Introduction

The purpose of this module is to give an overview of three major chronic diseases that you may encounter in your work.

We will cover Hypertension, Diabetes, and Cancer.

In the next module we will cover additional chronic diseases that you may encounter.
**Goals and Objectives**

Be able to identify the three major diseases discussed today and the major keywords associated with them.

Gain beginner’s knowledge of prevention and treatment goals for each of the diseases discussed.

Be able to act compassionately and without bias to people suffering from each of these diseases.
Hypertension
Facts about Hypertension

Hypertension is also known as high blood pressure.

An estimated 1 in 3 Americans experience hypertension.

Hypertension increases an individual’s risk of heart disease and stroke.

Hypertension can be treated and often reversed by making smart lifestyle choices.

Information Obtained: http://www.cdc.gov/bloodpressure/
What is Hypertension?

Blood Pressure is the force of blood against your artery walls.

Prolonged high blood pressure can lead to numerous health problems.

High blood pressure is caused by increased force against those walls.

Information Obtained: www.cdc.gov/bloodpressure/about.htm
Systolic and diastolic blood pressure

Systolic

Diastolic

Image Obtained: http://www.euroclinix.net/images/pages/systolic-diastolic-blood-pressure.gif
# Blood Pressure Chart

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (upper #)</th>
<th>Diastolic mm Hg (lower #)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120</td>
<td>and less than 80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120 – 139</td>
<td>or 80 – 89</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>140 – 159</td>
<td>or 90 – 99</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>160 or higher</td>
<td>or 100 or higher</td>
</tr>
<tr>
<td>Hypertensive Crisis (Emergency care needed)</td>
<td>Higher than 180</td>
<td>or Higher than 110</td>
</tr>
</tbody>
</table>

Image Obtained: https://www.softchalkcloud.com/lesson/files/zD217dEBpx5Jc/blood%20pressure%20chart.jpg
Risk Factors

- Poverty leading to limited diet, lack of physical activity, lack of choices
- Lack of access to preventative care
- Risky Behaviors such as smoking and alcohol consumption
- Diabetes
- Sodium

Information Obtained: http://www.cdc.gov/bloodpressure/risk_factors.htm
Hypertension Prevention

- Eat a healthy diet
- Maintain a healthy lifestyle
- Physical Activity And Limit Stress
- Don’t smoke
- Limit alcohol use
- Decrease Sodium

Information Obtained: http://www.cdc.gov/bloodpressure/what_you_can_do.htm
Signs and Symptoms of Hypertension

- Hypertension is known as the silent killer
- Most symptoms appear to be something else such as a headache
- Regular blood pressure checks are the only way to know if someone has high blood pressure

Image Obtained: http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/images/fs_bloodpressure.jpg
Information Obtained: http://www.cdc.gov/bloodpressure/signs_symptoms.htm
Treatment

Lifestyle Change

Medication

Information Obtained: http://www.mayoclinic.com/health/high-blood-pressure/DS00100/DSECTION=treatments-and-drugs
What region of the country has the highest rate of hypertension?
+ Type I and II Diabetes
What is Diabetes?

- Diabetes is a disease in which blood glucose levels are above normal.
- When someone has diabetes, their body doesn’t make enough insulin, or can’t use the insulin that it makes well.
- Diabetes causes the sugar to build up in the blood.
- Diabetes is a serious health condition and should receive prompt treatment.

Information Obtained: [www.cdc.gov/diabetes/consumer/learn.htm](http://www.cdc.gov/diabetes/consumer/learn.htm)
Type 1 Diabetes

Only 5% of all diabetes cases

Known as juvenile-onset diabetes

Risk factors are not fully understood but have much less or nothing to do with lifestyle choices

Information Obtained: www.cdc.gov/diabetes/consumer/learn.htm
Type 2 Diabetes

- Adult on-set diabetes
- Account for about 90-95% of all diagnosed cases
- More typically associated with lifestyle choices although genetics and family history can play a role
- The most common form of diabetes

Information Obtained: www.cdc.gov/diabetes/consumer/learn.htm
Risk Factors for Type 2 Diabetes

- Age
- Obesity
- Family history of diabetes
- Prior History of Gestational Diabetes
- Glucose Tolerance
- Physical Inactivity
- Race/Ethnicity

Information Obtained: www.cdc.gov/diabetes/consumer/learn.htm
Signs and Symptoms of Diabetes

- Frequent urination
- Extreme hunger and Excessive Thirst
- Tingling or numbness in hands or feet
- Very dry skin
- Unexplained weight loss
- Sudden vision changes
- Feeling very tired often

Information Obtained: www.cdc.gov/diabetes/consumer/learn.htm
Treatment for Type 2 Diabetes

- Healthy Eating
- Physical Activity
- Blood Glucose Testing
- Oral Medication
- Insulin Injections
- Depression Treatment

Information Obtained: www.cdc.gov/diabetes/consumer/learn.htm
Facts about Cancer

- Some cancers are silent, meaning that they have very few signs or symptoms
- The larger the cancer is, the more symptoms a person may have
- Early detection is key in the treatment of cancer
- There are many different types of cancer
- In this section we will briefly discuss Breast Cancer, Lung Cancer, Prostate Cancer, and Colon Cancer

What is Cancer?

- Cancer is the general name for a group of more than 100 diseases.
- Cancer is caused by abnormal cells growing out of control.
- Cancer, left untreated, can cause serious illness and death.

General Signs and Symptoms of Cancer

Unexplained weight loss

Skin Changes

Pain

Fever

Fatigue

Preventing and Surviving Cancer

Be safe in the sun

Stay away from Tobacco

Early Detection

Eat Healthy

Stay Active

Information Obtained: www.cancer.org/healthy/index
Breast Cancer

Estimated new cases and deaths from breast cancer in the United States in 2012:

New cases: 226,870 (female); 2,190 (male)

Deaths: 39,510 (female); 410 (male)

Information Obtained: www.cancer.gov/cancertopics/types/breast
About Breast Cancer

- A cancer of the tissue in the breast
- Can occur in both women and men
- Highly treatable form of cancer if detected early
- Regular mammograms are highly suggested

Information Obtained: [www.cancer.gov/cancertopics/types/breast](http://www.cancer.gov/cancertopics/types/breast)
Types of Lung Cancer

- Non-Small Cell Lung Cancer
- Lung Carcinoid Tumor
- Small Cell Lung Cancer
Facts about Lung Cancer

- The most common type of lung cancer is non-small cell
- Smoking is the leading cause of lung cancer
- Genes play a role in the risk of developing lung cancer
- Low survival rate due to lack of early detection


Other Types of Cancer

- Prostate Cancer
- Colon Cancer
- Cervical/Ovarian Cancer
Holistic Approach to Cancer Treatment
REVIEW
Review Questions

Why is hypertension called the silent killer?

What is the most common cause of Lung Cancer?

Can men develop breast cancer?

What is the difference between Type 1 Diabetes and Type 2 Diabetes?

What causes diabetes?

How do you test for hypertension?
Any Questions?
In Closing...

No one is useless in this world who lightens the burdens of another.

Charles Dickens

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