



Lifestyle  
diseases as  
a result of  
poverty  
and gender  
imbalances



# In this lesson you will deal with:

## ➤ Lifestyle diseases

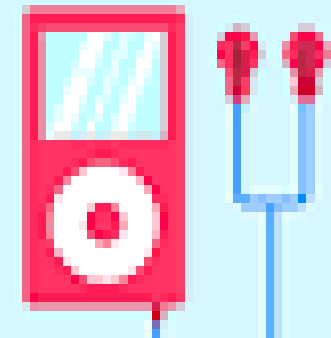
- as a result of poverty and gender-imbalance: cancer, high blood pressure, diseases of the heart and circulatory system, tuberculosis, sexually transmitted infections including HIV and AIDS.





# What are lifestyle diseases?

- **A lifestyle disease is an illness that is linked to the way people live.**
- **It is a disease that can be prevented by changes in:**
  - **Nutrition**
  - **Environment**
  - **your general lifestyle**
  - **avoiding substance abuse**
  - **promotion of gender equality**
  - **reduction of poverty**



TYPE 2 DIABETES

# Examples of lifestyle diseases

heart disease

Stroke

Obesity

Osteoporosis

some forms of cancer

Hypertension

Tuberculosis

STIs

HIV.

HYPERTENSION

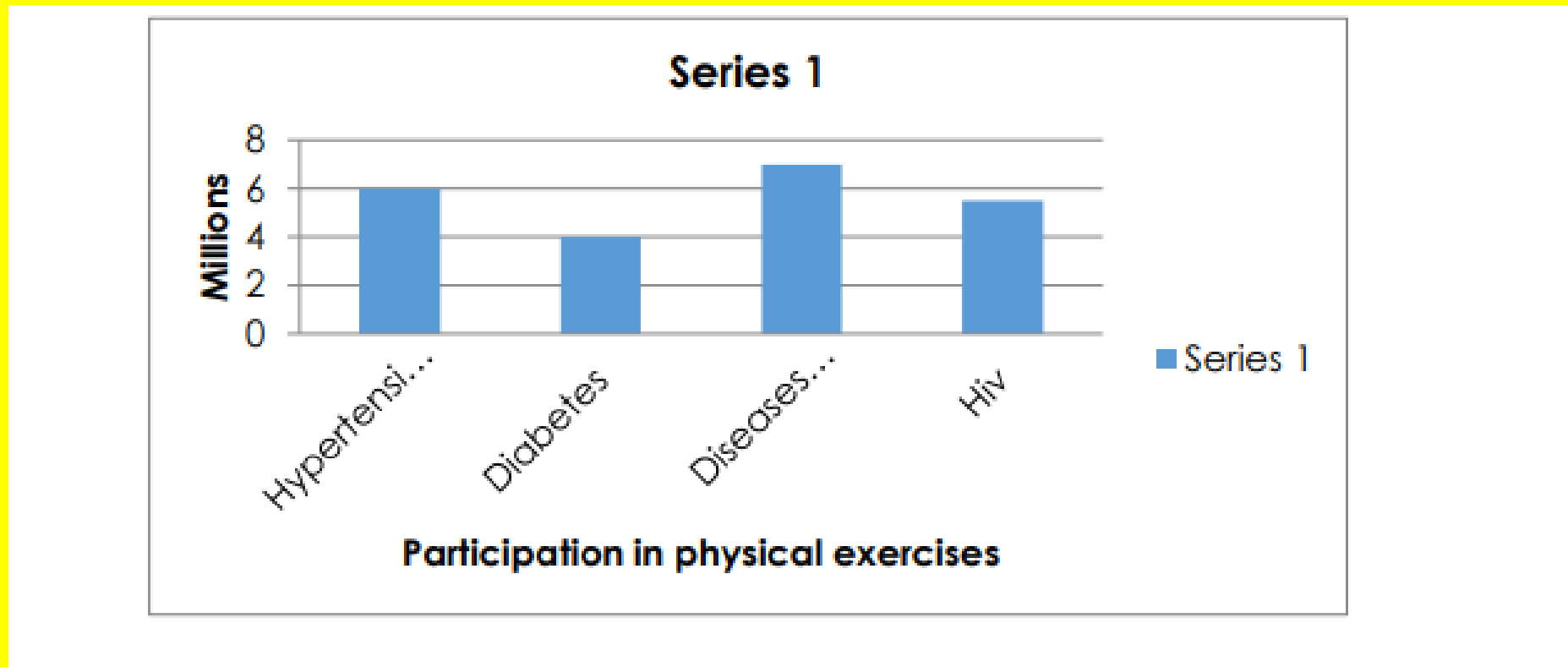
OBESITY

OSTEOARTHRITIS

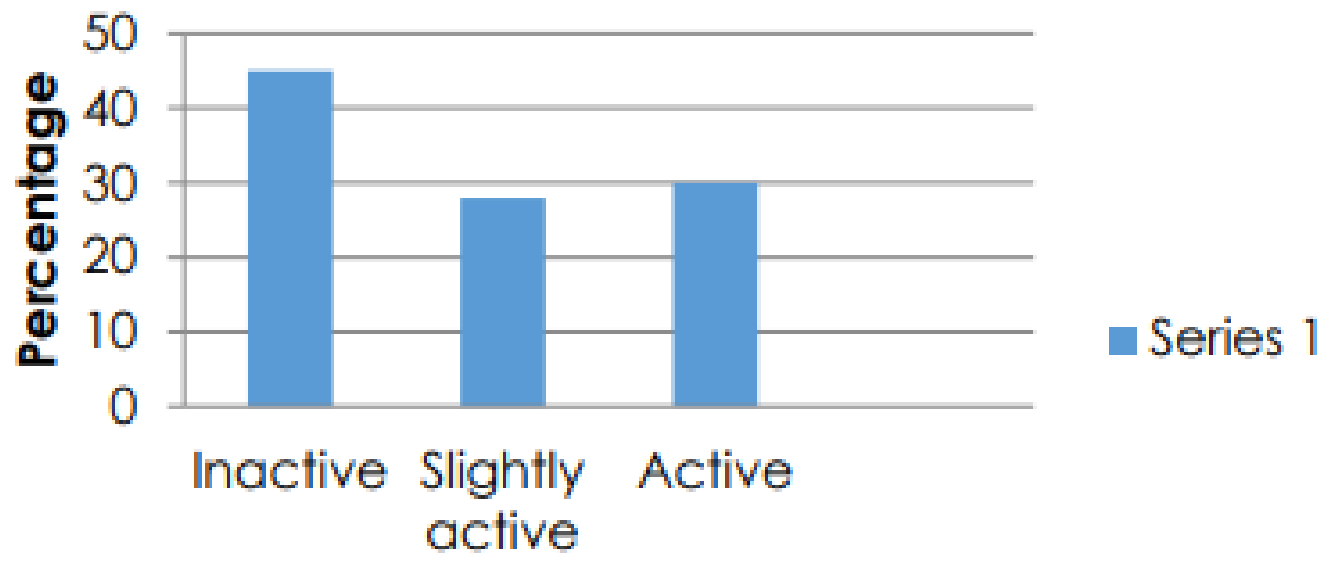
OBSTRUCTIVE SLEEP APNEA

# Lifestyle diseases in South Africa

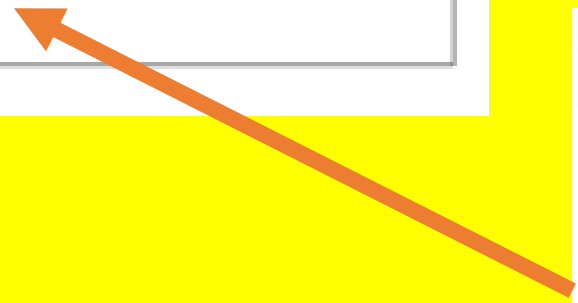
Graph 1 shows the numbers of people (millions) who suffer from some lifestyle diseases in South Africa.



