

Holt Ch 14 Study Guide Life Style Diseases

1. What are lifestyle diseases?
2. Describe how lifestyle can lead to disease
3. List four controllable risk factors for lifestyle diseases.
4. List 4 Uncontrollable risk factors for lifestyle diseases. (A,B,C,D)
5. Describe what strokes are, and their symptoms.
6. Describe what High Blood Pressure is and three effects it can have.
7. Explain how heart attacks occur, and list three warning signs of an attack.
8. Explain what atherosclerosis is and why it is dangerous; list two things that can happen as a result of it.
9. Describe four ways to detect cardiovascular diseases. (A,B,C,D)
10. Describe six ways to treat cardiovascular disease. (A,B,C,D,E,F)
11. Describe six ways to prevent cardiovascular disease. (A,B,C,D,E,F)
12. What is cancer?
13. Explain the difference between benign and malignant tumors.
14. Make a chart that names six different types of cancer, what it is, and how many people die from it each year.

Name of Cancer	What it is	How many die each year

15. List four things that can cause cancer.
16. Explain four different ways to detect cancer.
17. describe three ways to treat cancer.