# Chapter 24

# The Immune System and Disease Worksheets



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- Lesson 24.1: Nonspecific Defenses
- Lesson 24.2: The Immune Response
- Lesson 24.3: Immune System Diseases
- Lesson 24.4: Environmental Problems and Human Health

# 24.1 Nonspecific Defenses

### Lesson 24.1: True or False

| Name                       | Class   | Date                                 |
|----------------------------|---|--------------------------------------|
| Write true if the statemen | nt is true or false if the statement is false | e.                                   |
| 1. The skin is the         | ne single most important defense the boo      | ly has.                              |
| 2. Sneezing rem            | oves pathogens from your nose.                |                                      |
| 3. Sweat, mucus            | s, tears, and saliva are all types of mecha   | anical barriers used to protect you. |
| 4. The inflamma            | atory response is part of the body's first    | line of defense.                     |
| 5. Leukocytes a            | re white blood cells that fight infections    | and get rid of debris.               |
| 6. Barriers that           | keep out pathogens are the body's first       | line of defense.                     |
| 7. The second li           | ne of defense attacks pathogens that ma       | nage to enter the body.              |
| 8. The second li           | ne of defense includes mechanical, chemi      | ical, and biological barriers.       |
| 9. The first line          | of defense includes the inflammatory res      | sponse and phagocytosis.             |
| 10. A nonspecifi           | c defense can be tailored to a particular     | pathogen.                            |
| 11. The inflamn            | natory response is triggered by chemicals     | s called histakines and cytomines.   |
| 12. Biological ba          | arriers include millions of harmless bacte    | eria live on the human skin.         |

### Lesson 24.1: Critical Reading

| Name Class | Date |
|------------|------|
|------------|------|

Read these passages from the text and answer the questions that follow.

#### The First Line of Defense

The body's first line of defense consists of different types of barriers that keep most pathogens out of the body. **Pathogens** are disease-causing agents, such as bacteria and viruses. These and other types of pathogens are described in the figure below. Regardless of the type of pathogen, however, the first line of defense is always the same.

| Type of pathogen           | Description  | Human diseases caused by pathogens of that type  |
|----------------------------|--|--|
| Bacteria  Escherichia coli | Single-celled organisms<br>without a nucleus   | Strep throat, staph infections,<br>tuberculosis, food poisoning,<br>tetanus, pneumona, syphilis        |
| Viruses  Herpes simplex    | Non living particles that reproduce by taking over living cells  | Common cold, flu, genital herpes,<br>col sores, measle, AIDS, genital<br>warts, chicken pox, small pox |
| Fungi  Death cap mushroom  | Simple organisms, including<br>mushrooms and yeasts, that<br>grow as single cells or thread<br>like filaments. | Ringworm, athlete's foot, tineas,<br>candidiasis, histoplasmosis,<br>mushroom poisoning                |
| Protozoa  Giardia lamblia  | Single-celled organism with a nucleus.   | Malaria, "traveller's diarrhea"<br>giardiasis, typano somiasis<br>("sleeping sickness")                |

Types of pathogens that commonly cause human diseases include bacteria, viruses, fungi, and protozoa. Which type of pathogen causes the common cold? Which type causes athlete's foot? (From top to bottom, images courtesy of Rocky Mountain Laboratories/NIAID/NIH and under the public domain, courtesy of CDC/Dr. Erskine Palmer and under the public domain, courtesy of Archenzo and under GNU-FDL 1.2, and courtesy of CDC/Janice Carr and under the public domain. Composite created by CK-12 Foundation.)

#### **Mechanical Barriers**

Mechanical barriers physically block pathogens from entering the body. The skin is the most important mechanical barrier. In fact, it is the single most important defense the body has. The outer layer of the skin is tough and very difficult for pathogens to penetrate. **Mucous membranes** provide a mechanical barrier at body openings. They also line the respiratory, GI, urinary, and reproductive tracts. Mucous membranes secrete **mucus**, a slimy substance that traps pathogens. The membranes also have hair-like cilia. The cilia sweep mucus and pathogens toward body openings where they can be removed from the body. When you sneeze or cough, pathogens are removed from the nose and throat. Tears wash pathogens from the eyes, and urine flushes pathogens out of the urinary tract.

#### **Chemical Barriers**

Chemical barriers destroy pathogens on the outer body surface, at body openings, and on inner body linings. Sweat, mucus, tears, and saliva all contain enzymes that kill pathogens. Urine is too acidic for many pathogens, and semen contains zinc, which most pathogens cannot tolerate. In addition, stomach acid kills pathogens that enter the GI tract in food or water.

#### **Biological Barriers**

Biological barriers are living organisms that help protect the body. Millions of harmless bacteria live on the human skin. Many more live in the GI tract. The harmless bacteria use up food and space so harmful bacteria cannot grow.

