

YOUR HEALTH @65

Prof. Olayinka A. ABOSEDE



Your health is your wealth

What You Need to Know about Communicable and Non-communicable Diseases

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OBJECTIVES

By the end of this presentation, we should be able to:

- describe communicable and non-communicable diseases.
- Explain how diseases are transmitted.
- Describe factors contributory to diseases.
- discuss the way forward for us as individuals/community members to prevent diseases .
- Determine to embrace acceptable lifestyles for a healthier, more comfortable world.

INTRODUCTION

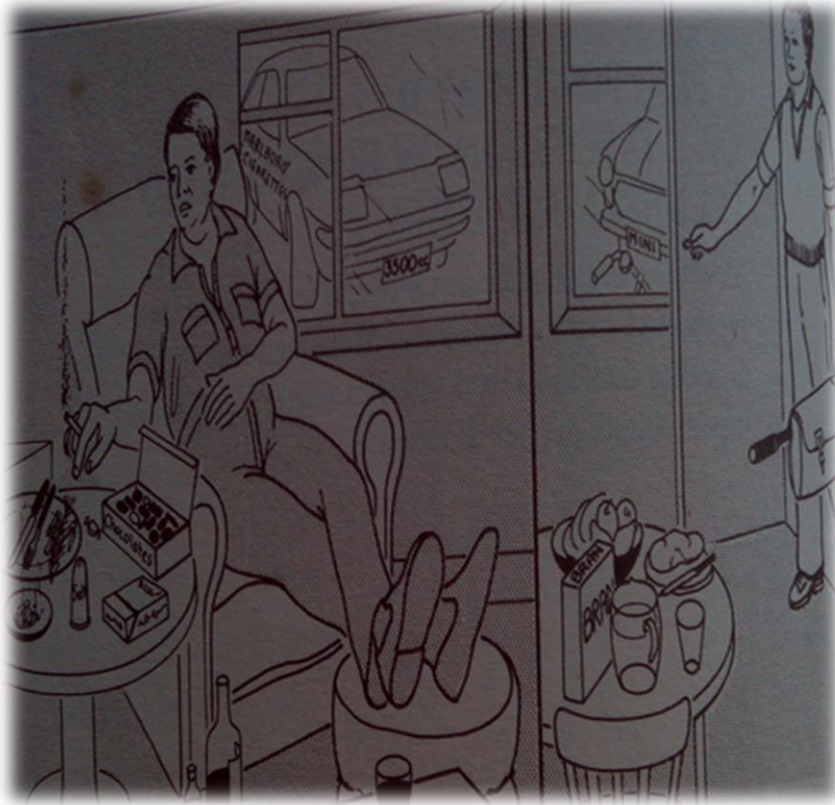
- Diseases are Communicable if they can be transmitted (transferred) from one person to another or from/through an animal or insect to a human being e.g. infections by germs (bacteria), viruses and fungi (Malaria, Diarrheas, Tuberculosis, Leprosy, Typhoid, Yellow fever, flu/“common cold”, Hepatitis B, HIV, Ebola, Scabies, eczema etc. and worms
- Non-communicable diseases are not transmitted e.g. hypertension, diabetes, cancers, eye problems like glaucoma/cataract etc.

MODES OF DISEASE TRANSMISSION

Communicable diseases can be transmitted through:

- **Air by droplet infection (talking, coughing, sneezing, through dust)**
- **Direct skin-to-skin contact**
- **Contaminated food or water**
- **Contact with infected body fluids (blood, sweat, sputum, semen, breast-milk, tears)**

OUR LIFESTYLES AFFECT OUR HEALTH



- Our environment
- What we eat or drink
- How well and how often we exercise our bodies,
- Our emotions (stress)
- Our immunity as well as
- When, how and how long we rest affect our bodies' response to diseases whether communicable or not.

