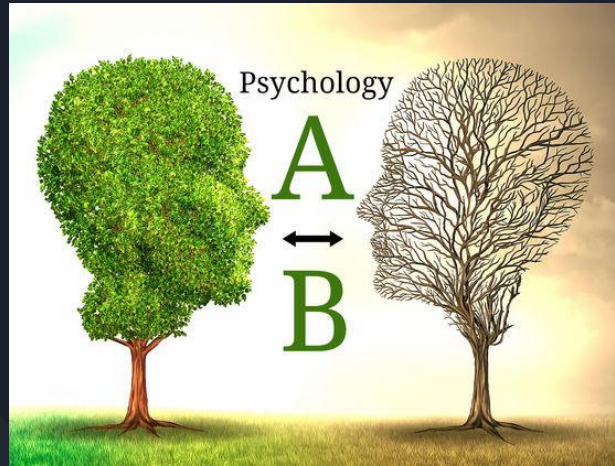


Module 44



By: Billy, Maja, Arthur, Kiana, Olivia



Key Terms:



Psychophysiological illness: any stress related physical illness such as hypertension and some headaches.

Psychoneuroimmunology : the study of how psychological, neural, and endocrine processes together affect the immune system and resulting healthy.

Lymphocytes: two types of white blood cells that are part of the body's immune system.

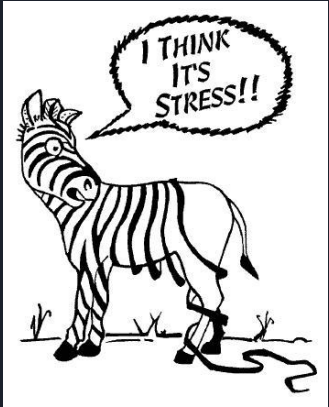
Coronary heart disease: the clogging of the vessels that nourish the heart muscle; the leading causes of death in many developed countries.

Type A: Friedman and Rosenman's term for competitive hard-driving, impatient, verbally aggressive, and anger-prone people.

Type B: Friedman and Rosenman's term for easygoing, relaxed people.

Key Facts:

- Stress does not make us sick, but it does alter our immune functioning, which leaves us less able to resist infection
- Stress does not cause diseases such as AIDS and cancer, but can influence their progression by altering our immune functioning
- Type A people are more prone to heart disease and secrete more hormones that accelerate the buildup of plaque on the heart's artery wall
- Chronic stress contributes to persistent inflammation, which heightens the risk of clogged arteries & depression





MC Questions:

1. Which of the following best identifies any stress related physical illness, such as hypertension and some headaches?
2. What is North America's leading cause of death?
3. What did a famous Harvard University public health study identify as a factor that doubles the risk of heart disease?



Answers to MC:

- 1) The correct answer is ***Psychophysiological illness*** which is the “mind-body” illness.
- 2) The correct answer is ***Coronary heart disease*** which is the clogging of the vessels that help the heart muscle. Because of the high amounts of stress Americans have everyday. This disease is the most highly recognized in many developed countries.
- 3) The correct answer is ***Pessimism*** which means a person who tends to see the worst aspect of things or believe that the worst will happen. When you are not optimistic about your certain health condition not going away, studies like the one performed at Harvard found that it doubles your risk of heart disease because those people have no hope for a cure and fearing the worst.



FRQ:

Explain the difference between B lymphocytes and T lymphocytes.

B lymphocytes form in the bone marrow and release antibodies that fight bacterial infections while T lymphocytes form in the thymus and other lymphatic tissue and attack cancer cells, viruses, and foreign substances.

