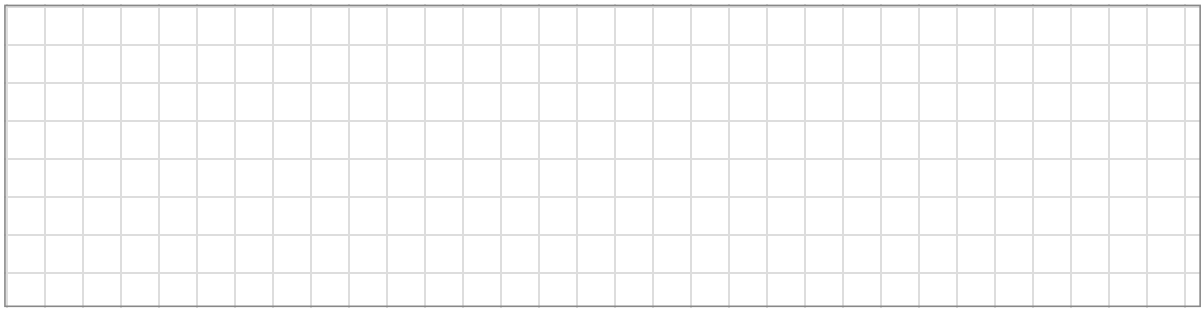
d. What is asthma? What happens in the airways during an attack? **[3]**

5 Numerical problem **[4]**

Show your working.

Ethanol has a density of 0.789 g/mL, and a standard drink, as WHO counts it, is 10 g of ethanol.

a. How many grams of ethanol are in a 650 mL bottle of beer at 5% alcohol by volume?
b. How many standard drinks is that?
c. How many grams of ethanol are in 180 mL of raksi at 40% alcohol by volume?
d. Each gram of ethanol gives about 7 kcal. How many kcal are in the bottle of beer's ethanol?



Answer:

6 Long answer **[4]**

Write a long answer to the following question.

Describe the effects of alcohol abuse on the body.

7 Think [3]

Kidney stones and urinary tract infections are both common in Nepal. Explain why drinking plenty of water helps prevent both.

8 Activity: Read a cigarette packet (not marked)

Look at a cigarette or tobacco packet sold in Nepal (do not open or use it), or a photo of one. Note the warning pictures and words on it.

What you looked for	What you found
how much of the packet the warning covers	
the disease shown in the picture	
the words of the warning	

Name two disorders of the lungs and one of the heart that tobacco causes.