Save this learning guide and complete each module as it is assigned. When submitting your learning guide on teams, please submit only one document with the work you have completed up to that point. Every two weeks as you are ready to submit your work, remove the previous document and replace it with your updated work.

* You are responsible for writing the answers out yourself.
* Copying and pasting answers from the reading material into this document will result in a mark of incomplete for the assignment.
* Failure to complete all components of the learning guide will result in a final grade of incomplete on your report card.

**Chronic Conditions**

What does "chronic condition" mean?

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List the ten leading causes of death in 2014 and indicate whether each is a chronic condition.

| **Rank** | **Leading Causes of Death (Both Sexes)** | **Chronic Condition?** |
| --- | --- | --- |
| 1 |  |  |
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**Cancer**

What are four advancements that help to reduce the mortality rate from cancer?

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| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |

Identify and describe the two types of tumors that can develop in the body:

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| --- | --- | --- |
| **Type** | **Description** | **Health Effect** |
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How does cancer develop in the body? Summarize the steps or stages in the development of a malignant tumor. Include in your summary a definition of the term "metastasize."

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**The Situation in New Brunswick**

Out of the 13 provinces and territories, the overall cancer rate in NB is \_\_\_\_ while the mortality rate from cancer is \_\_\_\_.

The most common form of cancer for men in NB is \_\_\_\_\_\_\_\_\_\_\_\_, and the most common form of cancer for women in NB is \_\_\_\_\_\_\_\_\_\_\_\_.

The leading cause of mortality from cancer for men in NB is \_\_\_\_\_\_\_\_\_\_\_\_, and the leading cause of mortality from cancer for women in NB is \_\_\_\_\_\_\_\_\_\_\_\_.

Describe the economic costs of cancer.

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**Preventing Cancer**

What are **carcinogens**? Include some examples.

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What are **promotors** and **antipromoters**?

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What is the difference between a **carcinogen** and a **promoter**?

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What percentage of all cancers is linked to diet, obesity and lack of exercise?

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What percentage of all cancer deaths can be attributed to smoking?

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Now, summarize the recommendations from the Canadian Cancer Society for minimizing your risk of developing cancer:

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Name two vaccines that can reduce cancer risks. Which cancers might they prevent?

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| 1. |
| 2. |

What percentage of all lung cancer deaths are related to radon in the home?

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Identify and describe at least three lifestyle changes you can make to decrease your risk of developing cancer based on the "It's My Life" interactive cancer assessment tool from the Canadian Cancer Society. Be specific about the changes and for which specific cancers you would be decreasing your risk.

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**Cardiovascular Disease**

Cardiovascular disease is the \_\_\_\_\_ leading cause of death in Canada.

In 2014, what percentage of Canadian deaths was due to cardiovascular disease?

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Define hypertension, and explain how it can be both a cause and result of atherosclerosis:

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Explain how atherosclerosis can lead to coronary artery disease, heart attack and stroke. Be sure to define each of these conditions in your response:

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**Risk Factors for Cardiovascular Disease**

List and describe as necessary the risk factors for both a higher sitting heart rate and cardiovascular disease:

| **Risk Factors for**  **an Elevated Sitting Heart Rate** | **Risk Factors for**  **Cardiovascular Disease** |
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**Dietary Considerations for Preventing Cardiovascular Disease**

Summarize some ways you can alter your diet to minimize your risk of cardiovascular disease:

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What were the benefits of the DASH diet, and how quickly could those benefits occur?

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What foods are emphasized in the DASH diet?

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According to the DASH diet, restricting the dietary consumption of which mineral is the most important?

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Which three minerals are recognized in the DASH diet as most helpful in helping to control blood pressure?

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**Diabetes**

What is insulin? Where is it produced in the body, and what role does it serve in the body?

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Identify and describe the three types of diabetes. Include risk factors and potential consequences in your descriptions:

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| --- | --- |
| **Type** | **Describe** |
| **1** |  |
| **2** |  |
| **3** |  |

**Lifestyle Considerations for Preventing and Managing Diabetes**

Record here your notes on lifestyle considerations for preventing and managing diabetes:

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**Osteoporosis**

What is osteoporosis? How does it develop? What are its results?

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How is osteoporosis diagnosed?

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**Risk Factors for Osteoporosis**

Identify and describe (when necessary) the risk factors for osteoporosis.

