

KEY FACTS

- Communicable: caused by pathogen, can spread between hosts
- Non-communicable: cannot be transmitted (heart disease, cancer, Type 2 diabetes)
- Cancer: mutations in cell cycle control genes → uncontrolled cell division → tumour
- Benign: stays in one place. Malignant: invades tissue + can metastasise (spread)
- Risk factors: UV radiation, smoking, HPV virus, obesity, asbestos

KEY TERMS

Non-communicable	Disease that cannot spread between people
Tumour	Mass of cells from uncontrolled division
Malignant	Cancerous tumour — invades tissue and can spread to other organs
Metastasis	Spread of cancer cells via blood or lymph to form secondary tumours

■ **EXAM TIP:** Distinguish **BENIGN** (localised, less dangerous) from **MALIGNANT** (spreads, more dangerous). State specific risk factors — "lifestyle" alone is too vague.