LIFESTYLE DISEASES: AN EMERGING HEALTH ISSUE

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ABSTRACT

Lifestyle diseases are diseases that arise from the day to day habits of human beings. Many factors contribute to the development of such diseases. A sedentary lifestyle is one of the factors that lead us to harm our health. Prolonged exposure to smoking, alcohol intake, unhealthy diet and physical inactivity result in many non-communicable diseases (NCDs), such as cardiovascular diseases, diabetes, cancer, chronic respiratory diseases, obesity. NCDs has become major contributors to higher morbidity, mortality and a threat to the socio-economic development of many nations worldwide. More public awareness, health promotion, stronger health care system become the need of the hour to prevent from such lifestyle diseases.

Keywords— Lifestyle disease; non-communicable diseases; modifiable risk factors

# INTRODUCTION

Lifestyle diseases are diseases that arise from the day to day habits of human beings. A sedentary routine and exposure to modifiable lifestyle behaviours - smoking, alcohol intake, unhealthy diet and less physical activity for a long period of time can cause a number of health issues that can lead to chronic non-communicable diseases like cardiovascular disease, diabetes, obesity, metabolic syndrome, chronic respiratory disease, and some types of cancer which ultimately can result to near life threatening consequences. Non-communicable diseases (NCDs) kill around 40 million people each year, that is around 70% of all deaths worldwide. Chronic disease can result in loss of independence, years of disability, or death and impose a considerable economic burden on health services. Therefore, lifestyle diseases become a major health problem globally.

# CAUSES OF LIFESTYLE DISEASES:

## **Modifiable behavioural risk factors:** Poor nutrition resulting from skipping meals, overeating, oily-fried sugary meals can contribute to the development of many lifestyle disorders. Excessive intake of alcohol, tobacco smoking, less physical activity, a disturbed sleep pattern increase the risk of NCDs. Sedentary life and the stress related to work is also being seen as a potential risk factor for various lifestyle diseases. Lack of physical activity may lead to obesity or being overweight, cardiovascular diseases, diabetes. Poor sleep pattern is also found to contribute to diabetes, cardiovascular diseases, depression and obesity. Tobacco consumption is one of the threat to development of chronic respiratory illness and oral cancer. More than 7 million people die each year due to tobacco consumption. 4.1 million people die each year due to excessive use of sodium in the diet. Alcohol intake leads to 1.65 million deaths and 1.6 million people die annually due to lack of physical activity .

## **Non-modifiable risk factors:** Age, race, gender and genetics are the risk factors which cannot be changed applying any intervention.

## **Age:** Our body has a harder time protecting itself with ageing.

## **Gender:** Cardiovascular diseases are found in more among males than females whereas breast cancer is more common among women than men.

## **Race :** African americans are more likely to develop high blood pressure than Europeans. Asian americans historically have a lower incidence of heart disease than Europeans have. However, a change in dietary habits like high fat, low-fiber diet has increased the incidence of heart disease among Asian americans.

## **Genetics:** genes can also play an important role in the development of certain lifestyle diseases.

**Major lifestyle diseases of concern globally are:**

## **Cardiovascular diseases (CVDs)**

CVDs are a group of disorders of the heart and blood vessels which consist of coronary heart disease, cerebrovascular disease, peripheral arterial disease. CVDs are the leading cause of death globally. It is estimated that the number of deaths may reach more than 23 million a year by 2030.

CVDs may manifest in a number of ways.

**Cerebrovascular disease (strokes and TIA)**: Cerebrovascular disease are a group of diseases which affect the blood vessels and the blood supply to the brain. The most common presentation is an ischemic stroke or mini-stroke. Hypertension is the most common contributing factor for stroke.

**Peripheral arterial disease:** There is the narrowing or blockage of the blood vessels that carry blood from heart to the arms and legs. It is a sign of fatty deposits in the walls of arteries (atherosclerosis). Claudication is a common symptom seen in patients with a peripheral arterial disease which include muscle pain or leg cramps during exercise but relieve with rest.

**Preventive measures of cardiovascular diseases:**

Cardiovascular diseases being the most common lifestyle disease, prevention steps can begin as early as childhood. Dietary modification is the principal preventive strategy for prevention of CVDs.

WHO recommendations:

* Cholesterol/HDL ratio<3.5
* A reduction of fat intake to <20-30% of total energy intake
* Consumption of saturated fats <7% of total energy intake
* Increase complex carbohydrate intake
* Eat more fruits and vegetables
* A reduction of salt intake to < 5gms per day
* Avoidance of smoking and alcohol consumption
* Regular exercise

## **Diabetes** Diabetes is a chronic metabolic disease characterized by increased levels of blood glucose, which leads over time to serious complications such as damage to heart, blood vessels, eyes, kidneys and nerves.Estimates in 2019 indicate that 77 million people in India have diabetes, which may rise to over 134 million by the year 2045. There are four types of diabetes: Type 1 (juvenile diabetes), Type 2 (adult onset diabetes), Gestational Diabetes and Pre-Diabetes (Impaired Glucose Tolerance). Among the different types of diabetes, Type 2 is the most common diabetes resulting from unhealthy lifestyle.