#### Questions

1. What is a pathogen? Which type of pathogen causes the common cold? Which type causes athlete's foot?

2. What is meant by The First Line of Defense?

3. What is a mechanical barrier? Give an example.

4. What is a chemical barrier? Give an example.

5. What is a biological barrier? Give an example.

### Lesson 24.1: Multiple Choice

| Name | Class | Date |
|------|-------|------|
|      |       |      |

Circle the letter of the correct choice.

- 1. Which statement best describes the immune system?
  - (a) The immune system produces gametes.
  - (b) The immune system exchanges gases between the blood and lungs.
  - (c) The immune system protects the body from pathogens.
  - (d) The immune system digests food into usable nutrients.
- 2. The immune system is comprised of \_\_\_\_\_\_ lines of defense.
  - (a) two
  - (b) three
  - (c) four
  - (d) five
- 3. Which statement best describes the first line of defense?
  - (a) The first line of defense consists of different types of barriers that keep most pathogens out of the body.
  - (b) The first line of defense includes the inflammatory response.
  - (c) Leukocytes are the cells responsible for the first line of defense.
  - (d) The first line of defense includes the skin, mucous membranes and biological barriers such as white blood cells.
- 4. Which statements are true about mechanical barriers? (1) Mechanical barriers physically block pathogens from entering the body. (2) The skin is the most important mechanical barrier. (3) Mechanical barriers are living organisms that help protect the body. (4) Mechanical barriers destroy pathogens on the outer body surface.
  - (a) 1 and 2
  - (b) 3 and 4
  - (c) 1, 2, and 3
  - (d) 1, 2, 3, and 4
- 5. Which statement describes the second line of defense?
  - (a) The second line of defense includes biological and chemical barriers.
  - (b) The skin is the major organ of the second line of defense.
  - (c) The second line of defense keeps most pathogens out of the body.
  - (d) The second line of defense is encountered by pathogens that enter the body.
- 6. What is the inflammatory response?
  - (a) The inflammatory response begins when cytokines or histamines infect a tissue.
  - (b) The inflammatory response is the first reaction of the body to tissue damage or infection.
  - (c) The inflammatory response is a chemical barrier that destroys pathogens on the body surface.
  - (d) none of the above
- 7. Leukocytes
  - (a) are red blood cells that bring extra oxygen to the site of infection.
  - (b) are biological barriers that help protect the body.
  - (c) are white blood cells that fight infections and get rid of debris.
  - (d) are released by mucous membranes at body openings.

#### 8. Phagocytosis

- (a) is the process in which leukocytes engulf and break down pathogens and debris.
- (b) are chemical barriers destroy pathogens.
- (c) are part of the first line of defense.
- (d) all of the above

# Lesson 24.1: Vocabulary I

k. phagocytosis

l. skin

| Name                    | Class                                       | Date                                |
|-------------------------|---|-------------------------------------|
| Match the vocabulary we | ord with the proper definition.             |                                     |
| Definitions             |   |                                     |
| 1. provide a me         | echanical barrier at body openings          |                                     |
| 2. disease-causi        | ing agents                                  |                                     |
| 3. a type of wh         | nite blood cell                             |                                     |
| 4. living organi        | isms that help protect the body             |                                     |
| 5. the most im          | portant mechanical barrier                  |                                     |
| 6. a slimy subs         | tance that traps pathogens                  |                                     |
| 7. the process i        | in which leukocytes engulf pathogens        |                                     |
| 8. destroy path         | nogens on the outer body surface, at body   | openings, and on inner body linings |
| 9. the first reac       | ction of the body to tissue damage or infec | etion                               |
| 10. physically l        | block pathogens from entering the body      |                                     |
| 11. protects the        | e body from worms, germs, and other ager    | nts of harm                         |
| 12. sweep muci          | us and pathogens toward body openings       |                                     |
| Terms                   |   |                                     |
| a. biological barriers  |   |                                     |
| b. chemical barriers    |   |                                     |
| c. cilia                |   |                                     |
| d. immune system        |   |                                     |
| e. inflammatory respons | e   |                                     |
| f. leukocyte            |   |                                     |
| g. mechanical barriers  |   |                                     |
| h. mucous membrane      |   |                                     |
| i. mucus                |   |                                     |
| i. pathogens            |   |                                     |

# Lesson 24.1: Vocabulary II

| Name                       | Class                                    | Date                                  |
|----------------------------|--|---------------------------------------|
| Fill in the blank with the | appropriate term.                        |                                       |
| 1 8                        | are disease-causing agents, such as bac  | teria and viruses.                    |
| 2 i                        | s the process in which cells engulf and  | break down pathogens and debris.      |
| 3. The skin                | is the single most important d           | lefense the body has.                 |
| 4. The                     | response is the first reaction of the    | e body to tissue damage or infection. |
| 51                         | nembranes secrete mucus, a slimy sub     | stance that traps pathogens.          |
| 61                         | parriers destroy pathogens on the oute   | r body surface.                       |
| 7. Leukocytes are          | blood cells that fight in                | fections and get rid of debris.       |
| 8. A                       | _ defense is tailored to a particular pa | thogen.                               |
| 9. A                       | _ defense is the same no matter what     | type of pathogen is involved.         |
| 10. Millions of harmless   | live on the huma                         | n skin.                               |
| 11. Mucous membranes       | provide a barrier                        | at body openings.                     |
| 12. Sweat, mucus, tears,   | and saliva all contain                   | that kill pathogens.                  |
| 13. The                    | line of defense attacks pathogens        | that manage to enter the body.        |
| 14. Barriers that keep or  | at pathogens are the body's              | line of defense.                      |

