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LIFESTYLE DISEASE: AN OVERVIEW

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ABSTRACT

In the current review, we have focused on day to day changing lifestyle which leads to a different disorder. In that, we have discussed COPD, CVD, cancer and diabetes mellitus and peripheral arterial disease. We have discussed its causing factor and preventive measures to be taken. Lifestyle disease is alimented that is primarily based on the day to day habits of people. Habits that detract people from the activity and push them towards a sedentary routine can cause several health issues that can lead to chronic non-communicable diseases that can have near life-threatening consequences.

Keywords: - Changing lifestyle' non-communicable diseases, preventive measures

INTRODUCTION

Noncommunicable disease (NCD) kills around 2 million people each year that is around 70 percent of all death globally. In India, NCDs, especially cardiovascular diseases, cancer and type 2 diabetes mellitus adjusted, account life years respectively (1-2). Some preventable lifestyle risk factors such as tobacco use, high alcohol consumption, raised cholesterol levels, sedentary lifestyle, and obesity. The clustering of these factors significantly increases the risk of morbidity and mortality (1-2). Lifestyle disease is also called the disease of longevity or disease of civilization such type appears due to more widespread as countries become more.

Lifestyle diseases like hypertension and diabetes mellitus, dyslipidemia and overweight, obesity are the major risk factors for the development of cardiovascular diseases.

The WHO has recognized India as one of the nations with a maximum number of lifestyle-related disorders in the future. India is already been considered as the diabetes capital of the world. (3)

Characteristics of the NCDs:-

1. Complex etiology
2. Multiple risk factors
3. Long latency period
4. Non-contagious origin (Non-communicable)
5. A prolonged course of illness
6. Functional impairment of the disability



Four major lifestyle diseases:-

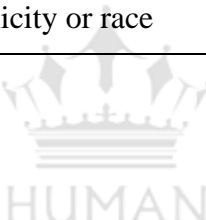
1. CARDIOVASCULAR DISORDERS (CVD):-

These are the group of disorders of the heart and blood vessels.

The CVD may include-

1. Stroke
2. Peripheral arterial diseases
3. Ischemic heart disease
4. Congenital heart disease

CVDs are the number one cause of death globally and account for more than 17 million deaths per year. The number is estimated to rise by 2030 to more than 203 million a year.

Major modifiable risk factors	Nonmodifiable risk factor	Another risk factor
High blood pressure	Age	Excess Homocysteine in the blood
Tobacco use	Hereditary or family history	Abnormal blood coagulation
Physical inactivity	Gender	Lipoprotein
Obesity	Ethnicity or race	
Unhealthy diet (salt)		
Diabetes		
Heavy alcohol use		

2. Diabetes Mellitus:

It is the most common metabolic disorder affecting nearly 20 percent of the global population today and expected to double by 2030. (3)

There are four types of diabetes:

Type 1, Type 2, Gestational, pre-diabetes (Impaired Glucose Tolerance)

Major Modifiable Risk factors	Non-modifiable Risk Factors	Other Risk Factors
High cholesterol	Advance age, race	Presence of autoantibodies
Psychological stress	Distribution of fat in the body.	Low socioeconomic status
High consumption of sugar		
Low concentration of the fiber		

3. Cancer

Cancer affects different parts of the body and is characterized by the rapid creation of abnormal cells in those parts and can invade other parts of the body as well. More than 7 million people die of cancer each year and 30 percent of that disease is attributed to lifestyle choices. (1) Cancer is predicted to become the most lethal disease in the next few decades causing the highest morbidity and mortality across the world. With the advancement in medical oncology, the challenges of diagnosing and curing cancer cases reported in the year 2008 and forecasted 21.4 million new cases by 2030, with nearly two-thirds of all cancer incidences reported from low and middle income and countries.

4. Chronic Obstructive pulmonary disease (COPD)

Chronic obstructive pulmonary disease (COPD) is the most common cause of chronic lung disease globally. COPD is characterized by the increasing breathlessness due to persistent airflow limitation is caused by the different combinations of small airway disease. It includes a spectrum of conditions that include emphysema, chronic bronchitis, asthma and some other forms of bronchiectasis.

5. Peripheral arterial disease: The peripheral arterial disease is a disease of blood vessels supplying the arms and legs. It happens when there is a blockage in the arteries to the limbs (usually the legs).

The signs to watch out for:

1. Persistent ulcers on the legs and feet
2. Hair loss on the limbs
3. Numbness or weakness in the limbs
4. Dull or cramping pain that gets worse with walking and better with rest.

Control and prevention of lifestyle disease

An important way of controlling lifestyle diseases is by controlling the risk factor associated with it. Several low-cost solutions can be implemented by the government and involved groups to reduce the common modifiable risk factors.

SUMMARY:

The urbanization process has caused poor lifestyle choices such as smoking, poor healthy diet, insufficient physical activity and chronic stress leading development and progression of various chronic diseases. The doctors and social media encourage us to healthful habits to help. Adopting a healthy lifestyle is a very good therapeutic tool for chronic disease by developing a therapeutic education communication tool that can be the future of better health care Management, which will fill the gap between recommendation and implementation for adopting good lifestyle practice. Physical activity is the key to a healthy life and prevents humans can prevent humans from many deadly chronic alignments.

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