**WHO Diagnostic Criteria for Diabetes:**

Fasting plasma glucose ≥126mg/dL (7.0mmol/L)

Or

OGTT 2-hour plasma glucose ≥ 200mg/dL (11.1mmol/L)

**Prevention of diabetes**

Type 2 diabetes stems from a combination of unhealthy lifestyle factors and genetics. This runs in the family. An important part of prevention of diabetes is adopting a healthy lifestyle by keeping a healthy weight through a healthy diet and physical activity plan.. The best way to prevent diabetes is to take control of modifiable risk factors such as diet, weight, and exercise, along with the drugs like oral hypoglycemic drugs and insulin injections. Avoidance of tobacco, alcohol consumption are also important to lead a healthy life.

## **Cancer** Cancer is a disease which is characterized by uncontrolled growth of cells and invasion to other parts of the body. Uncontrolled cell growth may result from damage to certain genes that regulate cell division. These genes can be damaged in a variety of ways like exposure to viruses (Human papilloma virus), radioactivity and ultraviolet radiations, tobacco, asbestos. Cancer is one of the leading causes worldwide. The most common cancers are cervical cancer, lung cancer, breast cancer, prostate cancer, colorectal cancer.

## **Prevention of cancer** human beings are exposed to some cancer causing agents or substances called carcinogens in our daily lives However, we can protect ourselves from many carcinogens. Some of the measures that can prevent cancer are:

1. Do not smoke: Tobacco kills more than 8 million people each year, out of which around 1.2million are non-smokers being exposed to second hand smoke. Tobacco use can cause cancers of mouth, throat**,** esophagus, lungs, pancreas and colon.
2. Healthy diet plan: People who consume more saturated fats are more prone to develop cancers of colon and rectum. Studies suggest that people who eat more fruits, vegetables, and high fiber foods have a lower risk of cancers. Diet rich in vitamin C may protect against stomach and esophagus cancer. Phytochemicals which occur naturally in plant foods are thought to be anticarcinogenic.
3. Limit exposure to UV radiation: Prolonged and excessive exposure to damaging UV radiations are prone to skin cancer. Ionizing UV rays can damage the DNA in cells causing cancer. Basal and squamous cell cancers are found to be more on the sun exposed parts of the body. Exposed areas of skin can be protected by applying sunscreen and clothing, even on cloudy days. A reduction of exposure to man-made sources of UV rays like sunlamps and tanning beds, black-light lamps can help in prevention of skin cancers.
4. Maintain a healthy BMI: Regular physical activity can lower the risk of several types of cancer. Physically active women have less risk of breast cancer than those who are least physically active. The risk for bladder, colon, endometrial, esophageal cancers are also found to reduce in individuals who are engaged in the highest level of physical activity.

## **Chronic respiratory diseases (CRDs)** Chronic respiratory diseases affect the airways and other structures of lungs. The most common CRDs are chronic obstructive pulmonary disease (COPD) and asthma. Most recent evidence from 2017 reports showed 3.2 million deaths due to COPD and 495,000 deaths due to asthma. Smoking and high BMI play a relevant role in developing the risk of asthma whereas, smoking, ozone pollution, occupational exposure to particulate matter, gases, fumes, as well as second-hand smoke, play an important role for COPD. Genetics and age are the non-modifiable factors associated with CRDs. However, CRDs can be prevented by controlling the modifiable risk factors like tobacco, smoke, air pollution, dust and chemicals.

# CONTROL AND PREVENTION OF LIFESTYLE DISEASES

Lifestyle diseases have emerged as an important health issue globally which contribute to higher morbidity, mortality and are a threat to the socio-economic aspects of nations globally. An important way of controlling lifestyle diseases is by controlling the modifiable risk factors associated with it. A comprehensive approach from all sectors, including health care providers, finance, education, government as leaders, planning, and stronger health care system is essential to minimize the impact of lifestyle diseases. More public awareness, health promotion, and preventive health measures are proven effective strategies in reducing the disease burden. Management for lifestyle disease includes proper diagnosis, screening and treatment. Regular reporting, global monitoring are important to ensure the interventions meet a set target for control and prevention of lifestyle diseases.

# CONCLUSION

Lifestyle diseases are important health concern worldwide. A sedentary lifestyle can lead us to do unhealthy things which could harm our health. Despite urbanization, many are unaware of the impacts of unhealthy lifestyles to our health and the risk of developing different NCDs. It is high time to give health awareness among the public about the benefits of adopting healthy lifestyle such as regular physical activity, cessation of tobacco consumption, controlling body weight, eating fruits, vegetables, and high fiber diet, and learning to cope with stress, to reduce the risk of various lifestyle diseases. These NCDs like CVDs, diabetes, cancer, obesity, CRDs are preventable by adopting healthy habits and behavioral choices. Furthermore, effective public health measures are the need of the hour to promote and improve health around the world. There is no better time than now to start living healthy!

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