# Lesson 24.1: Critical Writing

| Name  | Class                  | ·                   | Date                   |
|---|------------------------|---------------------|------------------------|
| Thoroughly answer the question belowentences. | w. Use appropriate     | academic vocabulary | and clear and complete |
| Describe the barriers that keep most r        | oathogens out of the h | uman body.          |                        |

# 24.2 The Immune Response

### Lesson 24.2: True or False

| Name       | Class   | Date                         |
|------------|---|------------------------------|
| Write true | if the statement is true or false if the statement is false.          |                              |
| 1.         | The third line of defense is referred to as the immune response.      |                              |
| 2          | The lymphatic system produces leukocytes called lymphocytes.          |                              |
| 3.         | Lymphocytes can destroy certain cancer cells.                         |                              |
| 4.         | Lymph is a fluid that leaks out of cells into spaces between capillar | ries.                        |
| 5.         | The human body has as many as two billion lymphocytes.                |                              |
| 6          | Antigens trigger the immune system to react against the cells that    | carry them.                  |
| 7.         | T cells mature in bone marrow, and B cells mature in the thymus.      |                              |
| 8.         | B cells must be activated by an antigen before they can fight patho   | ogens.                       |
| 9          | Antibodies are large, Y-shaped proteins that recognize and bind to    | antigens.                    |
| 1          | 0. The cell-mediated immune response leads to the destruction of c    | cells that are infected with |
| viruses.   |   |                              |
| 1          | 1. Helper T cells destroy virus-infected cells and some cancer cells. |                              |
| 1:         | 2. Cytotoxic T cells suppress other T cells that mistakenly react aga | inst self antigens.          |
| 1          | 3. Memory B and T cells help protect the body from re-infection by    | pathogens.                   |
| 1          | 4. Since antibodies are such important proteins, they can recognize   | many types of antigens.      |
| 1.         | 5. Immunization is a form of passive immunity.                        |                              |

### Lesson 24.2: Critical Reading

| Name | Class | Date |
|------|-------|------|
|      |       |      |

Read these passages from the text and answer the questions that follow.

#### Lymphatic System

The immune response mainly involves the lymphatic system. The **lymphatic system** is a major part of the immune system. It produces leukocytes called lymphocytes. **Lymphocytes** are the key cells involved in the immune response. They recognize and help destroy particular pathogens in body fluids and cells. They also destroy certain cancer cells.

#### Structures of the Lymphatic System

The structures of the lymphatic system include organs, lymph vessels, lymph, and lymph nodes. Organs of the lymphatic system are the bone marrow, thymus, spleen, and tonsils.

- Bone marrow is found inside many bones. It produces lymphocytes.
- The thymus is located in the upper chest behind the breast bone. It stores and matures lymphocytes.
- The spleen is in the upper abdomen. It filters pathogens and worn out red blood cells from the blood, and then lymphocytes in the spleen destroy them.
- The tonsils are located on either side of the pharynx in the throat. They trap pathogens, which are destroyed by lymphocytes in the tonsils.

#### Lymphocytes

The human body has as many as two trillion lymphocytes, and lymphocytes make up about 25% of all leukocytes. The majority of lymphocytes are found in the lymphatic system, where they are most likely to encounter pathogens. The rest are found in the blood. There are two major types of lymphocytes, called **B cells** and **T cells**. These cells get their names from the organs in which they mature. B cells mature in bone marrow, and T cells mature in the thymus. Both B and T cells recognize and respond to particular pathogens.

#### **Antigen Recognition**

B and T cells actually recognize and respond to antigens on pathogens. Antigens are molecules that the immune system recognizes as foreign to the body. Antigens are also found on cancer cells and the cells of transplanted organs. They trigger the immune system to react against the cells that carry them. This is why a transplanted organ may be rejected by the recipient's immune system. How do B and T cells recognize specific antigens? They have receptor molecules on their surface that bind only with particular antigens.

#### Questions

| 1 | What | are lymi | phocytes? | What | is their | function? |
|---|------|----------|-----------|------|----------|-----------|
|   |      |          |           |      |          |           |

2. List the organs of the lymphatic system. Describe the functions of two of these organs.

- 3. Define B cells and T cells.
- 4. What are antigens?
- 5. How do B and T cells recognize specific antigens?

