

Unit four test: Understanding and preventing disease ☣ Name:

1. Based on the material in part four, refine the following terms:

- a. Pathogen
- b. Vector
- c. Immune system
- d. Autoimmune diseases
- e. Benign tumor
- f. Malignant tumor
- g. Metastasis
- h. Coronary heart disease
- i. Atherosclerosis
- j. Stroke
- k. Genes
- l. Chromosomes
- m. Achromatopsia

2. How do antibiotic resistant strains of bacteria develop?

3. What are the implications in your lifetime for antibiotic resistant bacteria?

4. What are the sources of leptospirosis on Pohnpei?

5. How do you get leptospirosis?

6. What are the initial symptoms of leptospirosis?

7. Has leptospirosis caused any fatalities in Micronesia?
8. What is the vector for Lyme disease?
9. What is the vector for dengue fever in Kosrae and West Nile Virus in the United States?
10. For a Kosraean who has had dengue fever in Kosrae, what medical condition could occur if they move to the United States and contract West Nile Virus there?
11. What is the lymph system?
12. What is the hygiene hypothesis?
13. How does the hygiene hypothesis relate to the development of allergies and asthma?
14. List some of the factors here in Micronesia that contribute to the development of cancers.
15. How is obesity related to cancer?
16. What is a pap smear test, what does it test for, and when should a woman start getting pap smears?

17. What is a mammogram, what does it test for, and when should a woman start getting mammograms?

18. In "The Last Heart Attack" Dr. Sanjay Gupta learned about a diet that has been shown to reduce and remove plaque in the coronary arteries. What foods must one avoid on this diet?

19. Below what number should one's total blood cholesterol be?

20. Below what two numbers should one's blood pressure be?

21. What role does stress play in heart attacks?

22. For what medical risk do doctors now sometimes recommend red wine?

23. How much red wine and how often?

24. What type of disease is achromatopsia?

25. How does one get achromatopsia?