### Series 1



**Participation in physical exercise**



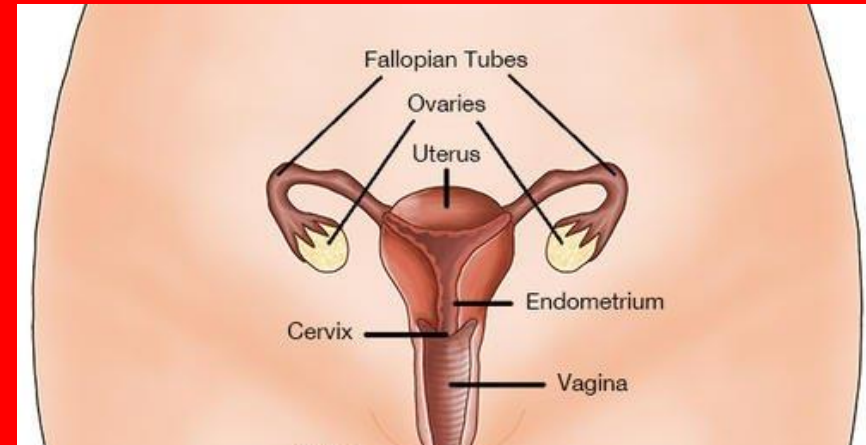
# Cancers

A microscopic view of several cancer cells, appearing as irregular, reddish-brown clusters with prominent nuclei, set against a dark blue background with light rays.

❖ Cancers are a range of diseases in which abnormal cells increase and spread out of control.

# Cervical Cancer

- Women are vulnerable to cervical cancer, which is almost always caused by human papillomavirus (HPV) infection.
- It is a cancer that forms in the tissues of the cervix, the organ connecting the uterus and vagina.
- It is usually a slow growing cancer that may not have symptoms, but can be found with regular screening.





