

This is the **Foundation Separate** version — Higher Tier content has been removed.

Diseases can be communicable (spread by pathogens) or non-communicable (cannot be passed between people). Cancer is a non-communicable disease.

- Communicable disease: caused by a pathogen that can spread from person to person (e.g. measles, TB).
- Non-communicable disease: cannot be transmitted between people (e.g. coronary heart disease, cancer, diabetes).
- Risk factors for non-communicable diseases: smoking, poor diet, lack of exercise, obesity, age, family history.
- Cancer: uncontrolled cell division caused by mutations in genes that control the cell cycle.
- Benign tumour: localised, does not spread, usually not immediately dangerous.
- Malignant tumour: invasive, can metastasise — spread via blood or lymph to form secondary tumours.
- Cancer risk factors: UV radiation (skin cancer), smoking (lung cancer), some viruses (e.g. HPV → cervical cancer), obesity, asbestos.
- Lifestyle choices can reduce cancer risk: avoiding smoking, limiting UV exposure, healthy diet, regular exercise.

### Key Terms

<b>Non-communicable disease</b>	Disease that cannot be spread between people — caused by lifestyle, genetic or environmental factors
<b>Tumour</b>	An abnormal mass of cells resulting from uncontrolled cell division
<b>Metastasis</b>	The spread of cancer cells from the primary tumour to other parts of the body
<b>Risk factor</b>	A variable that correlates with an increased probability of developing a disease

■ **Exam Tip:** When answering questions about cancer, always distinguish between BENIGN (stays put, less dangerous) and MALIGNANT (spreads, more dangerous). Also know specific risk factors: smoking = lung cancer; UV = skin cancer.