

Vidya Bhawan Balika Vidyapeeth Lakhisarai

Arun Kumar Gupta

Class 12<sup>th</sup>

Subject Biology

Date 24.06.2021

### **Human Health and Diseases**

13. Explain what is meant by metastasis.

Solution:

Metastasis is a pathological process that is observed in malignant tumors. In this process, the cancerous cells spread to different body parts and divide indefinitely to form a cluster of cells known as tumor.

Some of these cells from the tumor get sloughed off and manage to enter into the blood stream from where they arrive at the distant parts of the body and thus the formation of new tumors is initiated as they actively divide.

14. List the harmful effects caused by alcohol/drug abuse.

Solution:

The harmful effects of alcohol and drug abuse are as follows:

Harmful effects of alcohol:

☒ On individual – has an adverse effect on the body. When excess alcohol is consumed, it damages the nervous system and the liver, which is a vital organ. This leads to other symptoms such as fatigue, depression, weight loss, aggression, loss of appetite. In extreme cases, heart failure leading to coma and death is also observed.

☒ On family – excess alcohol consumption by any family member can have destructing effects on the family members as it may lead to domestic violence, verbal abuse, irritation, insecurity etc

☒ On society – impulsive behavior, fading social web, violence, lack of interest in social activities.

Harmful effects of drugs:

☒ On individual – effect of drugs on one’s body is severe, more so on the central nervous system.

It can lead to malfunctioning of different organs of the body such as liver, kidney etc. in such individuals, HIV spreads rapidly as they share used needles while they inject drugs into the body. Drug addicts face both short-term and long-term effects, some of which are mood swings, aggressiveness, depression etc

☒ On family and society – A drug-addict creates issues within the family and the society. When a person is dependent on drugs, he/she becomes irritated, frustrated, and anti-social.

15. Do you think that friends can influence one to take alcohol/drugs? If yes, how may one protect himself/herself from such an influence?

Solution:

Yes, friends can have an influence on friends to start taking drugs and consume alcohol. The following actions can be taken as precautionary measures to protect oneself from alcohol/drug abuse, they are:

☒ One must have a strong control over his/her will. One should refrain from experimenting with alcohol just for the sake of trying/curiosity/fun etc.

☒ Stay away from people who are into drugs

☒ Seek elderly advise, peer or medical assistance

☒ Enlighten yourself with enough knowledge about the consequences of drug abuse

☒ Go in for a counselling session

☒ Take up some hobby/extracurricular activity

☒ If depression or frustration levels persist or heightens, seek immediate medical or professional help.