

Genetic Inheritance

Inherited conditions

Cystic fibrosis is an inherited condition in which the lungs and digestive system can become clogged with **thick, sticky mucus**.

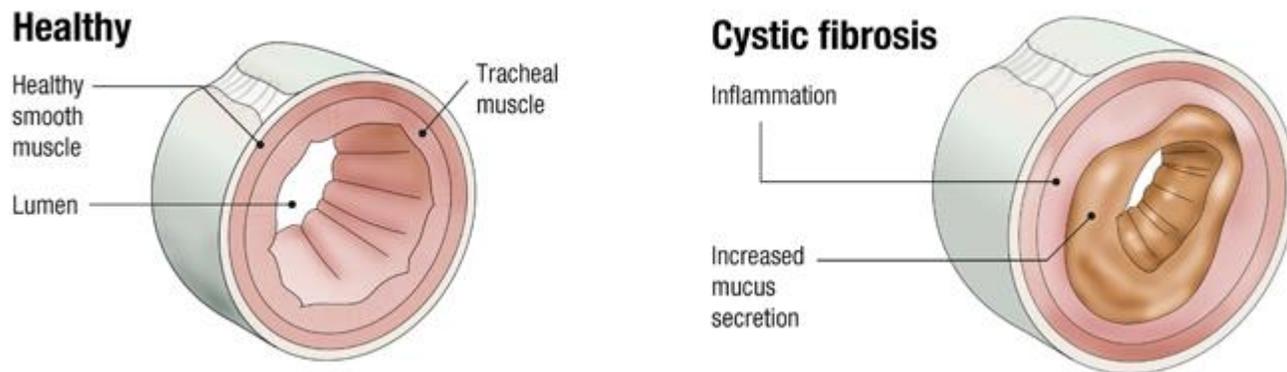
It can cause problems with breathing and digestion from a young age. Over many years, the lungs become increasingly damaged and may eventually stop working properly.

Most cases of cystic fibrosis in the UK are now identified through screening tests carried out soon after birth. It's estimated that 1 in every 2,500 babies born in the UK has cystic fibrosis.

A number of treatments are available to help reduce the problems caused by the condition, but unfortunately average life expectancy is reduced for people who have it.

Some of the main symptoms of cystic fibrosis can include:

- recurring [chest infections](#)
 - difficulty putting on weight
 - frequent, wet-sounding [coughs](#)
 - [diarrhoea](#)
 - occasional wheezing and [shortness of breath](#)
- People with the condition can also develop a number of related conditions, including [diabetes](#), thin, weakened bones ([osteoporosis](#)) and liver problems.



Questions to consider:

- What might it be like to inherit a condition such as cystic fibrosis?
- How this would affect their PIES needs.

Starter Activity: Inherited conditions

Down's syndrome, also known as Down syndrome or trisomy 21, is a genetic condition that typically causes some level of learning disability and certain physical characteristics.

People with Down's syndrome are more likely to have certain health problems, including:

heart disorders, such as [congenital heart disease](#)

hearing and vision problems

thyroid problems, such as an [underactive thyroid gland \(hypothyroidism\)](#)

recurrent infections, such as [pneumonia](#)



Questions to consider:

- What might it be like to inherit a condition such as Downs Syndrome?
- How this would affect their PIES needs.



<https://www.youtube.com/watch?v=q63gkzaQzD0>

Task 2: Huntingdon's Disease

Working individually, research Huntington's Disease and explain how it affects health and well-being. First, you must watch the following clip:

<https://www.youtube.com/watch?v=JzAPh2v-SCQ>



Extension: Explain in detail how Huntington's Disease may affect the **PIES** development.

Homework: What if...?

- Using the title '*What if ...?*' you must choose a style of creative writing to reflect on how a predisposition would affect your PIES.
- Choose one of the following predispositions to write about (must be different to the one you chose for Task 1):

Breast cancer

Diabetes

Bad teeth

Baldness

Behaviour (drug/alcohol addictions)

Personality types (aggressive)



This must be written in paragraph format and in first person (as if you had the condition yourself)