

Chapter:4

Why do we fall ill

Key learnings:

- 1) Our body's well-being is dependent on the proper functioning of its cells and tissues.
 - 2) All our body parts and activities are greatly interconnected. Hence dysfunction of any body part will affect the entire body.
 - 3) When we are healthy, we are able to perform our physical, mental and social functions well.
 - 4) Our physical and social environment plays an important role in maintaining good health.
 - 5) In addition to personal hygiene, public cleanliness should also be maintained for ensuring that we remain healthy.
 - 6) Many other factors like financial conditions, availability of nutritious food and social equality also influence the health of an individual.
 - 7) A person suffering from a disease is in a state of discomfort.
 - 8) Being in poor health is different from being diseased.
 - 9) Symptoms and signs of the disease appear as a result of dysfunction of the affected body parts. These help to identify the disease that a person is suffering from.
 - 10) Depending on their duration, diseases may be classified as acute or chronic.
 - 11) Acute diseases last for a short time and do not cause major health effects. E.g. Common cold. On the other hand chronic diseases persist for a long time and hence cause prolonged ill health. E.g. TB of lungs.
 - 12) Causes of diseases may be immediate (first level cause) or contributory. For e.g. – The immediate cause of a person suffering from diarrhoea is the causative agent. The contributory causes could be i) lack of good nourishment or genetic difference (second level cause), ii) poverty or lack of public services (third level cause)
 - 13) Diseases may be infectious or non-infectious. Infectious diseases are caused by microbes or other infectious agents (e.g. Malaria) whereas non-
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