



A Short Note on Non-Communicable Diseases

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DESCRIPTION

Non-Communicable Diseases (NCDs) are also known as chronic diseases. NCDs account for 71% of all deaths worldwide. Almost three-quarters of all non-communicable disease deaths, and 82% of the 16 million people who die early or under the age of 70, occur in low- and middle-income countries. NCDs also account for 48% of lost disability-adjusted life years (DALYs) worldwide.

Non-communicable diseases are a diverse group of chronic diseases that aren't communicable, that means you can't seize them from any other person. They are described as illnesses of lengthy duration, commonly gradual development and they may be the predominant motive of grownup mortality and morbidity worldwide. Non-communicable illnesses are diagnosed *via* way of means of WHO as "Group II Diseases" a category that aggregates.

RISK FACTORS

Non-modifiable risk factors

Refer to characteristics that can't be modified *via* way of means of an individual (or the environment) and consist of age, sex, and genetic make-up. Although they can't be the number one goals of interventions, they continue to be critical elements considering that they have an effect on and partially decide the effectiveness of much prevention and remedy approaches.

Modifiable risk factors

Refer to characteristics that societies or individuals can modify to improve their health outcomes. WHO usually mentions four main causes of NCDs: lack of diet, lack of exercise, tobacco use, and harmful alcohol use.

KEY DISEASES

Cancer

For the majority of cancers, cancer is primarily a preventable non-communicable disease because risk factors are related to the environment or lifestyle. Over 30% of cancer cases are prevented by avoiding risk factors such as tobacco, overweight or obesity, low fruit and vegetable intake, lack of exercise, alcohol, sexually transmitted diseases, and air pollution. Infectious pathogens are

the cause of several cancers, for example, almost all cervical cancers are caused by human papillomavirus infection.

Diabetes

Type 2 diabetes is a chronic disease that is primarily preventable and manageable, but difficult to cure. Treatment focuses on keeping blood sugar levels as close to normal ("euglycemia") as possible without undue risk to the patient. This can usually be done with close dietary control, exercise, and the use of appropriate medications. Diabetic complications are less common and less severe in people with well-managed blood glucose, so patient education, understanding, and involvement are very important. Major health problems can accelerate the harmful effects of diabetes. These include smoking, high cholesterol, obesity, high blood pressure and lack of exercise.

Chronic Kidney Disease (CKD)

Chronic Kidney Disease (CKD) is not currently identified as one of the major WHO targets in the global fight against non-communicable diseases, but CKD is only common, harmful and treatable. Instead, outbreaks and CKD results represent at least three of the WHO's target diseases (diabetes, hypertension, and cardiovascular disease). CKD has a strong predisposition to hypertension and CVD. Diabetes, high blood pressure and cardiovascular disease are all major causes of CKD. Key risk factors for diabetes, high blood pressure, and cardiovascular disease (such as obesity and smoking) also cause or exacerbate CKD. In addition, a subset of people with diabetes, high blood pressure, or cardiovascular disease who also have CKD have the highest risk of adverse consequences and high medical costs. Therefore, CKD, diabetes, and cardiovascular disease are closely related diseases and often coexist. Share common risk factors and treatments.

Role of physiotherapy in NCDs

Physical therapists specialize in promoting human movement, physical activity, health, fitness and wellness. They identify physical disabilities, restrictions, and disabilities that prevent people from being as active and independent as possible, and find ways to overcome them. The physiotherapist profession helps millions of people prevent non-communicable diseases and their risk factors, especially obesity, each year. It also manages the effects of NCDs

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through targeted rehabilitation methods to optimize health in the presence of NCDs.

Physiotherapy doesn't just mean more healthy people, but more productive people who can contribute to countries' economies. Their services are provided in an surroundings of agree with and

appreciate for human dignity and underpinned through sound scientific reasoning and medical evidence. The message is clear: physiotherapists are the movement, bodily activity, and workout specialists and an aid with inside the struggle in opposition to non-communicable sickness that has to by no means be overlooked.