

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

Non-communicable diseases cannot spread between people. They include cardiovascular disease, cancer and Type 2 diabetes.

- Cardiovascular disease: plaque narrows arteries → heart attack or stroke. Risk factors: smoking, obesity, high cholesterol, inactivity
- Cancer: uncontrolled cell division from mutations. Benign (localised) or malignant (spreads)
- Type 2 diabetes: cells resistant to insulin. Linked to obesity. Managed with diet and exercise
- Drug development: preclinical (cells/animals) → Phase 1 (healthy volunteers, safety) → Phase 2 (patients, effectiveness) → Phase 3 (large-scale, double-blind, placebo-controlled)
- Double-blind: neither patient nor doctor knows who gets drug → prevents bias

Key Terms

Cardiovascular disease	Disease of heart and blood vessels — often caused by atherosclerosis
Double-blind trial	Trial where neither patient nor doctor knows treatment allocation
Placebo	Inactive dummy treatment used as comparison in clinical trials

■ **Exam Tip:** Double-blind: BOTH doctor and patient don't know. Single-blind: only patient doesn't know. Double-blind prevents bias from the doctor's expectations as well as the patient's.