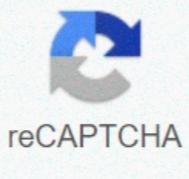




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## 7 non communicable diseases

Medical state Non-communicative disease A nurse with an uncommunicable disease kit, Fiji, 2012. A non-communicative disease (NCD) is a disease that is not directly transmitted from one person to another. NCDs include Parkinson's disease, autoimmune diseases, strokes, most heart disease, most cancers, diabetes, chronic kidney disease, osteoarthritis, osteoporosis, Alzheimer's disease, cataract and others. NCDs can be chronic or acute. Most are non-infective, although there are some non-communicative infectious diseases, such as parasitic diseases where the parasite life cycle does not include the host-to-host direct transmission. NCDs are the main cause of global death. In 2012, they caused 68% of all deaths (38 million) rising from 60% in 2000. [1] Approximately half was less than 70 years and half were women. [2] Risk factors such as a person's background, lifestyle and environment increase the likelihood of some NCDs. Every year, at least 5 million people die from tobacco use and about 2.8 million people die of overweight. High cholesterol represents about 2.6 million deaths and 7.5 million deaths due to hypertension. Risk factors Risk factors such as a person's background; lifestyle and environment are known to increase the likelihood of some non-communicable diseases. They include age, sex, genetics, exposure to air pollution, and behaviors such as smoking, *malisana* diet and physical inactivity that can lead to hypertension and obesity, in turn leading to an increase in the risk of many NCDs. Most NCDs are considered preventable because they are caused by changeable risk factors. World Health Report 2002 identified five important risk factors for uncommunicable diseases in the first tenhealth risks. These increased blood pressure, raised cholesterol, tobacco use, alcohol consumption, and being overweight. Other factors associated with a greater risk of NCD include a person's economic and social conditions, also known asocial determinants of health. It is estimated that if primary risk factors have been eliminated, 80% of cases of heart disease, stroke and type 2 diabetes and 40% of tumors could be prevented. Major risk factors may have a significant impact on reducing the burden of disease worldwide. CND Environmental Diseases include many environmental diseases covering a wide category of human health conditions that are avoidable and inevitable due to external factors such as sunlight, nutrition, pollution and lifestyle choices. Affluence diseases are non-infective diseases with environmental causes. Examples include: Many types of cardiovascular disease (CVD) Chronic obstructive pulmonary disease (COPD) caused by tobacco smoke Mellitus diabetes type 2 Lower back pain caused by too little exercise Malnutrition caused by too little food, or eat wrong types of food (eg peeled by lack of vitamin C) Skin cancer caused by sun radiation See also: List of genetic disorders Genetic disorders are caused by errors in genetic information that produces diseases in affected persons. The origin of these genetic errors can be: errors or spontaneous mutations to the genome: A change in chromosome numbers, such as Down syndrome. A defect in a gene caused by mutation, like cystic fibrosis. An increase in the amount of genetic information, such as chimerism or heterochromy. Cystic fibrosis is an example of a inherited disease that is caused by a mutation on a gene. The faulty gene affects the normal movement of sodium chloride inside and out of cells, which causes mucus-secrete organs to produce abnormally thick mucus. The gene iswch means that a person must have two copies of the faulty gene for them to develop the disease. Cystic fibrosis affects the respiratory tract, respiratory, and reproductive systems, as well as the sweaty glands. The secret mucus is very often and blocks passages in the lungs and digestive routes. This mucus causes breathing problems and digestion and nutrient absorption. Genetic errors inherited by parents: Dominant genetic diseases, such as Huntingtons, require the inheritance of an erroneous gene to express. Relapsed genetic diseases require the inheritance of wrong genes to express and this is a reason why they work together. Global health Death from non-communicable diseases for millions of people in 2012 688-2.635 2.636-2.923 2.924-3.224 3.225-3.476 3.477-4.034 4.035-4.919 4.920-5.772 5.773-7.729 7.730-8.879 8.880-13.667 Currently, NCD kills 36 million people a year, a number that from some estimates is expected to increase by 17-24% by the next decade. [3] Historically, many NCDs have been associated with economic development and have been called "distsnts of the rich". The burden of non-communicable diseases in developing countries has however increased, with an estimated 80% of the four main types of NCD — cardiovascular diseases, cancers, chronic respiratory diseases and diabetes — which are now occurring in low and medium-income countries. Action plan for the Global Strategy for the Prevention and Control of Non-Committable Diseases and with two thirds of people affected by diabetes who are now living in developing countries, NCD can no longer be considered only a problem affecting the sharp estimate of the economic impact of chronic diseases not communicable in selected countries. New reportdead from non communicationare increasing, with the world in developing hit harder. As mentioned above, in 2008 alone, NCD's were the cause of 63% of deaths worldwide; A number which is expected to increase considerably in the near future if the measures