Types of Body Build

- Ectomorph
- Mesomorph
- Endomorph
The ECTOMORPH

- Definitive "Hard Gainer"
- Delicate Built Body
- Flat Chest
- Fragile
- Lean
- Lightly Muscled
- Small Shouldered
- Takes Longer to Gain Muscle
- Thin
The MESOMORPH

- Athletic
- Hard Body
- Hourglass Shaped (Female)
- Rectangular Shaped (Male)
- Mature Muscle Mass
- Muscular Body
- Excellent Posture
- Gains Muscle Easily
- Gains Fat More Easily Than Ectomorphs
- Thick Skin
The ENDOMORPH

- Soft Body
- Underdeveloped Muscles
- Round Physique
- Weight Loss is Difficult
- Gains muscle easily like the Mesomorph
Basic Mechanism of Disease

- Pathogenic
- Neoplastic
- Degenerative
- Molecular
- Metabolic
- Immunologic
- Iatrogenic
- Traumatic
- Toxic
- Environmental
- Psychogenic
- Idiopathic
Toxic Disease

- It is caused by ingestion of a poison.
- Ex: Inhalation of carbon monoxide from an automobile exhaust in an enclosed garage may cause tissue hypoxia and death because it is rapidly absorbed by lungs and binds to hemoglobin (forming carboxy-hemoglobin) with an affinity of more than 200 times that of oxygen. This limits the oxygen carrying capacity of hemoglobin.
Traumatic Disease

- It is caused by physical injury.
- Violent mechanism injury, extreme heat or cold, electricity and radiation are examples of physical agents that may cause trauma to the body.
Molecular/Genetic Diseases

- Resulting from a defect in a single molecule causing the molecular product of cellular activity to be abnormal. Many of these diseases are genetic.
For ex. Sickle-cell anemia involves wrong sequence of two amino-acids in the hemoglobin molecule causing abnormal (sickle) shape of the RBC characteristic of disease.
Psychogenic Diseases

It originate in the mind, having an emotional or psychologic origin in relation to symptoms.

- Ex. Schizophrenia, various type of dementia.
- Emotional factors also contribute to many organic diseases.
Nutritional Deficiency

- It result when an individual’s diet is inadequate in terms of the amount or type of proteins, essential amino acids, fatty acids, vitamins, minerals or water.
Nutritional Deficiency Diseases

- Ex: Kwashiorkor, a protein deficiency disease.
- Scurvy, a disease caused by Vit.C deficiency.
- Excessive consumption of high-calorie foods, fats, or fat-soluble vitamins can also cause disease.
Degenerative Diseases

It refers to disorders associated with aging. Many systems become less adaptable and less efficient as part of the aging process.
It develops when immune function either deteriorates, so that the body becomes unable to defend itself or becomes abnormal, so that immune-defenses begin attacking normal tissues.
Ex: Allergies such as "hay fever", immune deficiency diseases such as AIDS and autoimmune disorders such as "myasthenia gravis".
Iatrogenic Diseases

- It result from the activity or treatments of physicians or other health-care providers.

- Iatrogenic diseases include those caused by scar tissue formation after surgery, adverse reactions to drugs and infections acquired while in hospital (nosocomial infection) or other medical facility.
Idiopathic Diseases

- It refer to disorders whose causes are yet unknown.
Infectious Diseases

- Are transmitted to a person from the environment or in the case of a contagious infectious disease, from another person. An infection is the invasion of the body by another organism and its subsequent growth and multiplication within the body tissues.

- Ex: colds and flu.
Pathogenic Organisms

- **Viruses** (Intracellular parasite that consist of either DNA or RNA core surrounded by a protein coat or lipoprotein envelope).

- **Bacteria** (tiny, primitive cells that lack nuclei, parasitizing tissues or disrupting normal function).

- **Protozoa** (are protists, one-celled organisms larger than bacteria whose DNA is organized into a nucleus).