### Lesson 24.2: Multiple Choice

| Name | Class | Date |
|------|-------|------|
|      |       |      |

Circle the letter of the correct choice.

- 1. The immune response
  - (a) is specific to a particular pathogen.
  - (b) is the third line of defense.
  - (c) allows the immune system to "remember" the pathogen after the infection is over.
  - (d) all of the above
- 2. The immune response mainly involves the
  - (a) lymphatic system.
  - (b) spleen and tonsils.
  - (c) blood cells.
  - (d) antibodies and lymphocytes.
- 3. Organs of the lymphatic system include
  - (a) the spleen, which filters and destroys lymphocytes.
  - (b) the thymus, which stores and matures antibodies.
  - (c) bone marrow, which produces lymphocytes.
  - (d) all of the above.
- 4. Which statement concerning lymphocytes is correct?
  - (a) B cells mature in bone marrow, and T cells mature in the thymus, and both B and T cells recognize and respond to particular pathogens.
  - (b) B cells mature in bone marrow, and T cells mature in the thymus, and both B and T cells recognize and respond to particular lymphocytes.
  - (c) B cells mature in bone, and T cells mature in the thymus, and both B and T cells recognize and respond to particular pathogens.
  - (d) B cells mature in bone, and T cells mature in the thymus, and both B and T cells recognize and respond to particular lymphocytes.
- 5. The humoral immune response
  - (a) involves mainly T cells and takes place in blood and lymph.
  - (b) involves mainly B cells and takes place in blood and lymph.
  - (c) involves mainly antibodies and takes place in blood and lymph.
  - (d) involves mainly antigens and takes place in blood and lymph.
- 6. Antibodies are
  - (a) large, Y-shaped proteins that recognize and bind to antigens.
  - (b) large, X-shaped proteins that recognize and bind to antigens.
  - (c) large, Y-shaped proteins that recognize and bind to lymphocytes.
  - (d) large, X-shaped proteins that recognize and bind to lymphocytes.
- 7. The cell-mediated immune response
  - (a) involves mainly B cells and leads to the destruction of cells that are infected with lymphocytes.
  - (b) involves mainly T cells and leads to the destruction of cells that are infected with lymphocytes.
  - (c) involves mainly B cells and leads to the destruction of cells that are infected with viruses.
  - (d) involves mainly T cells and leads to the destruction of cells that are infected with viruses.
- 8. Active immunity

- (a) can last a lifetime.
- (b) can result from an immunization.
- (c) results when an immune response to a pathogen produces memory cells.

(d) all of the above

# Lesson 24.2: Vocabulary I

| Name     | Class Date  |
|----------|---|
| Match    | the vocabulary word with the proper definition.   |
| Defini   | tions   |
|          | _ 1. involves mainly T cells and leads to the destruction of cells that are infected with viruses   |
|          | _ 2. involves mainly B cells and takes place in blood and lymph                                     |
|          | _ 3. being able to resist a pathogen that infected the body in the past                             |
|          | _ 4. the deliberate exposure of a person to a pathogen in order to provoke an immune response       |
|          | _ 5. part of the immune system that produces lymphocytes  |
|          | _ 6. results when antibodies are transferred to a person who has never been exposed to the pathogen |
|          | _ 7. the third line of defense  |
|          | _ 8. lymphocyte that matures in bone marrow   |
|          | _ 9. lymphocyte that matures in the thymus  |
|          | _ 10. results when an immune response to a pathogen produces memory cells                           |
|          | _ 11. long-living plasma cells  |
|          | _ 12. the fluid that leaks out of capillaries into spaces between cells                             |
|          | _ 13. the key cells involved in the immune response   |
|          | _ 14. Y-shaped proteins that recognize and bind to antigens   |
| Terms    |   |
| a. activ | ve immunity   |
| b. anti  | body  |
| с. В се  | 11  |
| d. cell- | mediated immune response  |
| e. hum   | oral immune response  |
| f. imm   | une response  |
| g. imm   | unity   |
| h. imm   | unization   |
| i. lymp  | $_{ m h}$   |
| j. lymp  | phatic system   |
| k. lym   | phocyte   |
| l. mem   | ory cell  |
| m. pas   | sive immunity   |
| n. T ce  | $\operatorname{ell}$  |

