

PENANG SANGAM HIGH SCHOOL

P.O.BOX 44 RAKIRAKI

HOME ECONOMICS

YEAR 13 (week 13)

Strand	FOOD AND NUTRITION
Sub strand	DIET AND HEALTH(cont)
Content learning outcome	<ul style="list-style-type: none">• discuss and outline measures to combat nutrition related diseases

High blood pressure:

- High blood pressure makes the heart work harder and can damage blood vessels throughout the body, including the kidneys.
- Damage to the glomeruli stops them from cleaning the blood properly and waste products begin to build up in the body. Continuous high blood pressure increases the damage until the kidneys stop working altogether.

Signs and symptoms

- Kidney disease often has no symptoms until just before the kidneys fail which will cause serious damage before one even knows it.
- Possible warning signs:
 - a. Change in urination (amount of urine, colour, waking up at night to urinate, foamy or bubbly urine, and difficulty in urinating.
 - b.

Swelling: face, eyes, legs, feet, ankles or hands.

- c. Fatigue and tiredness
- d. Itching
- e. Bad breath or odd taste in the mouth
- f. Dizziness; nausea; loss of appetite
- g. Sleep problems
- h. Feeling cold

Preventative measures

- Control blood sugar
- Monitor blood pressure

Treatment for kidney failure

- i) Dialysis
- Dialysis filters and purifies the blood using a machine.
- The machine performs the function of the kidneys. Depending on the type of dialysis, one may be connected to a large machine or a portable catheter bag.
- The patient needs to follow a low-potassium, low-salt diet along with dialysis. Dialysis does not cure kidney failure, but it will extend one's life if she/he goes to regularly scheduled treatments.

ii) Kidney transplant

- There is usually a long wait to receive a donor kidney that is compatible with one's body
- The advantages of a transplant are that the new kidney can work perfectly, and dialysis is no longer required.
- The disadvantage is that one must take immunosuppressive drugs after the surgery. These drugs have their own side effects, some of which may be serious.

1. HAEMORRHOIDS

- Hemorrhoids are vascular structures in the anal canal.
- In their normal state, they are cushions that help with stool control. They become a disease when swollen or inflamed.
- Hemorrhoids also called piles are swollen and inflamed veins in the anus and lower rectum.

Causes

- low-fiber diets.
- irregular bowel habits (constipation or diarrhea).
- straining during bowel movements.
- the increased pressure on these veins during pregnancy, where pressure from the foetus on the abdomen cause the haemorrhoidal vessels to enlarge.
- aging.

Signs and Symptoms

- Internal haemorrhoids are usually painless, but tend to bleed.
- External haemorrhoids may cause pain and swelling in the area of the anus. If bleeding occurs it is usually darker. Symptoms frequently get better after a few days.

Prevention

- Avoiding straining while attempting to defecate.
- eating a high-fiber diet
- drinking plenty of fluid or by taking fiber supplements
- getting sufficient exercise.
- losing weight for overweight persons and avoiding heavy lifting are also recommended.

Cure and Treatment.

- Diet is the best treatment for hemorrhoids.
- Surgery is reserved for those who fail to improve following these measures.
- Traditional medicine

Activity

1. Prepare a balanced meal menu for a person suffering from hemorrhoids
2. List 3 reasons why you have chosen the particular menu I (1)above