

Change

When something is different from what it was before.

Continuity

When something is the same as it was before.

Progress

When there is positive change or improvement and things get better.

Regression

When there is negative change and things get worse.

Rate of change

The speed at which change takes place (eg slow, fast, rapid or stagnant).

Turning point

A point at which significant change happens.

Factor

An element that drives change, enables change to happen or supports continuity - for example, the Church, government, individuals, science and technology, and attitudes in society.

Prevention

The action of trying to stop something from happening - in the case of medicine, we refer to the 'prevention of disease'.

Treatment

An action that remedies or improves something that has happened - in the case of medicine, we refer to the treatment of symptoms.

Source: BBC Bitesize

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