are not taken. If the current growth trends are maintained by 2020, the NCDs will attribute 7 deaths out of 10 in developing countries, killing 52 million people every year in the world by 2030. With statistics such as these, it is no surprise that international entities such as the World Health Organization & World Bank Human Development Network have identified NCD prevention and control as an increasingly important topic of discussion in the global health agenda. Thus, if policy makers and communities mobilize "and make the prevention and targeted treatment of such diseases a priority", sustainable measures can be implemented to stagnate (and eventually reverse) this emerging threat of global health. The World Health Organization (World Health Organization)-Food and Agriculture (World Health Organization) provides for the reduction of salt levels in food, the limitation of inappropriate marketing of unhealthy foods and non-alcoholic beverages to children, the imposition of controls on the use of harmful alcohol, the increase of tobacco taxes and legislation to curb smoking in public places. United Nations The World Health Organization is the United Nations Specialized Agency (UN) which acts as a coordinating authority on international health issues, including NCDs. In May 2008, the 193 WHO Member States approved a six-year plan to deal with uncommon diseases, in particular the rapid increase in costs in low and medium-income countries. The plan aims to increase the priority given to NCDs in international development work. Inof the 64th session of the United Nations General Assembly in 2010, a resolution was adopted to request a high-level meeting of the General Assembly on the prevention and treatment of NCDs with the participation of heads of heads-of the government. The resolution also encouraged the United Nations Member States to address the issue of uncommunicable diseases at the 2010 Review Summit for the Millennium Development Goals. World network of uncommon diseases In order to better coordinate efforts around the world, in 2009 the WHO announced the launch of the Global Non-communicable Disease Network (NCDnet). [4] NCDnet will consist of healthcare organizations and experts from all over the world in order to fight against diseases such as cancer, cardiovascular disease and diabetes. Ala Alwan, Deputy Director-General for Non-communicable Diseases and Mental Health at the WHO, said: "integrating the prevention of non-communicative diseases and injuries in the national and global development agenda is not only feasible but also a priority for developing countries." [5] NCD Alliance The NCD Alliance is a global partnership founded in May 2009 by four international federations representing cardiovascular diseases, diabetes, cancer and chronic respiratory diseases. The NCD Alliance brings together about 900 national associations to combat non-communicative disease. The Alliance's long-term objectives include:[6] NCD/disease national plans worldwide free of tobacco A world better life styles strengthened Health systems Global access to affordable and good quality medicines and technologies Human rights for people with NCD. United Nations Task Force on the Prevention and Control of Non-Common Diseases (UNIATF) The United Nations Task Force for the Prevention and Control of Non-communicable Diseases (UNIATF) was established by the UN Secretary General in 2013 to provide a scaled action across the United Nations system to support governments, especially in low and medium-income countries, to addressnot common (cd.) network of chronic diseases young professionals the network of chronic diseases of young professionals, or commonly called YP-CDN, is a global networkabout 5000 young professionals in 157 countries. the organization aims to mobilize these young people "to act against social injustice led by ncd."[7] economy previously, chronic ncds were considered a limited problem mainly to high income countries, while infectious diseases seemed to affect low income countries. the burden of the disease attributed to the ncd was estimated to 85% in the industrialized nations, 70% in the nations of the average income, and almost 50% in the countries with the lowest national incomes. [8] In 2008, chronic ncds accounted for more than 60% (over 35 million) of 57 million deaths worldwide. Given the global distribution of the population, almost 80% of the deaths due to chronic ncds worldwide now occur in low and medium-income countries, while only 20% occur in higher-income countries. national economies are suffering significant losses due to premature deaths or inability to work resulting from heart disease, stroke and diabetes. For example, the wool should lose approximately \$558 billion in national income between 2005 and 2015 due to early deaths. In 2005, heart disease, stroke and diabetes caused an estimated loss in international dollars of national income of 9 billion in India and 3 billion in brazil. [8] absenteeism and main presentism articles: absintne and presentism the burden of chronic ncds, including mental health conditions, is felt in workplaces around the world, in particular because of high levels of absenteeism, or absence from work because of disease, presentism, or productivity lost by the staff who comes to work and performs under normal standards due to poor health. For example, the united kingdom suffered a loss of approximately 175 million days in 2006 due to the absence of disease among an active population of 37.7 million people. the costof absences because of the disease has been of more than 20 billion pounds in the same year. [9] The cost of presentism is probably even