**NONCOMMUNICABLE DISEASES**

**NCD**

* is a medical condition that is noninfectious and nontransmissible
* referred as “**chronic diseases**” due to their long duration
* also referred as **“lifestyle-related diseases”** due to common risk factors such as lifestyle-related diseases

**Cardiovascular death**

* is the most common cause of NCDs mortality worldwide which accounts to 17.9 million death annually
* **Cardiovascular disease (**also called heart disease)
* is the general term used to refer to diseases that involve the heart or blood vessels (**arteries, capillaries, veins**)

**Cerebrovascular disease**

* is a group of brain dysfunction related to disease of the blood vessels supplying the brain
* the most common cause of these two diseases are **atherosclerosis and hypertension**

**Hypertension**

* is defined as a systolic blood pressure equal to or above 140 mm Hg or a diastolic blood

**Atherosclerosis**

* is a disease of the blood vessels characterized by the deposition of fats and cholesterol

**NCDs**

* unhealthy diet
* smoking
* sedentary life-style
* alcohol consumption
* It is estimated that 5% of the population are now considered obese, 10% are diagnosed with **hypercholesterolemia** and 24% are considered hypertensive

**Screening**

* Is the identification of unrecognized disease by the application of test, examination or other procedures
* Prevention of cardiovascular and cerebrovascular disease
* Involves the monitoring of blood pressure

**Low density lipoprotein and high-density lipoprotein**

* For elevated cholesterol in the blood involves taking a blood sample to determine the total serum cholesterol

**Elevated low-density lipoprotein cholesterol**

* Is a major cause of cardiovascular diseases
* Is known as the bad cholesterol because it increases the likelihood of the formation of plaque that can block the blood flow in the arteries

**High-density lipoprotein**

* Is known as the good cholesterol because it clear the excess LDL in the arteries

**Cancer**

* Is the second most common cause of death worldwide
* Is a malignant neoplasm is a group various diseases involving unregulated cell growth

**Lung Cancer**

* Was the leading cancer killer in both men and women in 2015 while breast cancer ranked first among women

**Liver Cancer**

* second leading cause of cancer death 2015 in 2015 according to site and gende**r**

**Carcinogens**

* Some cells undergo genetic mutations are called

**Related factors of Cancer**

* Cigarette smoking
* Unhealthy diet
* Alcohol drinking
* Physical inactivity
* Overweight

Warning signal of Cancer **CAUTION US**

* **Change in bowel or bladder habits**
* **A sore throat that does not heal**
* **Unusual bleeding or discharge**
* **Thickening or lumps**
* **Indigestion or difficulty of swallowing**
* **Obvious change in a wart or mole**
* **Nagging cough or hoarseness**
* **Unexplained anemia**
* **Sudden weight loss**

**Chronic obstructive pulmonary disease**

* Is a condition affecting the lungs in which the airway narrow over time
* It include chronic bronchitis, asthma, emphysema
* Smoking is a strong risk factor of COPD

**Diabetes Mellitus**

* Is a serious chronic, metabolic disease characterized by high levels of blood sugar due to inability of the pancreas to produce enough insulin

**Hyperglycemia (high blood sugar**)

* Is a common effect of diabetes
* Diagnoses ( fasting blood sugar)

Symptoms of Diabetes

* **Increased frequency and amount of urination (polyuria)**
* **Increase thirst (polydipsia)**
* **Constant hunger (polyphagia)**
* **Weight loss**
* **Vision changes**
* **Fatigue**

**Oncovirus**

* Virus capable causing of cancer is called

**Ultraviolet radiation**

* Adversely effects the genes

**Ionizing radiation**

* Causes tissue and cell damage by breaking the DNA molecule

**Solar radiation**

* The primary source of UV radiation and the major cause of skin cancer worldwide

**Factors that epidemiologists call risk factors are the following**

1. **Physical inactivity –** defined as less than 5 minutes or 30 minutes of moderate activity
2. **Cigarette smoking –** primary risk factor for the development of NCDs
3. **Unhealthy eating –** “obesogenic” one of the major risk factors responsible for the global increase of cardiovascular disease, cancer, diabetes and obesity
4. **Excessive alcohol intake –** may load to metabolic and physiological effects on all organ systems such as gastrointestinal
5. **Exposure to viruses –** play a role in the development od certain cancers, cause mutation by breaking the normal cell’s DNA
6. **Radiation –** energy emitted and transferred through matter and space

**Physical activity**

* Defined as any bodily movement produced by skeletal muscles that results in expenditure of energy

**Exercise**

* Is a subcategory of physical activity that planned, structured, repetitive.

**Physical fitness**

Is a measure of a persons ability to perform physical activities with vigor and alertness, without undue fatigue, and with ample energy to leisure time pursuits and respond emergencies

REQUIRES:

* Endurance
* Speed
* Strength
* Flexibility

The physical activity guidelines describes 4 levels or aerobic physical activity

* **Inactive**
* **Insufficiently active**
* **Active**
* **Highly active**

**Promote healthy diet and nutrition**

* Is a primary determinant of good health

**Strategies to promote healthy eating and physical activity include the following: (sure)**

1. **Choose sensible portion of foods lower on fat**
2. **Learn healthier ways to make favorite foods**
3. **Learn to recognize and control environmental cues that make you want to eat**
4. **Have a healthy snack an hour before a social gathering**
5. **Engage in moderate intensity physical activity for 30 minutes every day**
6. **Do not eat meals in front of the television**
7. **Keep records of your food intake and physical activity. Weigh yourself weekly**
8. **Pay attention to what your eating**

**Promote a smoke free environment**

**Smoking –** is a major risk factor for developing cardiovascular and cerebrovascular disease, lung cancer, and chronic lung disease

**PEN**

* A prioritized set of cost-effective interventions that can be delivered to an acceptable quality of care even in resource poor setting

**Mental**

* Is an integral part of every individual

**Self-image –** every individual realizes his/her own potential **Resiliency –** can cope with the normal stresses of life **Productivity and creativity –** can work productively and fruitfully **Sense of purpose –** able to make a contribution to hey or his community