

CHRONIC DISEASES: WHAT YOU SHOULD KNOW

117 Million People Are Affected by Chronic Disease

Chronic Diseases affect more than 10% of the world's population

It's one thing to deal with a cold or condition; it's another when the condition won't allow the body to function on a normal basis. According to the World Health Organization, Chronic Diseases affect a majority of the countries in the world, accounting for an estimated sixty percent of adult deaths.

This guide is intended to help educate patients on what chronic diseases are, leading causes, and risk factors.

01 | What are Chronic Diseases?

Chronic Diseases are conditions that affect the body on an ongoing basis. Although a medical provider may treat a condition initially, the issue can showcase a pattern of reoccurrence, consistently affecting the body on a long-term basis. These kinds of conditions are categorized as chronic.

02 | Leading Causes of Chronic Diseases

Among the ten leading causes of death, several of these diseases cause chronic conditions. These diseases, if not closely monitored, can become chronic and may be difficult to treat. The diseases include, but are not limited to:

- Heart disease
- Any form of Cancer
- Lower Respiratory disease
- Alzheimer's disease
- Diabetes
- Kidney disease

Other health contributors which might not have been considered but can become chronic are:

- Obesity or other eating disorders
- Oral health
- Osteoporosis
- Cystic Fibrosis
- Asthma

03 | Risks

Individuals tend to engage or show little interest in various activities that cause serious health risks. However, everyone has the ability to eliminate risks to avoid dealing with a condition that can become chronic. Here are some ways to promote healthy living:

- Start exercising
- Eliminate smoking
- Stop alcohol use
- Start healthy eating habits

Speak to your medical provider on ways to live a healthy lifestyle. For additional resources and information on Chronic Diseases visit:

<http://www.cdc.gov/chronicdisease/overview/index.htm>

***Did You Know?** 7 out of 10 causes of death are related to Chronic Diseases*

References

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