**How Non-communicable diseases effect physically**

**How it’s effect.**

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.

Reference

Wikipedia, the free encyclopedia- "Non-communicable disease - Wikipedia - en.wikidark.org." 05 Jul. 2021, <https://en.wikidark.org/wiki/Non-communicable_disease>.

Parkinson’s Disease

* This is a long-term degenerative disorder of the central nervous system that mainly affects the motor systems that controls movements of the body.
* Text, letter

  Description automatically generatedText

  Description automatically generatedSymptoms- Rigidity, Slowness of the body movement, Difficult to walk and tremor (involuntary, somewhat rhythmic, muscle contractions movements of body parts.

A picture containing clipart

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* How to cure- cannot be totally cured, but medical treatments may help,
* Aerobic exercises, physical therapies that focuses on balance and stretching.
* Speech-language pathologist may help improve your speech problems

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>.

Autoimmune Disease

* This situation occurs when natural defense system of the body can not identify foreign cells and own body cells separately so that they attack mistakenly the normal body cells.
* Symptoms- Hair loss, Skin Rashes, Fatigue, Achy muscle, swelling and redness.
* How to cure- cannot be totally cured, but medical treatments may help,
* Work on healing and strengthening your gut, Natural healing through functional medicine, Exercise, but also rest. Manage your stress, etc.

Strokes

* This is a disease that cause for the arteries leading to brain and within the brain. When blood vessels that carries oxygen and nutrients get blocked by a clot or burst this condition takes place.
* Severe headache, Unexplained loss of balance or dizziness, blurred vision in one or both eyes, Difficulty speaking, Weakness or numbness in the face, arms and legs (usually on one side of the body), high blood pressure, High Blood Sugar

Diagram

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Heart Disease

* A disease that effect the heart; Coronary Artery Disease, heart Rhythm problem, heart valve disease and heart failure.
* Symptoms- Chest pain, Shortness of breath, pain in jaw, neck, throat, upper abdomen or back. If the blood vessels in arms and legs are narrowed, pain, numbness, Weakness or coldness may felt by the patient.
* Medication- Heart Bypass Surgery, regular exercise and stopping smoking, medicine.

Diabetes’s Disease

* Effects on how the body turn food in to energy. 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 program, changing into an active lifestyle, having proper medication.
* Eat low fat and sodium diet, avoid smoking and use of alcohol.

Chronic kidney Disease

* Kidneys get damage and cannot filter blood as the way they used to do at the Glomerulus. (structure that filter blood in kidney).
* Symptom- Vomiting, loss of appetite, fatigue, Muscle cramp, sleeping problems, les of more urination.
* Medication- kidney transplantation, changing life style by staying healthy as possible (eating balanced diet with healthy food), having a proper medication, avoid smoking, avoid alcohol usage, lose weight if you are obese, Engage in regular exercises.

Cancer Disease

* This is a disease which occur when some body cells grow uncontrollably and spread to other parts of the body. This can cause anywhere of the body.
* Symptoms- Fatigue, Fever, change in the skin, Unusual bleeding, cough, sores that do not heal, weight loss.
* Exercise- Jogging, Cycling, swimming. (build cardiovascular fitness).
* Treatments- surgery of removing cancer, Chemotherapy, Radiation therapy, bone marrow transplant, Immunotherapy.

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. Manage stress.

Reference

1. You Must Get Healthy - <https://www.youmustgethealthy.com/2021/09/ways-prevent-non-communicable-diseases.html>
2. 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/>.