

|  |  |
|--|--|
| <p style="text-align: center;"><b>Drinking alcohol<br/>(lifestyle)</b></p> | <p>SHORT TERM</p> <ul style="list-style-type: none"> <li>○ Addiction – alcohol</li> <li>○ Significant weight change – lack of appetite or more of an appetite</li> <li>○ Change of mood</li> </ul> <p>LONG TERM:</p> <ul style="list-style-type: none"> <li>○ Liver cancer</li> <li>○ Jaundice - yellowing of the skin &amp; eyes as liver fails</li> <li>○ Depression and anxiety</li> </ul>                                      |
| <p style="text-align: center;"><b>Drug misuse<br/>(lifestyle)</b></p>      | <p>SHORT TERM</p> <ul style="list-style-type: none"> <li>○ Addiction</li> <li>○ Significant weight change – lack of appetite or more of an appetite</li> </ul> <p>LONG TERM</p> <ul style="list-style-type: none"> <li>○ Damage to organs such as brain, liver and kidneys</li> </ul>  |
| <p style="text-align: center;"><b>Smoking<br/>(lifestyle)</b></p>          | <p>SHORT TERM</p> <ul style="list-style-type: none"> <li>○ Addiction - nicotine</li> <li>○ Gum disease</li> <li>○ Smelly breath</li> <li>○ Prone to chest infections/Smokers cough</li> </ul> <p>LONG TERM</p> <ul style="list-style-type: none"> <li>○ Illness such as asthma or bronchitis</li> <li>○ Stroke</li> <li>○ Lung cancer</li> <li>○ Hands and nails stained off nicotine</li> <li>○ Wrinkled faces</li> </ul>         |
| <p style="text-align: center;"><b>Poor Diet<br/>(lifestyle)</b></p>        | <p>SHORT TERM</p> <ul style="list-style-type: none"> <li>● Too much salt –high blood pressure &amp; thirst</li> <li>● Too much sugar –raise blood glucose level</li> <li>● Too much fat – Blocks arteries</li> </ul> <p>LONG TERM</p> <ul style="list-style-type: none"> <li>● Obesity (high kcal intake)</li> <li>● Heart disease</li> <li>● High blood pressure</li> <li>● Strokes</li> <li>● Tooth decay</li> </ul>             |
| <p style="text-align: center;"><b>Lack of Exercise<br/>(lifestyle)</b></p> | <p>SHORT TERM</p> <ul style="list-style-type: none"> <li>● Stiffening of the joints – muscles &amp; ligaments become stiff</li> <li>● Poor strength</li> <li>● Obesity (see below causes)</li> </ul> <p>LONG TERM</p> <ul style="list-style-type: none"> <li>● Stroke (see below causes)</li> <li>● Heart disease (see below causes)</li> <li>● Slow blood flow (see below causes)</li> <li>● Osteoporosis (weak bones)</li> </ul> |

|  |   |
|--|---|
| <p>High pulse rate<br/>(physiological)</p>       | <p>SHORT TERM</p> <ul style="list-style-type: none"> <li>• Blood is being pumped around the body too quickly – sweating, shortness of breath, feeling weak</li> </ul> <p>LONG TERM</p> <ul style="list-style-type: none"> <li>• Heart attack – the heart cannot pump the blood quickly enough through the heart</li> </ul>  |
| <p>High blood pressure<br/>(physiological)</p>   | <p>SHORT TERM</p> <ul style="list-style-type: none"> <li>• Dizziness, fainting or falls - Blood cannot move easily through the brain</li> </ul> <p>LONG TERM</p> <ul style="list-style-type: none"> <li>• Heart disease – arteries narrowed so blood has to pump harder to get through the heart</li> <li>• Strokes – arteries are narrowed causing blood clots in the brain</li> </ul>   |
| <p>Low peak flow reading<br/>(physiological)</p> | <p>SHORT TERM</p> <ul style="list-style-type: none"> <li>• Airway is narrowed – lungs not working as well</li> <li>• Harder to take part in exercise which means lungs are not as strong – easily get out of breath and feel dizzy when walking upstairs etc.</li> </ul> <p>LONG TERM</p> <ul style="list-style-type: none"> <li>• Airway is narrowed – lungs are not working as well as they should be</li> <li>• If exercise is not done due to reduced lung capacity it can mean fat builds up &amp; lead to heart disease/stroke</li> </ul> |
| <p>High BMI<br/>(physiological)</p>              | <p>SHORT TERM</p> <ul style="list-style-type: none"> <li>• High blood pressure – fat restricting blood flow</li> <li>• Harder to do exercise, = becomes a vicious cycle</li> </ul> <p>LONG TERM</p> <ul style="list-style-type: none"> <li>• Cardiovascular disease – fat restricting blood flow to the heart</li> <li>• Diabetes – too much sugar</li> <li>• Arthritis – pressure on joints due to excess weight</li> <li>• Stroke – fat causes a blood clot, stops blood from getting to the brain</li> </ul>                                 |
| <p>Low BMI<br/>(physiological)</p>               | <p>SHORT TERM</p> <ul style="list-style-type: none"> <li>• The body is not getting enough nutrients which can lead to; <ul style="list-style-type: none"> <li>○ Depression - Tiredness - Infections</li> </ul> </li> </ul> <p>LONG TERM</p> <ul style="list-style-type: none"> <li>• An eating disorder such as anorexia or bulimia</li> <li>• Anaemia</li> <li>• Rickets</li> <li>• Stunted bone growth or weaker bones</li> </ul>   |