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How chronic diseases affect our health?

- Chronic diseases take relatively a long period of time hence they are likely to affect our general health as well.
- They may hinder the growth in children or increase stress in adults.
- They can make us feel tired all the time.
- They can also lead to an increase or decrease in weight.
- They can also affect our day to day activities and the ability to learn new things.
- Hence, we can say that they have long-term effects on health than acute diseases.

What causes diseases?

We know that, diseases can be caused by two factors:

Internal factors in our body such as:

- Hormonal imbalance
- Allergic Reaction
- Genetic disorder
- Malfunctioning of body organs

External factors such as:

- Unhealthy diet
- Disease causing germs (bacteria, viruses, fungi)
- Pollution in the environment
- Unhealthy lifestyle