OUR ENVIRONMENT

Factors contributory to stress and disease in our environment:

- **Filth**
- **Odour**
- **Smoke/fumes**
- **Erosions/flooding**
- **Excessive cold or heat**
- **Darkness**
- **Noise**

LIFESTYLE AND HEALTH RISKS

	IMPROPER DIET	IMMODERATE DRINKING	TOBACCO	LACK OF EXERCISE	STRESS	POLLUTION
CARDIOVASCULAR DISEASES						
▪ HEART DISEASE	X X	X	X X	X X	X X	
▪ STROKE	X X	X X	X	X X	X X	
• HYPERTENTION	X X	X X	X	X X	X X	
CANCERS					X X	
▪ COLORECTAL	X X				X X	
▪ LUNG			X X		X X	X
▪ ORAL		X	X X		X X	
▪ STOMACH	X				X X	
RESPIRATORY DISEASES			X X		X X	X X
CIRRHOSIS		X X			X X	
DIABETES	X X	X X		X X	X X	
OSTEOPOROSIS	X X	X X	X	X X	X X	
NUTRITIONAL DISORDERS	X X	X		X X	X X	
GASTRIC ULCERS	XX	X X	X X		X X	
FETAL INJURY	XX	X X	X X		X X	X

BAD ROADS, FLOODING, FILTHY, OPEN/BLOCKED DRAINAGE





Exposed Soak-away

BUSHY ENVIRONMENT, MOSQUITO AND PESTS BREEDING SITES















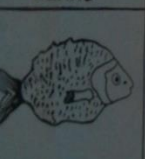





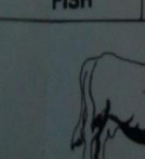

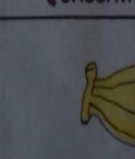
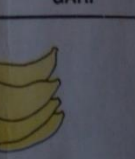
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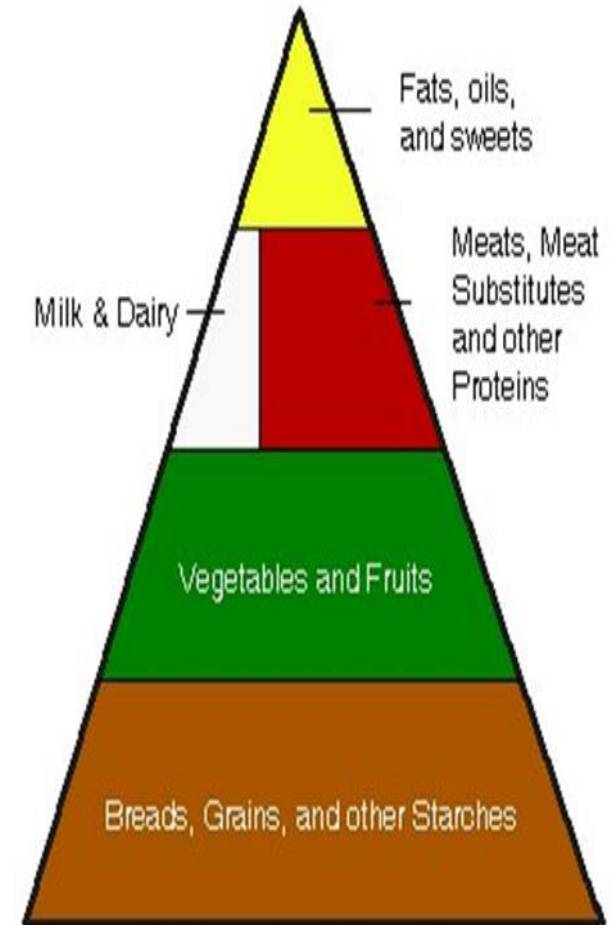


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THE TYPES OF FOOD WE EAT

FOOD GROUPS

Foods that build the body		Foods that give strength and energy		Foods that protect the body against disease	
 EGGS	 CHICKEN	 YAM	 BREAD	 TOMATOES	 CARROTS
 BEANS	 MILK	 RICE	 CORN	 OKRO	 ORANGE
 FISH	 GROUNDNUTS	 CASSAVA	 GARI	 PINEAPPLE	 PALM OIL
 MEAT	 PLANTAIN	 VEGETABLE	 MANGO		



Diabetes Food Pyramid

- **A balanced diet has the right proportions of carbohydrates(starchy foods e.g. rice, yam, cassava, potato), proteins (body builders e.g. meat, fish, beans, melon) vitamins and minerals (body protectors in fruits and vegetables), fats and oils taken with adequate water.**
- **Fruits and vegetables give a lot of fibre and are preferable to sugars, white flour and fatty foods**

FILTHY ENVIRONMENT/CONTAMINATED FOOD



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- **Contaminated food causes food poison, vomiting, diarrheas, typhoid, worms etc.**
- **Food can be contaminated through dust, insects and pests**
- **Chemicals in food can cause cancers (preservatives, colouring, components of fumes, nitrosamines in smoked food**
- **Allergens e.g. in cows milk cause diarrheas**
- **Excessive salt in foods can cause hypertension**