### Lesson 24.2: Vocabulary II

| Name               | Clas   | SS                      | Date                               |
|--------------------|--|-------------------------|------------------------------------|
| Fill in the blank  | k with the appropriate term.                             |                         |                                    |
| 1. The             | line of defense is refer                                 | rred to as the immune   | e response.                        |
| 2                  | are large, Y-shaped protei                               | ins that recognize and  | bind to antigens.                  |
| 3. The lymphat     | ic system produces leukocytes call                       | ed                      |                                    |
| 4                  | cells and  | cells are the two       | major types of lymphocytes.        |
| 5. Lymphocytes     | s recognize and help destroy                             | in boo                  | ly fluids and cells.               |
|                    | nd T cells help protect the body fro<br>rotection called |                         | nogens that have infected the body |
| 7. The human b     | oody has as many as                                      | trillion lymph          | ocytes.                            |
| 8. The             | immune response inve                                     | olves mainly T cells.   |                                    |
| 9. The cell-med    | liated immune response leads to the                      | ne destruction of cells | that are infected with             |
| ·                  |  |                         |                                    |
| 10. B and T cel    | lls recognize and respond to                             | on pat                  | hogens.                            |
| 11. Active imm     | unity can result from                                    | ·                       |                                    |
| 12                 | cells are activated B cells                              | s that secrete antibod  | ies.                               |
| 13again in the fut | cells help launch a rapidure.                            | d response against th   | e pathogen if it invades the body  |
| 14. Organs of the  | he lymphatic system are the bone                         | marrow, thymus, sple    | en, and                            |

### Lesson 24.2: Critical Writing

| Name                                |                | Class               |           | I          | Date_ |         |     |          |
|-------------------------------------|----------------|---------------------|-----------|------------|-------|---------|-----|----------|
| Thoroughly answer the quesentences. | uestion below. | $Use \ appropriate$ | academic  | vocabulary | and o | clear d | and | complete |
| Define immunity and distin          | nguish between | active and passiv   | ze immuni | tv         |       |         |     |          |

# 24.3 Immune System Diseases

### Lesson 24.3: True or False

| $Name_{}$ | Class   | Date                              |
|-----------|---|-----------------------------------|
| Write t   | rue if the statement is true or false if the statement is false.        |                                   |
|           | _ 1. AIDS is not a single disease but a set of diseases.                |                                   |
|           | 2. AIDS occurs with elevated levels of helper T cells.                  |                                   |
|           | $\_$ 3. The HIV frequently mutates and changes its surface antiger      | ıs.                               |
|           | _ 4. Autoimmune diseases occur when the immune system attack            | ks itself.                        |
| harmles   | _ 5. An allergen is a disease in which the immune system makes antigen. | es an inflammatory response to a  |
|           | _ 6. Any allergen that causes an allergy is an antigen.                 |                                   |
|           | $\_$ 7. Ragweed pollen and poison ivy are two common causes of a        | llergies.                         |
|           | 8. Allergies can be very dangerous, even life-threatening.              |                                   |
|           | 9. Histamines can reduce or eliminate the effects of the antihis        | stamines that cause allergy symp- |
| toms.     |   |                                   |
|           | $\_$ 10. Multiple sclerosis attacks the insulin-producing cells of the  | pancreas.                         |
|           | _ 11. Systemic lupus erythematosus can attack the joints, heart,        | and other organs.                 |
|           | _ 12. Immunodeficiency can occur naturally in older individuals.        |                                   |
|           | _ 13. Immunodeficiency can occur in people who have undergone           | e organ transplants.              |
|           | _ 14. AIDS is a virus that attacks the immune system.                   |                                   |
|           | _ 15. Because HIV screening is not accurate, donated blood can          | still be infected with the virus. |

### Lesson 24.3: Critical Reading

| Name Class Date |
|-----------------|
|-----------------|

Read these passages from the text and answer the questions that follow.

#### Autoimmune Diseases

**Autoimmune diseases** occur when the immune system fails to recognize the body's own molecules as "self," or belonging to the person. Instead, it attacks body cells as though they were dangerous pathogens. Some relatively common autoimmune diseases are listed in **Table 24.1**. These diseases cannot be cured, although they can be treated to relieve symptoms and prevent some of the long-term damage they cause.

Table 24.1: Autoimmune Diseases

| Name of Disease                      | Tissues Attacked by Immune<br>System                                | Results of Immune System Attack  |
|--------------------------------------|---|--|
| Rheumatoid arthritis Type 1 diabetes | tissues inside joints<br>insulin-producing cells of the<br>pancreas | joint damage and pain<br>inability to produce insulin, high<br>blood sugar |
| Multiple sclerosis                   | myelin sheaths of central nervous system neurons                    | muscle weakness, pain, fatigue   |
| Systemic lupus erythematosus         | joints, heart, other organs   | joint and organ damage and pain  |

Why does the immune system attack body cells? In some cases, it's because of exposure to pathogens that have antigens similar to the body's own molecules. When this happens, the immune system not only attacks the pathogens. It also attacks body cells with the similar molecules.

