

Chapter 6

AN OVERVIEW OF NONCOMMUNICABLE DISEASES

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INTRODUCTION

The developments also experienced in the field of health (in diagnosis and treatment) thanks to the scientific and technological developments in the last century prolonged expected duration of life at birth (Figure 1). But increasing elder population, quick-unplanned urbanization, unhealthy life style and health inequities increased the prevalence of noncommunicable diseases. ⁽¹⁾

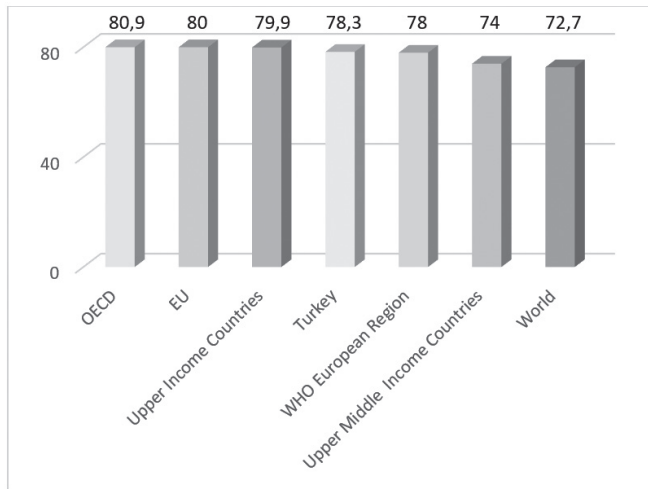


Figure 1- International comparison of life expectancy at birth, 2018 (2)

Noncommunicable diseases (NCDs) constitute the prevailing global death cause and are among the greatest health problems of the 21st century. ⁽³⁾ Cardiovascular diseases, cancers, chronic respiratory diseases and diabetes mellitus are noncommunicable diseases (NCDs).

NCD-related deaths generally take place in latter periods of countries with

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tutes a significant risk factor for other death causes and has an attributable disability load. Diabetes is also a significant risk factor for cardiovascular disease, kidney disease and blindness. ⁽⁸⁾

Prevention and Control of NCDs

WHO presents a comprehensive action plan on noncommunicable diseases and applicable political options to all member countries through 'Global action plan for the prevention and control of NCDs 2013-2020'. The program targets a relative decrease of 25% in 4 major NCD-related premature deaths until 2030. ⁽⁹⁾

Turkish Republic Ministry of Health has control programs such as Smoke-Free Air Zone, Healthy Nutrition and Dynamic Life Program, Lowering Extreme Salt Consumption Program, Turkish Cardiovascular Diseases Prevention and Control Program, Chronic Airway Diseases Prevention and Control Program and Turkish Diabetes Program. ⁽¹⁰⁾

CONCLUSION

Noncommunicable diseases not occurring due to a single factor like communicable diseases, the causes of the diseases, highly- complexity of their formation phases require different disciplines to take joint action in the struggle against these diseases. ⁽¹⁾ Studies should be made to remove four major risk factors including tobacco use, bad nutrition, harmful alcohol use and inadequate physical activity through policies aiming individuals and social behavioral change. Most NCDs and complications can be prevented both through struggling against risk factors and through early diagnosis and follow-up. ⁽³⁾

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