EXPOSED FOOD



Market scene N. Nigeria

DIABETES, HYPERTENSION, OBESITY CAN BE REVERSED BY DIET

- **Diabetes, a disorder of the body's means of utilizing glucose is increasing worldwide**
- **Tripled in the last 35 yrs. and expected to double again in the next 25 yrs. affecting about 300 million people.**
- **Obesity and hypertension with their complications are also on the increase.**
- **Cancers are killing young people at an alarming rate**

KIDNEY AND LIVER PROBLEMS

- **Unsafe self medication and consumption of herbal remedies without expert advice are causing kidney and liver damage**
- **Other contributory factors are alcohol consumption, use of hard drugs (cocaine, heroin etc.), Indian hemp smoking and tobacco use (snuffing, cigarette smoking)**

SELF MEDICATION WITH HERBS



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HERBAL PREPARATIONS WITH ALCOHOL + SMOKING



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MENTAL HEALTH PROBLEMS

- **Mental health problems are not communicable but affect other members of the family/community**
- **Functional abnormalities due to inadequacies of normal brain chemicals**
- **Stressful conditions, lack of sleep and rest, excessive noise and physical conditions e.g. head injuries, stroke, reduced oxygen supply to the brain etc. can cause or aggravate mental illness**

UNEMPLOYMENT/EXPOSURE TO HARD DRUGS



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OVERCROWDING AND TRANSPORTATION CHALLENGES



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TRANSPORTATION CHALLENGES



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NOISE POLLUTION (WELDING, GENERATOR, CASSETTE AND VIDEO PROMOTION ETC.)



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WATER IS VITAL FOR GOOD HEALTH

**Most of our sources of water are polluted and undrinkable.
They are polluted by:**

- **indiscriminate urination and defecation**
- **burning of plastics, tyres, electronic gadgets etc.**
- **Industrial wastes**
- **Medical wastes**
- **Radioactive materials**

LACK OF WATER



LACK OF POTABLE (DRINKING) WATER



20-Oct-07 6:55 am



20-Oct-07 7:04 am

DRINKING WATER PIPES IN OPEN DRAIN



Water supply

SOIL POLLUTION WITH OIL



AIR AND SOIL POLLUTION



COOKING WITH CHARCOAL



COOKING WITH FIREWOOD



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HOME BURIALS AND SOIL POLLUTION



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IMPROPER MEDICAL WASTE MANAGEMENT



MEDICAL WASTE MANAGEMENT



EXERCISE: A MUST FOR HEALTHY LIVING

- **Brisk walking for about 30 minutes daily, the best form of exercise. Others - sports, juggling, cycling, swimming, tennis etc.**
- **Aerobics/gymnastics**
- **Proved to reverse diabetes, hypertension, obesity and almost any form of disease. Helps to increase blood circulation.**
- **Improves nutrients, oxygen and water supply. Increases energy/calorie use**

NEED FOR REGULAR CHECK-UPS

- Not all conditions require drugs
- Even when drugs are necessary, the number and dosage may be reduced by taking adequate nutrients, exercising and having adequate rest.
- Screening tests(a must from about age 40 yrs. and to continue periodically).
- Regular check-ups at home or Primary Health clinics
- Compliance with prescribed drugs

REASONS FOR POOR SERVICE UTILIZATION

Poor/dangerous access



PRIMARY HEALTH CARE FACILITY



IMMUNIZATION



IMMUNIZATIONS (BABIES, WOMEN 15-49 YRS. ADULTS PREGNANT, TRAVELLING OR WOUNDED)



Healthcare Waste Management

Don'ts



Do's



PREVENTIVE/PROTECTIVE MEASURES



COMMUNITY PARTICIPATION: ALL HANDS ON DECK, ORGANIZE/ATTEND TOWN HALL MEETINGS



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DISCUSS AT RESIDENTS' ASSOCIATIONS OR COMMUNITY SUPPORT GROUPS



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CONCLUSION

- **We need to change some of our habits so that we may enjoy good health**
- **Our children must not be exposed to unhealthy lifestyles**
- **Future generations need our decision for change in order for them to enjoy a safer, healthier and more comfortable world. The time for that decision is NOW!!!**