

## Chronic Diseases

Dr. yaseen AL ETHAWI

All impairment or deviations from normal which have one or more of the following characteristic:

- 1-permanent.
- 2-leave residual disability.
- 3-caused by non-reversible pathology.
- 4-require special training of the patient for rehabilitation.
- 5-require long period of supervision, observation or care.

Problems in etiological investigation of chronic diseases.

- 1-absence of a known agent.
- 2-multifactorial nature of etiology. Environmental & genetic
- 3-long latent period.
- 4-Indefinite onset.
- 5-Differential effect of factors on incidence & course of disease.

SO that primary prevention is the best way to avoid the growing burden of NCDs because treatment is usually Expansive and ineffective.

Prevention of NCDs received little attention by policy makers, medical professionals, and general population because:-

- a-Extent is less sufficiently examined .
- b-Long delay between cause and effect .

Non- infectious acute : Suicide , homicide , Accidents , CVA , Drug abuse .

Chronic : Heart disease , Cancer , Alcoholism , Diabetes .

Primary Prevention is possible for most NCDs due to following facts:

- 1-Large population differences in incidence and mortality of NCDs.
- 2-Dynamic national trends in incidence and mortality rates of most NCDs.
- 3-Rapid change in risk of many NCDs among migrant population.
- 4-Positive results of Intervention Trials.
- 5-Identification of modifiable risk factors of many NCDs.

Epidemiologic Transition:

The general shift from acute infectious and deficiency disease characteristic of underdevelopment to chronic NCDs characteristic of modernization and advance levels of development.

Causes :

1-Demographic changes:

A-Decrease Infant mortality rate .

B-Decrease fertility rate .

These two factor leading to increase population aging and increase in incidence of NCDs .

2-Urbanization and Socioeconomic Transformation .

a-changes in community relationships .

b-changes in lifestyle .

c-Decreased concerns about moral beliefs ,\.

d-Expansion of education .

e-Human mobility . (travel---- get AIDS)

f-Participation of women in Labor force -- ↓ breast feeding . used CCP , HT , exposure to risk .

3-Changes in Nutritional Pattern .

a-Rapid increase in food energy availability and consumption .

b-Per-capita food energy and protein availability increase by 2 folds.

c-Availability of rice increase by 5 folds.

Wheat increase by 8 folds .

Sugar increase by 3 folds.

Fat increase by 3 folds .

d-no increase in vegetables .

e-Slight increase in fruits .

f-Obesity is emerging as a major public health problem.

4-Others .

A-smoking epidemic .

B-increase alcohol consumption .

C-Sedentary lifestyle .

THANK YOU