Management of Lifestyle Diseases: The Need of the Hour

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ABSTRACT
Though in Modern science through improved sanitation, vaccination, antibiotics, and medical attention has eliminated the threat of death from most infectious diseases. The stress of modern-day living is causing enormous burden on healthcare globally. Poor eating habits, sleep deprivation and sedentary lifestyle has contributed to growth of lifestyle diseases such as diabetes, hypertension and obesity leading to a literal explosion of cases with cardiovascular complications. There are tips, how to mitigate lifestyle diseases such as, early to bed and early to rise make you healthy, wealthy and wise. Exercise regularly (Go for a walk at least 5 times a week), adopt healthy dietary practices, include traditional food in the diet, facilitate your body cycles, maintain your body weight, Organize your life well, be humble to all, spend True Quality Time at Home, rediscover the hidden and Lost ‘you’, stay away from smoking and alcoholism, learn to handle stress effectively.

INTRODUCTION

In India, the situation is quite alarming. The disease profile is changing rapidly. The World Health Organization (WHO) has identified India as one of the nations that is going to have most of the lifestyle disorders soon. Nowadays not only lifestyle diseases becoming more common, but they are also affecting younger population. Hence, the population at risk shifts from 40+ to may be 30+ or even younger. According to doctor say, a sedentary lifestyle combined with an increase in consumption of fatty food and alcohol to blame cases of obesity, diabetes, hypertension etc. and periodic screening can reduce cervical cancer deaths. Early detection of treatable cancers would save many lives in India, particularly in the rural areas which are under served by cancer screening and treatment.

What is Lifestyle Disease?
Lifestyle diseases are diseases that are caused partly by unhealthy behaviors and partly by other factors. They include Obesity, Cancer,
Diabetics, Heart Disease, Stroke, High Cholesterol, High Blood Pressure and Digestive Problem. Some of these diseases lead to or contribute to other lifestyle diseases developing.

The main causes are a person’s habits, behaviors and practices. There are controllable and uncontrollable risk factors.

**Controllable Risk Factors (Lifestyle)**

- Diet and body weight
- Daily levels of physical activity
- Level of sun exposure
- Smoking and alcohol abuse

**Uncontrollable Risk factors**

- Age
- Gender
- Ethnicity
- Hereditary

Some of the common Lifestyle diseases are described below.

**Obesity**

**What causes Obesity**

Overweight and obesity are a result of energy imbalance over a long period of time. An energy imbalance arises when the number of calories consumed is greater than the number of calories used by the body. Weight gain usually involves the combination of consuming too many calories and not expending enough through physical activity, although weight again could result from one or the other.

**Effect of Obesity**

Obesity can be called as the house of all diseases as it is a predisposing factor to many chronic diseases. It is known to affect all the systems of the body.

- Lungs: Breathlessness, Sleep Apnea
- Heart: High BP, Myocardial Infection
- Kidney: Degenerative Changes
- Gall Bladder: Stone Formation
- GI Tract: Gas/ Acidity/ Belching
- Skin: Increased susceptibility to developing infections, Skeletal Osteoarthritis
- Psychological: Shyness, Inferiority Complex, and Depression.

The way in which we live has a lot to do with our health. Chronic diseases like high blood pressure, obesity is caused because of our unhealthy lifestyles. The good thing about these so-called lifestyle diseases is that they are reversible.

**Cancer**

Tumors are a mass of uncontrolled growing cells that form a clump. These are two types. One is malignant, which invade and destroys healthy tissue, another benign, which is harmless cell mass. These are caused by certain viruses (HPV), radiation (UVrays X-rays), chemicals in tobacco smoke, asbestos.

One can prevent the cancer by avoiding smoking, wearing sunscreen, eating vegetables and low-fat diet, remaining active and getting regular medical check-ups.

**Diabetes**

A disorder in which cells are unable to obtain glucose from the blood such that high blood-glucose levels result. There are two types of diabetes.

- Type 1: Body’s inability to produce insulin (born with)
- Type 2: Body’s inability to respond to insulin (develop)

**Cardiovascular Diseases**

The diseases and disorders that result from progressive damage to the heart and blood vessels. Treatment: This disease can be treated through diet, exercise, medicines, surgery.
Prevention can be done by relax, hold the salt, keep weight healthy, avoid smoke etc.

**Stress**

Stress can be defined as a reaction to a short-lived situation. Stress becomes dangerous when it interferes with respondent’s/ worker’s ability to live a normal life over an extended period. Respondent’s/worker may feel tired, unable to concentrate or irritable. Stress can also damage respondent’s physical health. It is not the stressor (event leading to stress) that is a health hazard, but it is the response of an individual to the stressor that is harmful to good health.

**Causes of Stress**

- Trying to please everybody
- Going against own value system
- Too much/Too little work
- Worry becomes a habit
- Guilt and resentment

Due to stress psychological, physiological and behavioral problems occur. Sometimes person uses faulty methods like, smoking, alcohol, frequent absenteeism from work, anti-social activities, irritability, unjustified anger, overeating of coping with stress. That will also add to several other lifestyle diseases.

**Stress Management**

Stress can be managed through different therapy like, deep breathing exercises, yoga, meditation, hobby, social service etc.

**Immune Disorders**

Immune system does not function properly resulting in an immune disorder. Some are relatively mild (allergies); others can be life threatening (AIDS)/HIV

**HIV/AIDS**

It is occurred due to Human Immunodeficiency Virus. AIDS- Acquired Immunodeficiency Syndrome- Which is serious and usually fatal condition in which the body’s immune system is severely weakened and cannot fight off infection.

**Tips for Management of Lifestyle diseases**

- Early to bed and early to rise make you healthy, wealthy and wise.
- Exercise regularly (Go for a walk at least 5 times a week)
- Adopt healthy dietary practices
- Include traditional food in the diet
- Facilitate your body cycles
- Maintain your body weight
- Organize your life well
- Be humble to all
- Spend True Quality Time at Home
- Rediscover the hidden and Lost ‘you’
- Stay away from smoking and alcoholism
- Learn to handle stress effectively

**CONCLUSION**

Globally, there has been a gradual shift in the causes of morbidity and mortality from infectious diseases to Non communicable diseases i.e. lifestyle diseases. These NCDs are posing a major public health challenge that undermines social and economic development of a country and place a tremendous demand on health system and social welfare throughout the world. NCDs also add to the financial load on a country due to cost of treatment, ageing and susceptible population. There is need to aware the public to know about the consequences of the lifestyle disease.

**REFERENCES**