#### **Immunodeficiency**

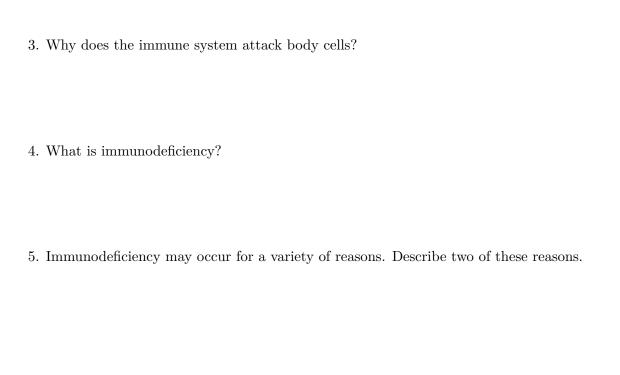
**Immunodeficiency** occurs when the immune system is not working properly. As a result, it cannot fight off pathogens that a normal immune system would be able to resist. Rarely, the problem is caused by a defective gene. More often, it is acquired during a person's lifetime. Immunodeficiency may occur for a variety of reasons:

- The immune system naturally becomes less effective as people get older. This is why older people are generally more susceptible to disease.
- The immune system may be damaged by other disorders, such as obesity or drug abuse.
- Certain medications can suppress the immune system. This is an intended effect of drugs given to people with transplanted organs. In many cases, however, it is an unwanted side effect of drugs used to treat other diseases.
- Some pathogens attack and destroy cells of the immune system. An example is the virus known as HIV. It is the most common cause of immunodeficiency in the world today.

#### Questions

1. What is an autoimmune disease?

2. Describe rheumatoid arthritis.



### Lesson 24.3: Multiple Choice

| Name | Class | Date |
|------|-------|------|
|      |       |      |

Circle the letter of the correct choice.

- 1. What is an allergy?
  - (a) An allergy is a disease in which the immune system makes an inflammatory response to a harmless antibody.
  - (b) An allergy is a disease in which the immune system makes an inflammatory response to a harmless antigen.
  - (c) An allergy is a disease in which the lymphatic system makes an inflammatory response to a harmless antigen.
  - (d) An allergy is a disease in which the immune system destroys harmless pathogens.
- 2. Two common causes of allergies are
  - (a) ragweed and poison ivy.
  - (b) ragweed and poison roses.
  - (c) poison ragweed and ivy.
  - (d) all of the above.
- 3. An autoimmune disease
  - (a) occurs when the immune system initiates an immune response against foreign pathogens.
  - (b) occurs when the immune system attacks the body's own pathogens.
  - (c) occurs when the immune system fails to recognize the body's own molecules as belonging to the person.
  - (d) occurs when the immune system fails to recognize foreign molecules as belonging to the person.
- 4. Type 1 diabetes
  - (a) attacks the insulin-producing cells of the pancreas.
  - (b) is an autoimmune disease.
  - (c) results in high blood sugar levels.
  - (d) all of the above
- 5. Causes of immunodeficiency include
  - (a) damage of the immune system by other disorders.
  - (b) suppression of the immune system by certain medications.
  - (c) destruction of cells of the immune system by pathogens.
  - (d) all of the above.
- 6. Which statement is true of the relationship between HIV and AIDS?
  - (a) HIV causes AIDS.
  - (b) AIDS causes HIV.
  - (c) HIV and AIDS are the same disease.
  - (d) HIV and AIDS are not related.
- 7. HIV transmission
  - (a) can occur through saliva.
  - (b) occurs through the direct contact of mucous membranes or some body fluids.
  - (c) can occur through kissing.
  - (d) all of the above
- 8. AIDS occurs

- (a) when helper T cells fall to a very low level.
- (b) about 3-5 years after an HIV infection.
- (c) when HIV levels match the level of helper T cells.
- (d) after years of damage to the immune system by helper T cells.

# Lesson 24.3: Vocabulary I

k. rheumatoid arthritis

| Name                        | Class                                 | Date                                  |
|-----------------------------|---------------------------------------|---------------------------------------|
| Match the vocabulary word w | ith the proper definition.            |                                       |
| Definitions                 |                                       |                                       |
| 1. occur when the is        | mmune system fails to recognize the   | body's own molecules as "self"        |
| 2. can treat mild all       | ergy symptoms                         |                                       |
| 3. occurs when the          | immune system is not working prop     | erly                                  |
| 4. autoimmune dise          | ase that attacks central nervous syst | tem                                   |
| 5. destroyed by HIV         | infections                            |                                       |
| 6. the virus that att       | acks cells of the immune system and   | d causes AIDS                         |
| 7. any antigen that         | causes an allergy                     |                                       |
| 8. the most severe a        | llergic reaction                      |                                       |
| 9. autoimmune dise          | ase that attacks tissues at joints    |                                       |
| 10. a disease in which      | th the immune system makes an infla   | ammatory response to a harmless antig |
| 11. a set of diseases       | that results from years of damage t   | to the immune system by HIV           |
| Terms                       |                                       |                                       |
| a. anaphylaxis              |                                       |                                       |
| b. antihistamines           |                                       |                                       |
| c. AIDS                     |                                       |                                       |
| d. allergen                 |                                       |                                       |
| e. allergy                  |                                       |                                       |
| f. autoimmune disease       |                                       |                                       |
| g. helper T cells           |                                       |                                       |
| h. HIV                      |                                       |                                       |
| i. immunodeficiency         |                                       |                                       |
| i. multiple sclerosis       |                                       |                                       |

