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Non-Communicable Diseases

Ahmad Alwazzan¹

¹Division of Gynecology Oncology, Faculty of Medicine, King Abdulaziz University, Jeddah, Saudi Arabia

*ab_wazzan@yahoo.com

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NCDs such as Diabetes mellites, cardiac disorders, cardiac failure, obesity, renal diseases, lung disease, dyslipidemia and stroke are among the few. NSDs have become a primary health concern and a major cause of mortality and morbidity around the globe. These diseases are progressive, asymptomatic and chronic and patient do not realize until the complications arise and symptoms appear. World Health Organization (WHO) reported in 2016 that 86% death from NCDs and 16% of premature deaths were in the age range of 30-70 years worldwide. Among these NSDs, 49% contribution was from cardiovascular diseases alone, 12% from cancer, 5% from respiratory diseases and 5% from diabetes [1].

Disease burden of NCDs can be assessed by several indicators e.g. the disability adjusted life years (DALYs) which is the equivalent of losing one year in good and healthy life due to early death or any illness including disability [2]. NCDs were recognized as public health concern by United Nations and hence, policies were devised, Sustainable Development Goals (SDGs) for the prevention and management of NCDs by 2030 were also planned [3]. The global NCDs action plan by WHO was initiated and implemented from 2013-2020 aiming to attain the set goals and priorities by 2025. The main goal which comprises of 25%, is to reduce the premature deaths from NCDs by 2025 [4].

Currently, the world is going through COVID-19 pandemic which has changed the whole world in terms of health, economics, psychology and behaviours adversely. Although COVID-19 is a communicable disease but it has been observed that the patients who already have been contracted with NCDs such as heart, renal or lung disease are at much higher risk for COVID-19 infection as compared to others. Therefore, it is suggested that every one should get proper health screening at regular intervals even if you are healthy. Annual visit for checkups and screening should be conducted after the age of 40 years and after every 6 months is appreciated if you are above 50 years of age. A better governance and implementation of the Global strategy by WHO and United Nations is an urgent need of the recent times.

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