

NCDs

**NON -
COMMUNICABLE
DISEASES**

n  **excuse**



Erasmus+

MOVIT

Young people represent the well-being of a society and its development potential: they are the ones who already **build a better world**.

Unfortunately, due to the lack of available simplistic information, many young people do not have enough knowledge in matters relating to health, forming some behaviors that in the future may lead to the emergence of NCDs.

The **good news** is that it is much easier to establish positive health behaviors early in life than to change risk behaviors during adulthood, and that the majority of illnesses due to NCDs **can be avoided** by **prevention** and **controlling** the life habits.

The **purpose of this leaflet** is to give young people a general understanding of NCDs that would enable them to make informed decisions about their **health** and to take **active steps** to maintain their wellbeing.

NCDs

WHAT IS IT ?

Noncommunicable diseases (NCDs) - medical conditions or diseases that are **not spread through infection** and cannot be transmitted from person to person, but are typically caused by **unhealthy behaviors**.

They are often **chronic** and tend to develop slowly over time, often with no obvious symptoms until they reach an advanced stage

THESE DISEASES HAVE **SOCIAL**,
ENVIRONMENTAL, **COMMERCIAL** AND
GENETIC DETERMINANTS, AND THEIR
PRESENCE IS **GLOBAL**.



Achieving internationally agreed development goals is significantly threatened by the **global epidemic** of NCDs!

MAIN TYPES OF NCDs



**cardiovascular
diseases**



**chronic respiratory
diseases**



preventable cancers



diabetes



mental disorders



injuries

MOST COMMON NCDs

DIABETES MELLITUS

increased blood glucose levels, caused by defects in insulin secretion from the pancreas, defects in insulin action, or both.

CORONARY ARTERY DISEASE

when the blood supply to the heart is decreased as compared to its needs.

HYPERTENSION OR HIGH BLOOD PRESSURE

when the pressure in the vessels that carry blood is high.

ASTHMA

characterized by recurrent attacks of breathlessness and wheezing.

HIGH CHOLESTROL LEVEL

when the level of cholesterol (lipids) is raised that can lead to blocking the blood vessels in which it deposits.

CHRONIC OBSTRUCTIVE PULMONARY DISEASE

when the small branches of the wind pipe along with the lungs are permanently damaged (most often due to smoking), leading to difficulty in breathing.

COMMON CANCERS AMONG MEN

are those of the oral cavity (mouth), lung, prostate, stomach and intestinal tract, skin.

COMMON CANCERS AMONG WOMEN

are those of the breast, cervix and uterus, lung, gastrointestinal tract.