# Lesson 24.3: Vocabulary II

| Name   | Class                 | <b>.</b>            | Date                                 |
|--|-----------------------|---------------------|--------------------------------------|
| Fill in the blank with the appro                 | priate term.          |                     |                                      |
| 1. An is a harmless antigen.                     | a disease in which th | ne immune systen    | n makes an inflammatory response to  |
| 2. Any th  | at causes an allergy  | is called an allerg | gen.                                 |
| 3. In autoimmune diseases, the gerous pathogens. | ,                     | _ system attacks    | body cells as though they were dan-  |
| 4 occurs   | when the immune sy    | ystem is not work   | ing properly.                        |
| 5. AIDS results from years of d                  | lamage to the         | sy                  | stem by HIV.                         |
| 6. Many people infected with drome (AIDS).       |                       | _ eventually deve   | elop acquired immune deficiency syn- |
| 7. HIV is a                                      | _ that attacks cells  | of the immune sy    | stem.                                |
| 8. HIV is transmitted through                    | direct contact of     |                     | membranes or certain body fluids.    |
| 9. HIV is no longer transmitted                  | through               | transf              | usions.                              |
| 10. HIV infects and destroys he                  | elper                 | cells.              |                                      |

### Lesson 24.3: Critical Writing

| Name   | Class           |           | I          | Date_ |       |     |          |
|--|-----------------|-----------|------------|-------|-------|-----|----------|
| Thoroughly answer the question below. sentences. | Use appropriate | a cademic | vocabulary | and   | clear | and | complete |
| Explain how HIV is transmitted and how           | it causes AIDS. |           |            |       |       |     |          |

### 24.4 Environmental Problems and Human Health

### Lesson 24.4: True or False

| Name              | Class   | Date                        |
|-------------------|---|-----------------------------|
| Write true if the | statement is true or false if the statement is false.   |                             |
| 1. Most           | carcinogens cause cancer by producing mutations in      | n DNA.                      |
| 2. Most           | cancers are caused by viruses.                          |                             |
| 3. UV r           | adiation is the leading cause of lung cancer.           |                             |
| 4. Tumo           | or-suppressor genes normally help control cell division | on.                         |
| 5. More           | cancer deaths in adults are due to lung cancer than     | n any other type of cancer. |
| 6. Almo           | st 5 million people die each year because of air poll   | ution.                      |
| 7. Onco           | genes promote the division of cells with damaged D      | NA.                         |
| 8. A low          | v AQI value is the most hazardous.                      |                             |
| 9. Smog           | g contains tiny particles of solids or liquids that are | suspended in the air.       |
| 10. Biot          | terrorism is usually an accident.                       |                             |
| 11. Exp           | osure to tobacco smoke is the leading cause of lung     | cancer.                     |
| 12. Not           | smoking, or stopping smoking, can reduce your own       | n risk of getting cancer.   |

### Lesson 24.4: Critical Reading

| Name | Class | Date |
|------|-------|------|
|      |       |      |

Read these passages from the text and answer the questions that follow.

#### Carcinogens and Cancer

A **carcinogen** is anything that can cause cancer. Cancer is a disease in which cells divide out of control. Most carcinogens cause cancer by producing mutations in DNA.

#### Types of Carcinogens

There are several different types of carcinogens. They include pathogens, radiation, and chemicals. Some carcinogens occur naturally. Others are produced by human actions.

- Viruses cause about 15 percent of all human cancers. For example, the virus called hepatitis B causes liver cancer.
- UV radiation is the leading cause of skin cancer. The radioactive gas known as radon causes lung cancer.
- Tobacco smoke contains dozens of carcinogens, including nicotine and formaldehyde. Exposure to tobacco smoke is the leading cause of lung cancer.
- Some chemicals that were previously added to foods, such as certain dyes, are now known to cause cancer. Cooking foods at very high temperatures also causes carcinogens to form.

#### **How Cancer Occurs**

Mutations that lead to cancer usually occur in genes that control the cell cycle. These include tumor-suppressor genes and proto-oncogenes.

- Tumor-suppressor genes normally prevent cells with damaged DNA from dividing. Mutations in these genes prevent them from functioning normally. As a result, cells with damaged DNA are allowed to divide.
- Proto-oncogenes normally help control cell division. Mutations in these genes turn them into oncogenes. Oncogenes promote the division of cells with damaged DNA.

Cells that divide uncontrollably may form a tumor, or abnormal mass of cells. Tumors may be benign or malignant. Benign tumors remain localized and generally do not harm health. Malignant tumors are cancerous. There are no limits to their growth, so they can invade and damage neighboring tissues. Cells from malignant tumors may also break away from the tumor and enter the bloodstream. They are carried to other parts of the body, where new tumors may form.

#### Questions

- 1. What is a carcinogen? What is cancer?
- 2. Describe two carcinogens.