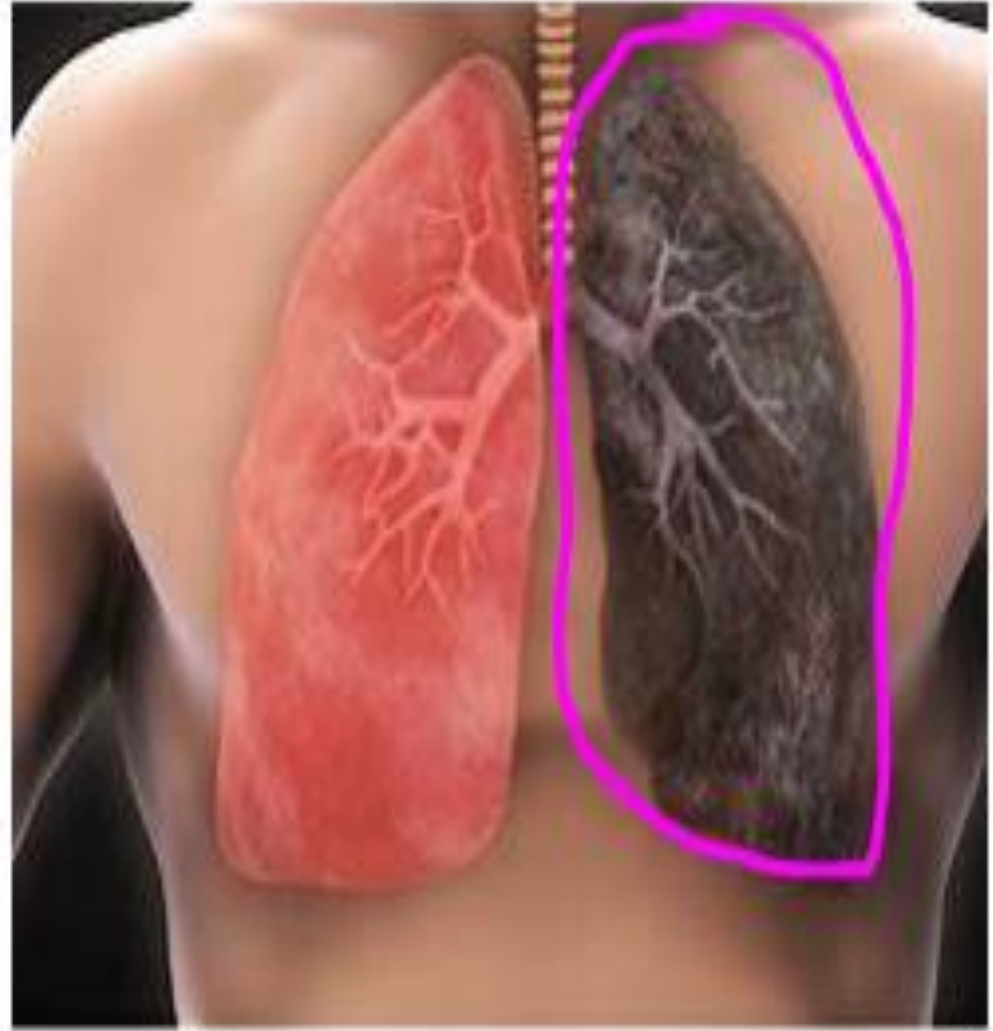
# Lung Cancer

- Women are more vulnerable to the effects of smoking than men.
- Women develop lung cancer with lower levels of smoking compared to men.
- Women who smoke three to five cigarettes per day may double their risk of lung cancer, while men must smoke six to nine cigarettes per day to double their risk.
- The photograph shows the effect that smoking has on the lungs.



Women who smoke three to five cigarettes per day may double their risk of lung cancer, while men must smoke six to nine cigarettes per day to double their risk.

**Comparison  
of healthy  
lungs and  
lungs with  
cancer on the  
right**



# Prostate cancer in men

- Prostate cancer starts in the male prostate gland.
- This is a small gland that is part of the male reproductive system.
- It wraps around the urethra, which is the tube that carries urine from the body.

# Symptoms of prostate cancer include

- delayed or slow start to urination and slow urinary stream
- dribbling or urine leaks after urinating an inability to empty out all the urine
- blood in the urine or semen
- bone pain in the lower back and pelvic bones

# Hepatitis B

- Hepatitis B is the most common serious liver infection in the world.
- Chronic hepatitis B infection can lead to liver disease and liver cancer.
- The liver is an important organ that filters toxins out of the blood and makes substances that fight infections.
- About half of the people who have hepatitis B show no symptoms, but they can be carriers of the hepatitis B virus (HBV).





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# Hypertension



- Very high blood pressure.
- Hypertension is an illness where the blood pressure in your arteries is constantly high.
- Arteries are blood vessels that carry oxygen-rich blood to your body. Blood pressure is the force of blood that pushes up against the walls of the blood vessels.
- With every heartbeat, the heart pumps blood through the arteries to the rest of the body.
- If the pressure is very high, the heart has to work much harder to pump the blood.
- This could lead to cardiovascular damage or heart illnesses such as a heart attack or a stroke. It can also lead to kidney failure.
- Hypertension affects many people and is a major risk factor for heart disease.

# **Diseases of the heart and circulatory system**

- ❖ The leading condition contributing to circulatory system disease is hypertension.
- ❖ Heart and circulatory system diseases are illnesses of the heart and vessel system.
- ❖ They include cardiovascular diseases, such as heart disease, strokes and hypertension.



# Key words

- **circulatory system diseases** – abnormalities of the heart and vessels system



- **cardiovascular diseases** – the group of diseases that involve the heart, blood vessels, arteries and veins.
- Heart disease occurs in many forms.
- The most common form is coronary heart disease or ischemic heart disease.
- The blood vessels are narrowed, reducing the supply of oxygen and nutrients to the heart.
- This can eventually result in a heart attack.
- When the arteries are narrow, it reduces the flow of blood to the heart.

# Tuberculosis

- Tuberculosis (TB) is an infectious disease
- . It is spread through airborne infectious droplets.
- Example: when infectious people cough, sneeze or spit, they move TB bacteria into the air.
- People living with HIV are at a much greater risk of developing TB, because their immune systems cannot withstand the TB bacteria. Pulmonary or lung TB is the most common and contagious form of active TB, but TB can occur in almost any other part of the body.