- **Multicellular organisms** like insects and worms
Inherited Diseases

- Are caused by abnormal genes that are passed on from one generation to the next. They may be due to abnormal chromosomes or errors in the nucleotide sequences of individual genes. Inherited diseases disrupt normal physiology, making homeostatic control difficult or impossible. Ex: Lysosomal storage diseases
Neoplastic Diseases

- Are characterized by abnormal cell growth and replication, leading to formation of benign or malignant tumors. Known causes include genetic factors and environmental factors such as chemicals, radiation and viruses. The net result is a loss of normal control mechanisms that operate at the cellular level to control cell growth and the rate of cell division.
Endocrine Diseases

- It results from excessive or inadequate levels of hormone production.

- Ex: Inadequate production of the hormone insulin by endocrine cells of the pancreas that can lead to one form of diabetes mellitus.
Congenital Diseases

• Present at birth.
DISEASE TERMINOLOGIES

1. Pathology
   The science or study of diseases, also a clinical specialty in human medicine. It emphasize the measurable aspect of disease such as altered structure of cell, tissues, organs and laboratory findings.

2. Anatomic Pathology
   It is concern with surgical cytology and necropsy.

3. Clinical Pathology
   It is concern with clinical chemistry, microbiology, hematology, blood bank immunology.
DISEASE TERMINOLOGIES

4. Pathophysiology
   It focuses on the mechanism of disease or dynamic processes that give rise to sign and symptoms.

5. Disease
   It results from the failure to maintain homeostatic condition.
6. Etiology
   The study of all the factors that are involved in causing disease.

7. Pathogenesis
   The actual pattern of a disease development.

8. Lesion
   A demonstrable structural change in the tissue produced by disease that is evident at a gross (visible to the naked eye) or microscopic level.
DISEASE TERMINOLOGIES

9. Signs
   Objective abnormalities that can be seen or measured by someone other than the patients.

10. Symptoms
    Subjective abnormalities that are felt only by the patient.
11. Sequela

It refers to the outcome or after effect of disease or injury.

Ex: The sequela of acute rheumatic fever might be scarred or deformed heart valves.

12. Complication of Disease

It is the accidental condition or second disease occurring in the course of primary process.
DISEASE TERMINOLOGIES

- **13. Resolution**
  It is the subsidence of a disease process as inflammation and the return to normal of affected tissue.

- **14. Acute Disease**
  Signs and symptoms that appear suddenly, persist for a short time, then disappear.

- **15. Chronic Disease**
  A disease that develop slowly and last for a long time.
DISEASE TERMINOLOGIES

16. Subacute
   It refer to diseases with characteristics somewhere between acute and chronic.

17. Epidemiology
   The study of the occurrence, distribution, and transmission of the disease in human population.

18. Endemic
   A disease native to a local region.
DISEASE TERMINOLOGIES

- **19. Epidemic**
  A disease that spread to many individual at the same time.

- **20. Sporadic**
  A disease that occur occasionally, usually affecting one person.

- **21. Pandemic**
  An epidemic disease affecting large geographic regions.
DISEASE TERMINOLOGIES

22. Convalescence
   The period of recovery and return to the normal healthy state; it may last for several days or months.

23. Prognosis
   The probability for recovery.

24. Morbidity
   It indicates the disease rates within a group.

25. Mortality
   It indicates the relative number of deaths resulting from a particular disease.

26. Incidence of disease
   It indicates the number of new cases noted within a stated time period.

27. Notifiable or reportable diseases
   It must be reported by the physician to certain designated authority.
28. Autopsy

It is an examination of all or part of the body by a pathologist. It includes gross and microscopic examination of tissues, organs and fluids, and can include a variety of tests depending on individual circumstances. It may be performed after death to determine the exact cause of death or to determine the course of illness and effectiveness of treatment.
Sources:

http://www.gwc.maricopa.edu/class/bio201/jcastu51.htm