



## Non Communicable Diseases (NCDs) and its control

Diabetes mellitus, cardiovascular diseases (such as heart attacks and stroke), cancers and chronic respiratory diseases (such as COPD & asthma) are considered as non-communicable diseases, hereafter termed as NCDs.

NCDs are also known as chronic disease and are not caused by acute infection. NCDs leads to prolonged health consequences and require long term treatment and care. The number of NCDs are increasing globally. They are associated with high mortality rate. It is reported that world wide NCDs causing 71% (about 41 million people) of total number of deaths each year. Among them deaths are resulting annually from cardiovascular diseases (17.9 million), cancer (9.0 million), respiratory diseases (3.6 million) and diabetes mellitus (1.6 million).<sup>1</sup> In each year more than 15 million people die from NCDs between the age of 30-69 years. About 77% of all NCDs deaths are in low and middle income countries.

In Bangladesh the number of NCDs are also increasing. NCDs causes about 59 % (8,86,000) of total deaths in Bangladesh in a year.<sup>2</sup>

NCDs are the result of a combination of genetic, physiological, environmental & behavioral factors. Peoples of all age group and countries are affected by NCDs. There are risk factors which are associated with the development of NCDs. The risk factors are

- i ) Modifiable major risk factors (tobacco use, physical inactivity, the harmful use of alcohol, unhealthy diet).
- ii) Metabolic risk factors (raised blood pressure, hyperglycemia, over weight/obesity and hyperlipidaemia).<sup>3</sup>

So an important way to control NCDs is to focus on reducing the risk factors associated with the disease. A comprehensive approach is needed to involve different sectors including health, finance, transport, agriculture planning and others to reduce the risk factors of the disease and thereby prevent and control them.<sup>4</sup>

In addition to that for the management of NCDs screening, early detection and treating these diseases and providing palliative care for the patient in need should be ensured.<sup>4</sup> There is socioeconomic impact of NCDs. Poverty is closely linked with NCDs. The rapid rise of NCDs is predicted to impede poverty reduction in low income countries.<sup>3</sup>

To address NCDs it is necessary for us to achieve the global target of a 25% relative reduction in the risk of pre-mature mortality from NCDs by 2015 and SDG target of a one third reduction of premature deaths from NCDs by 2030.<sup>4</sup>

It is evident from the above discussion that by reducing major risk factors, treatment and managements of NCDs and awareness regarding the health, economic and social issue associated with NCDs among the peoples can prevents the premature deaths resulting from NCDs throughout the world.

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