# Activity

## Analyse the incidence of TB in South Africa

Look at the map before you answer the questions.

1. What is meant by a TB hot spot?
2. Which province has the highest incidence of TB?
3. Which province has the lowest incidence of TB?
4. Critically evaluate why some areas have higher levels of TB than other areas



	Limpopo	-22 084
	North West	-30 275
	Gauteng	-56 950
	Mpumalanga	-25 992
	Free State	-24 470
	KwaZulu-Natal	-122 964
	Northern Cap	-10 291
	Eastern Cape	-62 192
	Western Cape	-49 715

South African TB statistics cases per province

# Sexually Transmitted Infections including HIV

- STIs are spread by the transfer of infected organisms from person to person during sexual contact.
- In addition to common STIs such as syphilis and gonorrhoea, STIs also include HIV, which causes AIDS; chlamydia trachomatis, human papilloma virus (HPV), which can cause cervical, penile or anal cancer; genital herpes and chancroid.
- STIs in the mother can cause miscarriages, premature births and stillbirths, as well as infant blindness and pneumonia.

# Lifestyle diseases as a result of poverty and gender imbalances

- Poverty and gender inequality are leading causes of lifestyle diseases.



# Poverty

- Poverty means not having enough money to provide for your basic needs.
- A household of four with an income of less than R2 000 per month lives below the poverty line and cannot meet their basic needs.
- The main diseases of poverty are TB, HIV and AIDS and malnutrition.
- People who live in poverty, are also at a greater risk of lifestyle diseases, because they have fewer choices.





# Poverty leads to...

- poor sanitation and a lack of water in the community, which can lead to diseases.
- food insecurity; this means people don't have access to enough food or enough healthy food.
- people reusing oil in cooking, because they don't have money to buy new oil. This can lead to cancer.



A graphic with a pink and blue background. In the center, a white silhouette of a woman is holding a white sign that says 'GENDER EQUALITY'. To the left is a black female symbol (♀) and to the right is a black male symbol (♂).

# Gender imbalances

- There is a close link between poverty and gender imbalances.
- Gender roles are the different roles and responsibilities assigned to men and women by society.
- Gender imbalances or inequalities affect the health of both men and women.
- However, discrimination against women, such as unequal power relationships between men and women, can prevent women from getting the health care they need and from living healthy lives.

# Case Study: ill-health due to poverty and gender imbalances

In sub-Saharan Africa, more than 500 000 women die in childbirth or from pregnancy-related causes every year. Almost all – 99% – of these maternal deaths occur in low-income countries. The maternal death rate is 44 per 100 000 live births in Europe and Central Asia compared to 900 in sub-Saharan Africa. The risk of maternal death is one in 30 000 in the richer Northern Europe compared to one in six, in the poorest countries.

The majority of maternal deaths (80%) are due to complications during pregnancy, at delivery or within six weeks post-delivery. The presence of HIV makes this even worse, as the virus increases the likelihood of complications during childbirth. Examples are anemia and hemorrhage or heavy bleeding. Women who have HIV have a higher risk of dying during childbirth.

### **Activity 1: Analyze ill-health due to poverty and gender imbalances**

Read the case study above and then answer the questions.

1. Where do the most child birth deaths occur – in rich or poor countries?
2. How does the lifetime risk of maternal death differ between poor and rich countries?
3. What causes the majority of maternal deaths?
4. How does HIV complicate childbirth?
5. Critically evaluate why there are more maternal deaths in poor countries than in rich countries.

# Consolidation

**Activity 2: Complete the following activity in your work book:**

1. Define lifestyle diseases.
2. Explain the concept "gender imbalances".
3. Write notes on the impact that poverty has on health.

<b>Ill-Health</b>	<b>(possible) Treatment</b>	<b>Prevention</b>
Lung cancer		
Cardiovascular illness		
HIV/AIDS		
Hepatitis B		
Tuberculosis		
Prostate cancer		
Hypertension		