greater, although the methods of analysisthe impacts of presentism are still being developed. Methods are still being developed to analyse the impacts on the distinct workplace of NCDs compared to other types of health conditions. Key diseases Main article: Cancer For most cancers, risk factors are related to the environment or lifestyle, so tumors are mostly NCD preventable. [10] The greater than 30% of cancer is avoidable by avoiding risk factors, including: tobacco, being overweight or obesity, low consumption of fruit and vegetables, physical inactivity, alcohol, sexually transmitted infections and air pollution. [11] Infectious agents are responsible for certain tumors, for example almost all cervical cancers are caused by human papillomavirus infection. Cardiovascular disease Main article: Cardiovascular disease The first cardiovascular health studies were carried out in 1949 by Jerry Morris using health data at work and were published in 1958.[12] The causes, prevention and/or treatment of all forms of cardiovascular disease remain active fields of biomedical research, with hundreds of scientific studies published on a weekly basis. A trend has emerged, especially in the early 2000s, where numerous studies have revealed a link between fast food and an increase in heart disease. These studies include those conducted by the Ryan Mackey Memorial Research Institute, Harvard University and the Sydney Center for Cardiovascular Health. Many great fast food chains, especially McDonald's, protested the methods used in these studies and responded with healthier menu options. A rather recent emphasis is on the link between low quality inflammation that characterizes atherosclerosis and its possible interventions. C-reactive protein (CRP) is a common inflammatory marker that has been found present in increased levelspatients at risk of cardiovascular disease. [13] Also osteoprotegerin that involved with regulation of a key inflammatory transcription factor called NF-κ B ha ha ha halt has proved to be a risk factor of cardiovascular disease and mortality. [14][15] Diabetes The main article: Diabetes Type 2 Diabetes Mellitus is a chronic condition that is largely preventable and manageable but difficult to cure. Management focuses on maintaining blood sugar levels as close as possible to normal ("euglycemia") without presenting undue patient danger. This can usually be with dietary management, exercise and use of appropriate drugs (island only in the case of type 1. diabetes mellitus Oral medications can be used in case of type 2 diabetes, as well as insulin). Patient education, understanding and participation is vital because the complications of diabetes are much less common and less serious in people who have well-managed blood sugar levels. [16][17] The health problems of the essay can accelerate the deleterious effects of diabetes. These include smoking, high cholesterol levels, obesity, high blood pressure, and lack of regular exercise. Chronic kidney disease Main article: Chronic kidney disease Although chronic kidney disease (CKD) is not currently identified as one of the main objectives of the WHO for global NCD control, there is a convincing evidence that the CKD is not only common, harmful and treatable, but also an important factor in contributing to the incidence and results of at least three of the WHO targeted diseases (diabetes, hypertension and CVD). [18] The CKD strongly prepares for hypertension and CVD; diabetes, hypertension and CVD are all the main causes of CKD; and the main risk factors for diabetes, hypertension and CVD (such as obesity and smoking) cause or exacerbate CKD. In addition, among people with diabetes, hypertension, or CVD, the subset that also have CKD are at higher risk of negative results and high health care costs. So,CKD, diabetes and cardiovascular diseases are closely associated conditions that often coexist; share common risk factors and treatments; and would benefit from a global approach coordinated with prevention and control. Control.respiratory diseases main article: chronic respiratory diseases (crd) are diseases of the lungs and respiratory tract. According to the global health organization (homs) hundreds of millions of people suffer daily from crds. [19] Common crds are: asthma, chronic obstructive pulmonary disease, occupational lung disease and pulmonary hypertension. [20] While crds are not curable, various treatments are available to help improve the quality of life for individuals who have them. Most treatments involve dilation of the main airways to improve the shortness of breath among other symptoms. [20] the main risk factors for crd development are: tobacco smoke, indoor and outdoor air pollution, allergens and occupational risks. [19] the homs helped launch the global alliance against chronic respiratory diseases (gard) in 2006. [21] gard is voluntarily composed of national and international organizations and works to "reduce the overall weight of chronic respiratory diseases" and focuses mainly on vulnerable populations and in low-income and medium-sized countries. see also list of countries for risk of death from non-communicable diseases chronic global health the incir challenge fund project of the international network for cancer treatment and research references ^ "the first 10 causes of death." world health organization. url consulted on 24 May 2015. Noncommunicable diseases. world health organization. url consulted on 5 April 2016. ^ "Uncommunicable evil deemed development challenge of 'epidemic proportions' in political declaration endorsed during the landmark general assembly." 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