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| **Risk Factor** | **Description** |
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**Dietary Considerations for Preventing Osteoporosis**

Record here your notes on dietary considerations for preventing osteoporosis:

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Other than dietary measures, what can you do to minimize your risk of developing osteoporosis as you age?

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**Obesity**

The percentage of Canadian men and women who have increased health risks because of excess weight is \_\_\_\_.

How does the situation in New Brunswick compare to Canada as a whole?

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What are the potential health benefits of reducing our body weight by 5–10%?

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Identify and describe the five measures to assess obesity:

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| --- | --- |
| **Measure** | **Describe** |
| **1** |  |
| **2** |  |
| **3** |  |
| **4** |  |
| **5** |  |

For which groups of people is BMI not accurate? Why?

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Explain how the distribution of fat impacts health risks.

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What are the waist circumferences for men and for women that are associated with health concerns from obesity?

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| **Waist Circumferences** | | **Waist-to-Hip Ratio** |
| **Men** |  |  |
| **Women** |  |  |

**Development of Body Fat**

What is the type of tissue that stores excess energy in the body?

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How do fat cells grow and divide?

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When you lose weight, do you lose fat cells? Explain.

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Explain the "set point" theory. How does it relate to weight gain after dieting?

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**Causes of Obesity**

What does the OB gene determine?

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What is the impact of insulin on fat storage?

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What is leptin? Explain its role in the cycle of weight loss and gain.

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What is resistin? How does it help to explain the relationship between Type II diabetes and obesity?

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**Causes of Obesity (continued)**

Identify and describe, complete with examples, the two processes that contribute to obesity:

| **Process** | **Description** |
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Summarize quickly the other causes of obesity that were listed in the course—medical conditions and medications:

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**Health Risks of Obesity**

Identify and describe some of the health risks associated with obesity:

| **Health Risk** | **Description** |
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**Dietary Considerations for Preventing Obesity**

Record here your notes on dietary considerations for preventing obesity:

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Other than dietary measures, what can you do to minimize your risk of developing obesity?

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**Eating Disorders**

What is the definition of eating disorders?

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Describe anorexia here. What is the condition? What are the symptoms? What are its effects?

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**Eating Disorders (continued)**

Describe bulimia here. What is the condition? What are the symptoms? What are its effects?

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Why do you think we discussed eating disorders immediately after a discussion of obesity?

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**Dental and Oral Disease**

Identify the two broad categories of risk factors that we first learned about in **Module 1:Health and Wellness**. Give specific examples from each category, and explain how they impact your oral health.

| **Type of Risk Factor** | **Description and Examples** |
| --- | --- |
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Which type of risk factor is more important in developing dental and oral disease?

Identify and describe the five types of dental and oral disease described in the course:

| **Dental or Oral Disease** | **Description** |
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**Dental and Oral Disease (continued)**

What causes cavities? Summarize the process in your own words:

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Summarize how oral health affects overall health according to Health Canada:

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**Dietary Considerations for Preventing Dental and Oral Disease**

Which micronutrients do you need to eat to maintain healthy teeth and gums?

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How does the pace and timing of eating affect your teeth? What **would** you say to the mother in the park described in the course?

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**Evaluating Sources**

What are the five questions you should ask yourself to help evaluate the accuracy of information?

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| --- | --- | --- |
| **Number** | **Question** | **Your Thoughts** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |

Explain the difference between nutritionists and dietitians. Which is a more credible source?

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Identify some trustworthy sources of information about health:

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According to Anya Kamenetz from NPR, how can you spot fake news?

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**Fad Diets**

According to Mia Nacamuli, how can you spot a fad diet?

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Do fad diets work? Are there different results in the short- and the long-term?

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**Holistic Approach**

What is a holistic approach?

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How is a holistic approached related to nutrition?

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**Sports Nutrition**

Identify, describe and reflect on the type of sports nutrition discussed in the course:

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| --- | --- | --- |
| **Type** | **Description** | **Your Thoughts** |
| Eating Before Exercise |  |  |
| Sports Hydration |  |  |
| Eating After Exercise |  |  |
| Supplementing with Caffeine |  |  |
| Supplementing with Creatine |  |  |
| Supplementing with Protein |  |  |

**Vegetarianism**

Define "vegetarianism." In your answer, differentiate it from "veganism":

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What are the health benefits of vegetarianism?

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What are the nutrients that require planning from vegetarians to ensure needs are met?

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| **Type** | **Description** | **Vegetarian Sources** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
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| 6. |  |  |