**How Non-communicable diseases effect physically**

What is a non-communicable disease?

* Diseases that are not transmitting from one person to another directly
* Parkinson’s disease, autoimmune disease, strokes, heart disease, cancers, diabetes, chronic kidney disease, Osteoarthritis, Osteoporosis, Alzheimer’s disease, cataracts are some examples.

Parkinson’s Disease

* Text, letter

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  Description automatically generatedlong-term degenerative disorder of the central nervous system that mainly affects the motor systems

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* How to combat- Aerobic exercises, physical therapies, Speech-language pathologist.

Reference

Mayo clinic - "Parkinson's disease - Diagnosis and treatment - Mayo Clinic." 24 Mar. 2022, <https://www.mayoclinic.org/diseases-conditions/parkinsons-disease/diagnosis-treatment/drc-20376062>.

Diabetes’s Disease

* Diabetes disease occur when your blood glucose/ blood sugar level is high.
* Symptoms- Urinate frequently, thirsty, loss of weight, feeling tired, skin get dry, blurry vision, hungry and numb on hands and legs.
* Effective exercise, eat low fat and sodium diet, avoid smoking and use of alcohol.

Autoimmune Disease

* Natural defense system of the body cannot identify foreign cells and own body cells separately. They attack mistakenly the normal body cells.
* Symptoms- Hair loss, Skin Rashes, Fatigue, Achy muscle, swelling and redness.
* Work on healing and strengthening your gut, Exercise, Manage your stress.

Cancer Disease

* when some body cells grow uncontrollably and spread to other parts of the body.
* Symptoms- Fatigue, Fever, change in the skin, Unusual bleeding, cough, sores that do not heal, weight loss.
* Engage in regular exercise, surgery of removing cancer, Chemotherapy, Radiation therapy, bone marrow transplant, Immunotherapy.

Chronic kidney Disease

* Kidneys get damage and cannot filter blood as the way they used to do at the Glomerulus.
* Symptom- Vomiting, loss of appetite, fatigue, Muscle cramp, sleeping problems, les of more urination.
* kidney transplantation, changing life style, avoid smoking, avoid alcohol usage, Engage in regular exercises.

**Actions should take to prevent from non- communicable disease.**

1. Avoid Smoking.
2. Avoid or Moderate use of Alcohol.
3. Exercise more.
4. Eat healthy food.
5. Regularly check Blood Pressure.
6. Maintain a healthy weight. Good BMI.
7. Get Proper sleep Regularly.
8. Sustain Good social life.
9. Regulate sugar and salt intake
10. Manage stress.

Reference

* You Must Get Healthy - <https://www.youmustgethealthy.com/2021/09/ways-prevent-non-communicable-diseases.html>
* WHO- “World Health Organization”- "Embassy of Sri Lanka Launches Global Youth Ambassador’s Program Trip ...." <https://mfa.gov.lk/embassy-of-sri-lanka-launches-global-youth-ambassadors-program-trip-to-sri-lanka/>.