科目ナンバリング	U-LAS40 10008 LE26				
授業科目名<英訳>	Introduction to Lifestyle Related Diseases-E2 Introduction to Lifestyle Related Diseases-E2		担当者所属職名・氏名	医学研究科　助教　RAUDZUS, Fabian	
群	健康・スポーツ科目群	分野(分類)	健康・スポーツ科学(基礎)	使用言語	英語
旧群		単位数	2単位	週コマ数	1コマ	授業形態	講義（対面授業科目）
開講年度・開講期	2024・後期	曜時限	火5	配当学年	全回生	対象学生	全学向

[授業の概要・目的]

Did you know that a substantial portion of global deaths can be attributed to lifestyle-related factors? According to the World Health Organization (WHO), approximately 70% of all deaths worldwide are linked to non-communicable diseases, which are mainly influenced by lifestyle choices. These include heart disease, stroke, diabetes, and certain types of cancer.

The potential impact of lifestyle changes on public health is huge. By adopting healthier habits, we have the capacity to significantly reduce both mortality rates and enhance overall quality of life. Current statistics underscore the urgency for such shifts in behavior.

Moreover, the quality of life for countless individuals can be greatly improved by adopting healthier habits. Factors such as improved mental well-being, enhanced physical vitality, and increased overall productivity are direct outcomes of a balanced and health-conscious lifestyle.

In this course, we will explore the transformative potential of lifestyle changes, aiming to not only prolong life but also elevate its quality. By understanding the far-reaching effects of our choices, we empower ourselves and those around us to lead healthier, more fulfilling lives.

We will learn about the causes and mechanisms behind the impact of lifestyle on health outcomes, with a special focus on the biological mechanisms of non-communicable diseases. Through interactive discussions and practical exercises, you will gain valuable insights and tools to implement positive changes in your own life. Together, we will begin a journey towards a healthier, more vibrant future for ourselves and our communities. Get ready to take charge of your well-being and unlock the full potential of a balanced and mindful lifestyle!

[到達目標]

Throughout this lecture series, you will be introduced to the most common lifestyle-related diseases. This foundational knowledge will enable you to understand the key causes behind these conditions. Through guided personal study, you will develop effective prevention strategies. By the end of this course, you will understand the diseases that are increasingly placing a significant financial and social burden on society, yet are avoidable through mindful lifestyle choices.

[授業計画と内容]

Certainly! Here are the session titles with the word "ailments" replaced:

1. Understanding the Global Impact of Lifestyle-Related Diseases
2. The Role of Diet and Physical Activity in Health
   2.1. Unraveling Hypertension: The Risks of Prolonged High Blood Pressure

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2.2. Ischemic Stroke: Dissecting Interruptions in Brain Blood Supply
2.3. Diabetes Mellitus: Exploring the Impact of Sugar Imbalance
3. Investigating the Effects of Air Pollution and Smoking on Health
3.1. Navigating Asthma and COPD: Airway Conditions
3.2. Lung Cancer: Tracing Cellular Damage from Smoking
3.3. Alzheimer's Disease: Understanding the Connection between Environmental Factors and Neurodegeneration
4. The Hidden Dangers of Alcohol Misuse
4.1. Understanding Alcohol Dependence: Craving, Control, and Tolerance
4.2. Chronic Liver Disease and Cirrhosis: Unveiling Alcohol-Induced Liver Damage
5. Major Depressive Disorder: Interaction with Lifestyle Factors
6. Proactive Measures for Preventing Lifestyle-Related Diseases
7. Culminating Assignment: Applying Knowledge to Practical Scenarios
8. Reflecting on Progress: Session Feedback and Insights

Changes in order and/or content might occur.

[履修要件]

While enrollment is open to all students, it is advisable to have a basic understanding of biology for optimal engagement and comprehension. This course offers valuable insights and is designed to be interesting and meaningful for students across various academic programs.

[成績評価の方法・観点]

Attendance and active participation: 20%
Midterm assignment: 40%
Self-Reflection Paper: 40%

[教科書]

未定

[参考書等]

（参考書）
Hall PhD, John E.; Hall MD MSc., Michael E. 『Guyton and Hall Textbook of Medical Physiology 14th Edition』（Elsevier, June 30, 2020）ISBN: 978-0323597128
Additional literature and Massive Open Online Courses (MOOCs) will be introduced during the lectures.

[授業外学修（予習・復習）等]

Self-study outside of class is important for maximizing understanding and retention. This includes reviewing class materials, such as lecture slides, reading supplementary readings, and utilizing the Discussion and Commons section on PandA.

Additionally, expect assignments that necessitate timely preparation. These may encompass crafting concise individual or group presentations, responding to queries, and conducting independent studies on specific subjects. On average, allocating approximately 60-90 minutes per week for revision and preparation is recommended. This balanced approach ensures thorough comprehension and application of course content.

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[その他（オフィスアワー等）]

For students interested in diving deeper into nervous system disorders, I additionally recommend attending the seminar titled 'Z002096 - Disorders of the Nervous System'.
If you have further questions, feel free to write me an email.