

hyperglycaemia

abnormally high blood
glucose level

hypertension

high blood pressure

hypoglycaemia

inadequate blood-glucose
levels

hypothalamus

a small gland at the base of
the brain that regulates
hunger, thirst, sleep and the
release of some hormones

insulin resistant

the condition in which body cells do not
respond to insulin even though
adequate amounts of insulin are
present; may result in even higher levels
of insulin being released, high blood
glucose, and abnormal metabolism of
body fuels

lipoproteins	molecules composed of both protein and lipid; they are responsible for carrying lipids through the bloodstream
low-density lipoproteins (LDLs)	lipoproteins that deposit cholesterol along the walls of blood vessels
malnutrition	a condition that occurs when one or more nutrients are not present in the correct amounts in the diet
nutrition	the scientific study of food consumption and the use of nutrients in the body
obese	when an individual's weight is excessive, sufficient to cause significant health problems; usually defined as 20% above a healthy weight range

osteoporosis

literally means 'porous bones'; this disease occurs when calcium is lost from bones, resulting in a weak bone structure

overnutrition

a condition which occurs when an individual's diet contains an excess of one or more nutrients

overweight

a condition which occurs when an individual's weight is greater than ideal for good health; usually defined as 10-20% above a healthy weight range

palpitations

when the heart beats abnormally quickly

plaque

a deposit of undesirable substance; dental plaque is an insoluble substance secreted by bacteria onto teeth, which is used as a shield while causing tooth decay; arterial plaque is a fatty, fibrous deposit in the walls of blood vessels, which causes blood vessels to narrow and become blocked, preventing normal blood flow

systolic pressure

the blood pressure when the heart is pumping the blood

type 1 diabetes

a diabetic condition where the pancreas produces no insulin; most commonly diagnosed during childhood or adolescence

type 2 diabetes

a diabetic condition where the pancreas produces insufficient insulin, or the cells lack sensitivity to insulin; often associated with obesity and usually develops later in life

undernutrition

a condition that occurs when an individual's diet is lacking in one or more nutrients

varicose veins

a condition in which the valves in the vein have difficulty in closing; the veins stretch and swell with blood