

## Major risk factors for chronic NCDs

There are few risk factors shared among all major chronic NCDs, namely **smoking and tobacco use, unhealthy diet, physical inactivity, harmful alcohol use and stress**. Prevalence of these risk factors at population level has a major influence on morbidity and mortality due to NCDs.

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### SMOKING & TOBACCO USE



There is tobacco related death in every 8 seconds.

Smoking is the most important preventable cause of premature death in the world. Long-term smoker, on average life expectancy is about 10 years less than a non-smoker.

Many smoking-related deaths are not 'quick deaths' and have to suffer several years of illness and distressing symptoms before you die.

Smoking by itself increases the risk of coronary heart disease, Lung cancer, cancers of the mouth, nose, throat, larynx, gullet (oesophagus), pancreas, bladder, cervix, blood (leukaemia), and kidney, Chronic obstructive pulmonary disease (COPD), hypertension, diabetes.

Chemicals in tobacco can damage the lining of the blood vessels and affect the level of lipids (fats) in the bloodstream. This increases the risk of atheroma forming. Atheroma is the main cause of heart disease, strokes, peripheral vascular disease (poor circulation of the legs), and aneurysms (swollen arteries which can burst causing internal bleeding). Other problems of tobacco are marital problem, smokers look wasted and fertility will be less.

(There are many condition caused by smoking those are leads to physiological and physical problems)

#### **Health benefits of stopping smoking**

Quitting smoking lowers many health risks very quickly. If you quit here are only few of the benefits.

#### **Physical benefits....**

Reduce the risk of getting serious smoking-related diseases such as heart disease, cancers, COPD (chronic obstructive pulmonary disease) and peripheral vascular disease. Reduce the risk of getting various other conditions which, although not life threatening, can cause unpleasant problems. For example: impotence (erection problems), fertility problems, optic neuropathy, cataract, macular degeneration, psoriasis, gum disease, tooth loss, osteoporosis and Raynaud's phenomenon.

Reduce the risk of pregnancy complications if you are pregnant and smoking or you are in second hand smoker.

### **Social benefits...**

Self image and confidence will improve

Will be healthier, role model parent to your children and future of your children will be safe.

Will be financially stable by reducing health cost and stopping expenses on buying smoking.

If you can stop smoking you have the best personality.

### **Tips To Help You Stop Smoking**

Write a list of the reasons why you want to stop, and keep them with you. Refer to them when tempted to light up.

Set a date for stopping, and stop completely. (Some people prefer the idea of cutting down gradually. However, research has shown that if you smoke less cigarettes than usual, you are likely to smoke more of each cigarette, and nicotine levels remain nearly the same. Therefore, it is usually best to stop once and for all from a set date.)

Tell everyone that you are giving up smoking. Friends and family often give support and may help you. Smoking by others in the household makes giving up harder. If appropriate, try to get other household members who smoke, or friends who smoke, to stop smoking at the same time. A 'team' effort may be easier than going it alone.

Be prepared for some withdrawal symptoms. When you stop smoking, you are likely to get symptoms which may include: nausea (feeling sick), headaches, anxiety, irritability, craving, and just feeling awful. These symptoms are caused by the lack of nicotine that your body has been used to. They tend to peak after 12-24 hours, and then gradually ease over 2-4 weeks.

Anticipate a cough. It is normal for a 'smokers cough' to get worse when you stop smoking (as the airways 'come back to life'). Many people say that this makes them feel worse for a while after stopping smoking and makes them tempted to restart smoking. Resist this temptation! The cough usually gradually eases.

Be aware of situations in which you are most likely to want to smoke. In particular, drinking alcohol is often associated with failing in an attempt to stop smoking. You should consider not drinking much alcohol in the first few weeks after stopping smoking. Try changing your routine for the first few weeks. For example, don't go to the pub for a while if that is a tempting place to smoke and drink alcohol. Also, if drinking tea and coffee are difficult times, try drinking mainly fruit juice and plenty of water instead.

Take one day at a time. Mark off each successful day on a calendar. Look at it when you feel tempted to smoke, and tell yourself that you don't want to start all over again.

Be positive. You can tell people that you don't smoke. You will smell better. After a few weeks you should feel better, taste your food more, and cough less. You will have more money. Perhaps put away the money you would have spent on cigarettes for treats.

Some people worry about gaining weight when they give up smoking as the appetite may improve. Anticipate an increase in appetite, and try not to increase fatty or sugary foods as snacks. Try sugar-free gum and fruit and vegetables instead.

Don't despair if you fail. Examine the reasons why you felt it was more difficult at that particular time. It will make you stronger next time. On average, people who eventually stop smoking have made 3 or 4 previous attempts.

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## Unhealthy Diet



Healthy eating doesn't have to be boring or avoiding all your favourite foods.

In fact, the first of rule of healthy eating is to ENJOY your food!

Eating healthily is all about getting the balance diet.

Unhealthy diet is an important risk factor for all most all chronic diseases.

### **An easy way to healthy diet**

Eat enough calories but not too many. Maintain a balance between your calorie intake and calorie expenditure—that is, don't eat more food than your body uses.

Eat a wide variety of foods. Healthy eating is an opportunity to expand your range of choices by trying foods—especially vegetables, whole grains, or fruits—that you don't normally eat.

Eat plenty of fruits, vegetables, grains, and legumes—foods high in complex carbohydrates, fiber, vitamins, and minerals, low in fat, and free of cholesterol. Try to get fresh and local products.

