**Disease Prevention Exam Study Guide**

This test will be scored on Concepts, Analyzing Influences, and Advocacy. There are 15 questions. The learning target (Concepts) will have 11 multiple choice or fill-in-the-blank questions. The second learning target (Analyzing Influences) will have 2 short answer questions and the third learning target will have 2 short answer questions.

* Be able to define the following terms: bacteria, virus, pathogen, vaccine, antibiotics, chemical barriers, physical barriers, Type 1 and Type 2 Diabetes, insulin, pancreas, melanoma, melanin, SPF, communicable disease, non-communicable disease, chronic disease. (Use the space below to practice your definitions or write out flashcards.)
* Review the Go-Fish Disease Notes: Pay attention to treatment options for pathogens and other ways to stay healthy. Practice writing the out the TRANSMISSION, SYMPTOMS, TREATMENT AND PREVENTION for one viral disease and one bacterial disease. Be able to compare and contrast.
* Look over the Sun Safety Poster activity and:
  + know warnings for melanoma
  + the dangers of tanning beds
  + the reason for the rise of melanoma in the PNW
  + ABCDEs of Melanoma
  + how to calculate SPF
  + information about the Sunbelt
  + Beauty and society influences and how they affect skin cancer rates around the world.
* Check out the Diabetes information that we learned.
  + What is the role of insulin in the body?
  + What are the differences between both types of diabetes?
  + What are warning signs and symptoms?
  + How do you treat each type of diabetes?

**Disease Prevention Review Worksheet**

1. What is a single-celled organism that can make you very sick, and is treated with

antibiotics? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is something that is not living, consists of an inner core of genetic material surrounded by a protein shell, invades all forms of life, and must be prevented before it enters an organism through vaccines? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What is the difference between a communicable disease and a non-communicable disease?
3. Give an example of each from the previous question.
4. Explain how the body uses each of the following to defend against infectious diseases:
   1. Physical barriers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Chemical barriers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Which type of diabetes is preventable? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Which type of diabetes is generally due to lifestyle choices? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Which type of diabetes is generally due to genetics? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. True or False: Once the pancreas stops producing insulin, it can never produce insulin again? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. What are long-term affects of each type of diabetes? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What does SPF mean and how is it calculated? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. How does geography put people at risk for melanoma? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. List 3 reasons why tanning beds are so harmful to our health. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What are some risk factors for melanoma? Include the biggest risk factor.

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1. Why is snow and ice so dangerous for UV ray exposure? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. What is the best type of sunglasses to wear? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_