Diet Related Disorders

**What are diet related disorders?**

**What are some examples of diet related disorders?**

**Diet Related Disorders**

**Anaemia**

* Anaemia is a \_\_\_\_\_\_\_\_\_\_\_\_ and is the most common deficiency disease in Australia, particularly in females.
* It is caused by a prolonged \_\_\_\_\_\_\_ deficiency.
* Estimates suggest that around one in \_\_\_\_\_\_\_ menstruating women and \_\_\_\_\_\_\_ of pregnant women are anaemic.
* Symptoms of anaemia include \_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ . This means that the body is not able to operate normally.
* The lack of iron is a common nutrient deficiency in many \_\_\_\_\_\_\_\_\_\_\_\_ countries.
* Symptoms of iron deficiency include:

**Anorexia Nervosa**

* Anorexia nervosa is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ condition in which a person refuses to eat \_\_\_\_\_\_\_\_\_\_\_\_\_ food to maintain a minimum normal weight for \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ . It may also include \_\_\_\_\_\_\_\_\_\_\_\_\_ excessively.
* This has serious effects on many body systems and may result in death.
* This disorder occurs most often in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , aged from the late \_\_\_\_\_\_\_\_\_\_ to the mid \_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**Bulimia**

* Bulimia is an \_\_\_\_\_\_\_\_\_\_\_\_ disorder marked by cycles of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of excessive quantities of food, followed by \_\_\_\_\_\_\_\_\_\_\_ through \_\_\_\_\_\_\_\_\_\_\_ or use of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
* The purging can seriously damage health.
* Unlike anorexia, a person with bulimia is rarely \_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**Bowel Cancer**

* The bowel in the body includes the \_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ , and consists of the long tube that absorbs \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ from food and processes waste products into faeces.
* Bowel cancer usually begins in the lining of the \_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_ . If left untreated, the cancer will spread into the wall of the \_\_\_\_\_\_\_\_\_\_ , then possibly the liver and lungs.
* Bowel cancer is a common illness in Australia, with over \_\_\_\_\_\_\_\_\_\_\_ people being diagnosed every year.
* Factors that are considered risk factors for bowel cancer include:
* These factors can be prevented with changes to eating and physical activity behaviours.

**Osteoporosis**

* Osteoporosis is a condition in which the loss of bone \_\_\_\_\_\_\_\_\_ mass results in \_\_\_\_\_\_\_\_\_\_\_ bones.
* This means that the bones become \_\_\_\_\_\_\_\_\_\_\_\_\_\_ , more \_\_\_\_\_\_\_\_\_\_\_ and therefore more liable to \_\_\_\_\_\_\_\_\_\_\_\_ .
* Osteoporosis is linked to a lack of \_\_\_\_\_\_\_\_\_\_\_\_ . It is therefore important to build up bone density by consuming \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods such as dairy products, during \_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_ and early \_\_\_\_\_\_\_\_\_\_\_\_\_ .

Draw a diagram of osteoporosis:

|  |  |
| --- | --- |
| **Normal** | **Osteoporosis** |
|  |  |

**Obesity**

* Obesity is a very serious problem in Australia – approximately \_\_\_\_\_\_\_\_\_\_\_ of the adult population are overweight and \_\_\_\_\_ % are classified as obese.
* Too much \_\_\_\_\_\_\_\_\_ and too little \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ result in an increase in weight.
* Obese people are those who are \_\_\_\_\_\_\_ % or more above their recommended \_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_ .
* People who are obese are also at a \_\_\_\_\_\_\_\_ risk of developing other diet related disorders.

**Type 2 Diabetes**

* Diabetes occurs when the body cannot make proper use of the \_\_\_\_\_\_\_\_\_\_\_ in the blood.
* Type 2 diabetes accounts for \_\_\_\_\_ % of all diabetes cases and is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* .
* \_\_\_\_\_\_\_\_\_\_\_ is manufactured by the body to move glucose into the cells. When the body resists the action of the insulin, the glucose cannot enter the body’s \_\_\_\_\_\_\_\_\_\_ .
* This resistance occurs because of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ levels of \_\_\_\_\_\_\_ in and around the cells, most often seen in overweight or obese people.
* When the insulin cannot get the glucose into the cells, the body responds by producing \_\_\_\_\_\_\_\_\_ insulin. If this continues over a long period of time, type 2 diabetes may develop.
* In many cases, being overweight or obese results in high insulin levels and insulin resistance.

**Question: *What is the difference between type 1 and type 2 diabetes?***

**Hypertension**

* Also known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
* Too much \_\_\_\_\_\_\_\_\_\_\_\_ in the diet is a major contributing factor.
* When there is too much sodium, the body retains \_\_\_\_\_\_\_\_\_ and the heart has to work \_\_\_\_\_\_\_\_\_\_\_ to pump the blood under increased \_\_\_\_\_\_\_\_\_\_\_\_.
* This means that blood circulation is less \_\_\_\_\_\_\_\_\_\_\_\_ , and the arteries become less \_\_\_\_\_\_\_\_\_\_\_\_\_ .

**Coronary Heart Disease**

* Coronary heart disease kills one in \_\_\_\_\_\_\_\_\_ adult Australians and is the leading cause of death in Australia.
* It occurs when the \_\_\_\_\_\_\_\_\_\_\_ in the heart become \_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ that restrict the amount of blood that can be pumped through them – sometimes hey even become totally blocked.
* This makes the heart work harder to pump blood around the body and places extra \_\_\_\_\_\_\_\_\_\_\_\_ on the heart.

**High Cholesterol**

* Cholesterol is an important part of \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ and some hormones.
* It is also an essential substance for good health.
* We \_\_\_ \_\_\_\_\_\_\_ need to consume it as our body can make its own supplies.
* Problems arise therefore with cholesterol when people consume too much \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_.
* Clogged \_\_\_\_\_\_\_\_\_\_ make blood flow hard and enable blood clots to settle.
* To decrease blood cholesterol, one must decrease \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_ in the diet. \_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_ and some \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ , all high in soluble \_\_\_\_\_\_\_\_ , tend to increase the amount of cholesterol that is excreted from the body.