Drink more water. Our bodies are about 75% water. It is a vital part of a healthy diet. Water helps flush our systems, especially the kidneys and bladder, of waste products and toxins. A majority of Americans go through life dehydrated.

Limit sugary foods, salt, and refined-grain products. Sugar is added to a vast array of foods. In a year, just one daily 12-ounce can of soda (160 calories) can increase your weight by 16 pounds. See suggestions below for limiting salt and substituting whole grains for refined grains.

A healthy diet improves your energy and feelings of well-being while reducing your risk of many diseases. Adding regular physical activity and exercise will make any healthy eating plan work even better.

One step at a time. Establishing new food habits is much easier if you focus on and take action on one food group or food fact at a time.

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## Physical Inactivity

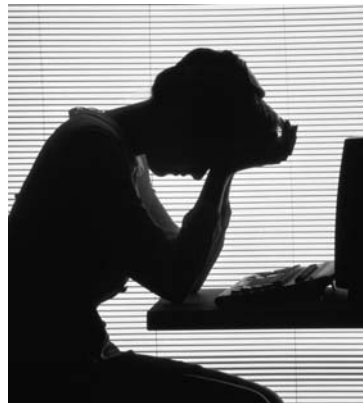


### Exercise:

Makes you feel better, increase your personality and reduce the stress.  
Improves the ability to fall asleep quickly and sleep well.  
Keeps weight under control.  
Boosts energy level.  
Prevents joints problem in the future.  
Improves blood cholesterol levels.  
It prevents diabetes.  
Reduces the risk of heart disease by improving blood circulation throughout the body.  
Prevents and manages high blood pressure  
Prevents bone loss and osteoporosis.  
Counters anxiety and depression and increases enthusiasm and optimism  
Increases muscle strength, increasing the ability to do other physical activities  
Provides a way to share an activity with family and friends

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## Psychological Stress



Psychological stress is difficult to define or measure.

Following features will help to identify.

Not being able to sleep properly with worries going through your mind.  
Being impatient or irritable at minor problems.  
Not being able to concentrate due to many things going through your mind.  
Being unable to make decisions.

Not enjoying food so much.

Being unable to relax, and always feeling that something needs to be done.

Feeling tense. Sometimes this includes a 'knot' in the stomach, or feeling sweaty with a dry mouth or a thumping heart.

Ongoing stress is thought to be bad for health, although this is difficult to prove. For example, stress is thought to be bad for the heart and is possibly a 'risk factor' for developing heart problems in later life. Stress may also contribute to other physical illnesses in ways little understood. For example, it is thought that irritable bowel syndrome, psoriasis, migraine, tension headaches, and other conditions are made worse by an increased level of stress.

### **Tips to overcome stress in daily life**

Stress list You can try making a 'stress list'. Try to identify which are regularly cause you stress. Once you have identified any typical or regular causes of stress, two things may then help.

- If you discuss this with a close friend or family member, it may help them and you to be aware of the reasons why you are feeling stressed. Simply talking it through may help.

- These situations can be used as 'cues' to relax. You can use simple relaxation techniques when a stressful situation occurs or is anticipated. For example, try doing neck stretching exercises when you are in that traffic jam rather than getting tense and stressed.

### **Try simple relaxation techniques**

Deep breathing. This means taking a long, slow breath in, and very slowly breath out. If you do this a few times, and concentrate fully on breathing, you may find it quite relaxing.

Muscular tensing and stretching. Try twisting your neck around each way as far as it is comfortable, and then relax. Try fully tensing your shoulder and back muscles for several seconds, and then relax completely. Try practising these simple techniques when you are relaxed, and then use them routinely when you come across any stressful situation.

Positive relaxation Set specific times aside to positively relax. Don't just let relaxation happen, or not happen, at the mercy of work, family, etc. Plan it, and look forward to it. Different people prefer different things. A long bath, a quiet stroll, sitting and just listening to a piece of music, etc. These times are not wasteful, and you should not feel guilty about not 'getting on with things'. They can be times of reflection and putting life back in perspective. Some people find it useful to set time aside for a relaxation programme such as meditation or muscular exercises. You can also buy relaxation tapes to help you learn to relax.

Time out Try to allow several times a day to 'stop' and take some time out. For example, getting up 15-20 minutes earlier than you need to be a good start. You can use this time to think about and plan the coming day, and to prepare for the day's events unrushed. Take a regular and proper lunch break, preferably away from work. Don't work over lunch. If work is busy, if possible try and take 5 or 10 minutes away every few hours to relax. Once or twice a week, try to plan some time just to be alone and 'unobtainable'. For example, a gentle stroll or a sit in the park often helps to break out of life's hustle and bustle.

**Exercise** Many people claim that regular exercise reduces their level of stress. (It also keeps you fit and helps to prevent heart disease.) Any exercise is good, but try to plan at least 30 minutes of exercise on at least 5 days a week. A brisk walk on most days is a good start if you are not used to exercise. In addition, if you have difficulty in sleeping this may improve if you exercise regularly.

**Smoking and alcohol** Don't be fooled that smoking and drinking can help with stress. In the long run, they don't. Drinking alcohol to 'calm nerves' is often a slippery slope to heavier and problem drinking.

**Hobbies** Many people find that a hobby which has no deadlines, no pressures, and which can be picked up or left easily takes the mind off stresses. For example: sports, knitting, music, model-making, puzzles, and reading for pleasure.

**Treatment** Some people find they have times in their life when stress or anxiety becomes severe or difficult to cope with. See a doctor if stress or anxiety becomes worse. Further treatments such as anxiety management counseling, other therapies, or medication may be appropriate.