- 3. What is a tumor-suppressor gene?
- 4. What is a proto-oncogene?
- 5. Discuss how a malignant tumor can cause cancer.

### Lesson 24.4: Multiple Choice

Circle the letter of the correct choice.

- 1. Which statement is true concerning cancer?
  - (a) Most carcinogens cause cancer by producing mutations in DNA.
  - (b) Cancer is a disease in which cells divide out of control.
  - (c) A carcinogen is anything that can cause cancer.
  - (d) all of the above
- 2. Carcinogens include
  - (a) viruses, which cause about 50 percent of all human cancers.
  - (b) UV radiation, which is the leading cause of lung cancer.
  - (c) exposure to tobacco smoke, which is the leading cause of skin cancer.
  - (d) none of the above.
- 3. The most common deadly cancer in the United States is
  - (a) skin cancer.
  - (b) lung cancer.
  - (c) breast cancer.
  - (d) prostate cancer.
- 4. Tumor-suppressor genes
  - (a) help cells with damaged DNA to divide.
  - (b) normally help control cell division.
  - (c) prevent cells with damaged DNA from dividing.
  - (d) normally help stop cell division.
- 5. Warning signs of cancer include
  - (a) a lump in the breast or elsewhere.
  - (b) an obvious changes in a wart or mole.
  - (c) an unusual bleeding or discharge.
  - (d) all of the above.
- 6. The Air Quality Index
  - (a) measures levels of ground-level ozone and particulates.
  - (b) is one of the main components of smog.
  - (c) is harmful to people with certain health problems, such as asthma.
  - (d) affects almost 5 million people each year.
- 7. Bioterrorism
  - (a) contains dozens of carcinogens, and is the leading cause of lung cancer.
  - (b) is the intentional release of disease causing viruses, bacteria, or other toxins.
  - (c) includes pollutants in the outdoor air.
  - (d) includes anything that causes cancer.
- 8. Air pollution
  - (a) can make asthma and other diseases more severe.
  - (b) can cause skin cancer.
  - (c) is the leading cause of lung cancer.
  - (d) all of the above

# Lesson 24.4: Vocabulary I

| Name_     | Class Date  |
|-----------|---|
| Match t   | e vocabulary word with the proper definition.   |
| Definit   | ons   |
|           | 1. kills almost 5 million people die each year  |
| -         | 2. when inhaled, replaces oxygen in the blood and quickly leads to death                  |
|           | 3. anything that can cause cancer   |
|           | 4. normally help control cell division  |
|           | 5. contains dozens of carcinogens   |
|           | 6. an assessment of the pollutants in the outdoor air based on their human health effects |
|           | 7. the leading cause of skin cancer   |
|           | 8. the intentional release or spread of agents of disease                                 |
|           | 9. normally prevent cells with damaged DNA from dividing                                  |
| -         | 10. one of the main components of smog  |
| -         | 11. cause about 15 percent of all human cancers   |
| -         | 12. a disease in which cells divide out of control  |
| Terms     |   |
| a. Air (  | uality Index (AQI)  |
| b. air p  | llution   |
| c. biote  | rorism  |
| d. canc   |   |
| e. carbo  | n monoxide  |
| f. carcin | ogen  |
| g. ozon   |   |
| h. prote  | oncogenes   |
| i. tobac  | o smoke   |
| j. tumo   | suppressor genes  |
| k. UV 1   | diation   |
| l. viruse |   |

# Lesson 24.4: Vocabulary II

| Name  | Class                 | Date  |
|---|-----------------------|---|
| Fill in the blank with the appropriate to         | erm.                  |   |
| 1. A carcinogen is anything that can ca           | iuse                  | ·   |
| 2. There are no limits to theneighboring tissues. | of malig              | gnant tumors, so they can invade and damage |
| 3. Most carcinogens cause cancer by pr            | oducing               | in DNA.                                     |
| 4. Exposure to sm                                 | oke causes lung can   | cer.  |
| 5. UV radiation is the leading cause of           |                       | _ cancer.                                   |
| 6. Air pollution harms the                        | and circula           | itory systems.                              |
| 7. Tumor-suppressor                               | normally prevent      | t cells with damaged DNA from dividing.     |
| 8. Proto-oncogenes normally help contr            | ol cell               |   |
| 9 is the intention                                | al release or spread  | of agents of disease.                       |
| 10. Indoor air may contain harmful sub            | stances such as mol   | d,, and radon.                              |
| 11 cause about 1                                  | 5 percent of all huma | an cancers.                                 |
| 12. Cells that divide uncontrollably ma           | v form a              |   |

### Lesson 24.4: Critical Writing

| Name   | Class               |                | Date           |                  |
|--|---------------------|----------------|----------------|------------------|
| Thoroughly answer the question below. sentences. | Use appropriate     | academic vocab | ulary and clea | r and $complete$ |
| Identify two causes of air pollution and it      | ts effects on human | n health.      |                |                  |