

DISEASES OF CIVILIZATION (AKA “LIFESTYLE DISEASES”)

According to the World Health Organization, people who live in high-income countries and middle-income countries predominantly die of chronic “lifestyle” diseases or “diseases of civilization” (Alzheimer’s disease, atherosclerosis, asthma, cancer, chronic liver disease, Type 2 diabetes, heart disease, hypertension, osteoporosis, stroke, depression, diverticulitis, gallstones, and obesity). In low-income countries, people predominantly die of infectious diseases, such as HIV/AIDS, tuberculosis, malaria, and influenza. We’ve come so far in learning how to prevent infectious diseases. We should all be very grateful that we don’t have to contend with malaria on a daily basis – that we wake up and have little chance of contracting whooping cough. But what have we traded this for? We have all the information we need to prevent 80% of premature deaths and we do nothing. For what?

<https://www.colleenpatrickgoudreau.com/diseases-of-civilization-aka-lifestyle-diseases/>

Nutrition and food are one of the most complex aspects of human lives, being influenced by biochemical, psychological, social and cultural factors.

Medical definition of lifestyle diseases is: Lifestyle disease: A disease associated with the way a person or group of people lives. Lifestyle diseases include atherosclerosis, heart disease, and stroke; obesity and type 2 diabetes; and diseases associated with smoking and alcohol and drug abuse. Regular physical activity helps prevent obesity, heart disease, hypertension, diabetes, colon cancer, and premature mortality.

Lifestyle diseases share risk factors similar to prolonged exposure to three modifiable lifestyle behaviours -- smoking, unhealthy diet, and physical inactivity -- and result in the development of chronic diseases, specifically heart disease, stroke, diabetes, obesity, metabolic syndrome, chronic obstructive pulmonary ...

What are three reasons that the rise of civilizations led to more diseases?

These include: accumulation of environmental pollution, overcrowding in continually growing cities, increase in cigarette smoking, alcohol and fat consumption, and disintegration of the social infrastructure.

What are the 5 ways to prevent lifestyle diseases?

If these 5 tips are maintained, you can actually prevent and cut down the risk of acquiring any lifestyle disease.

1. Diet (less carbohydrate, more protein, less oil) : ...
2. Regular exercise: ...
3. Abstain from Substance Abuse: ...
4. Control weight: ...
5. Control Blood Pressure and Sugar:

Why do diseases occur?

Infection occurs when viruses, bacteria, or other microbes enter your body and begin to multiply. Disease, which typically happens in a small proportion of infected people, occurs when the cells in your body are damaged as a result of infection, and signs and symptoms of an illness appear.

What are the ways to prevent lifestyle diseases?

How You Can Prevent Chronic Diseases

1. Eat Healthy. Eating healthy helps prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases. ...
2. Get Regular Physical Activity. ...

3. Avoid Drinking Too Much Alcohol. ...
4. Get Screened. ...
5. Get Enough Sleep.

What is a risk factor for a disease? Risk factor: Something that increases a person's chances of developing a disease. For example, cigarette smoking is a risk factor for lung cancer, and obesity is a risk factor for heart disease.

What are 5 common health risk factors?

- Risk factors and disease burden.
- Tobacco smoking.
- Excessive alcohol consumption.
- Abnormal blood lipids (dyslipidaemia)
- Nutrition.
- Insufficient physical activity.
- Overweight and obesity Overweight and obesity - expand Overweight and obesity - collapse. Causes of overweight and obesity. Who is overweight?
- High blood pressure.

What are some things you can do to prevent heart disease?

8 Things You Can Do to Prevent Heart Disease and Stroke

- Know your risk.
- Eat a healthy diet.
- Be physically active.
- Watch your weight.
- Live tobacco-free.
- Manage conditions.
- Take your medicine.
- Be a team player.

Which diseases has no cure?

- cancer. dementia, including Alzheimer's disease. advanced lung, heart, kidney and liver disease. stroke and other neurological diseases, including motor neurone disease and multiple sclerosis.

Otázky:

1. What does the expression „lifestyle diseases“ mean? Where are they common?
2. What kind of diseases are there in low-income countries?
3. What are the 3 reasons of the rise of diseases?
4. Explain why diseases appear/ occur. What is a disease
5. What are the ways of the prevention of civilisation diseases?
6. What is a risk factor? What are the most common health risk factors?
7. Talk briefly about these diseases: acne, obesity, diabetes, heart disease and cancer
The causes, treatment, prevention