

The Most Important Mass Non-Epidemic Diseases and their Socio-Medical Significance

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ABSTRACT

One of the most important results of the implementation of the national project called "Health" which includes three priority areas - the development of primary health care, the provision of high-tech medical care to the population, project management and information support is to strengthen the healthcare system. In this article the most important mass non-epidemic diseases and their socio-medical significance is discussed.

Currently, chronic non-communicable diseases ("diseases of civilization") are the factors that determine the level of morbidity and mortality in developed countries. The importance of non-communicable chronic diseases in public health is due to the decrease in the incidence of infectious diseases, which has led to an increase in life expectancy, and more people live to an age characterized by diseases of the circulatory system and malignant neoplasms. At the same time, as a result of risk factors such as smoking, environmental pollution and excess nutrition morbidity and mortality from cardiovascular diseases, injuries and oncopathology have increased.

It is known that social factors and the impact of external risk factors are the factors that determine the level of public health. An increase in the incidence of the population in almost all classes of diseases is mainly due to difficult environmental conditions, economic instability and a decline in living standards.

Cardiovascular disease (CVD) is considered the main cause of death and disability in the population of Uzbekistan. Diseases of the circulatory system occupy a leading place among the causes of death: in 1991 - 48.6%, in 2011 - 51.9%, and from 1991 to 2011 there was an increase in mortality due to this cause by 1.1 times.

In 2011, this class of diseases ranked seventh in the structure of primary morbidity (3.2%) and second in the structure of general morbidity (16.2%). Today, cardiovascular diseases not only determine the mortality rate of the population of the republic and are the main cause of disability, but also play a significant role in reducing the average life expectancy. The urgency of this problem is also due to the high prevalence of this pathology and the leading place of diseases of

the circulatory system in the causes of labor loss of the country's population. The significance of pathology is determined by its consequences, which account for more than 40% of disability.

The continuing increase in morbidity, the defeat of people of an ever younger age makes cardiovascular diseases the most important medical and social health problem. The structure of the class of diseases of the circulatory system is formed by coronary heart disease (CHD), hypertension and vascular lesions of the brain. Hypertension occupies the first ranking place (47.8%), coronary artery disease - the second (24.5%), cerebrovascular diseases - third (10.0%). Diseases of this group are largely an indicator of premature aging of people of working age and are the main cause of death in this category of the population.

The reasons contributing to the increase in mortality and morbidity from cardiovascular diseases:

- ✓ concentration of population in cities (urbanization);
- ✓ change in the rhythm of life and an increase in emotional tension;
- ✓ change in the nature of work and nutrition;
- ✓ severe limitation of physical activity.

The incidence of cardiovascular disease is higher in women than in men, with the exception of myocardial infarction. Myocardial infarction is more common in men. With age, the incidence increases, with the exception of rheumatism.

Risk factors for cardiovascular disease. *From the point of view of the possibility of influencing risk factors, they are divided into modifiable and non-modifiable. There are external (social) and internal factors.*

External factors or lifestyle factors: *excessive emotional stress, excessive nutrition, consumption of large amounts of table salt, smoking, alcohol consumption, physical inactivity.*

Internal or biological factors: *hereditary predisposition, diabetes mellitus, hypercholesterolemia, hyperlipidemia.*

Some CVDs associated with risk factors may contribute to other CVDs (eg, hypertension is a risk factor for CAD).

Many risk factors have been described for CHD, but three of them are considered the main ones - smoking, hypercholesterolemia and arterial hypertension, as they are causally associated with the development of CHD and their prevalence among the population is high. Even the presence of one of the risk factors - arterial hypertension, smoking or hypercholesterolemia - increases the mortality of men aged 50–69 years by 3.5 times. The combined effect of several risk factors increases mortality by 5–7 times,

30.0–40.0% of all deaths from coronary heart disease are associated with cigarette smoking. Smoking significantly affects mortality caused by cerebrovascular diseases such as stroke and atherosclerosis. The risk of all deaths from cardiovascular diseases in smokers, compared with non-smokers, is 2 times higher, and among young people it is even higher.

Neuropsychiatric diseases, alcoholism, drug addiction. In economically developed countries, neuropsychiatric diseases (diseases of civilization) are of great importance. Currently, neuropsychiatric diseases in developed countries are becoming epidemics. This primarily applies to psychoses, neuroses and drug addiction - alcoholism and drug addiction.

A certain role is played by the increase in the proportion of mental labor, the automation of production, and urbanization. 20% of all visitors to health care facilities need help or advice from a psychiatrist, women are 2 times more likely than men. Mental disorders affect young and mature people, as a result of which the working-age population is declining. There are more sick

teenagers than children, and more adults than teenagers. There is an increase in patients with borderline conditions, clinical combinations of psychogenic disorders.

In the Republic, the most common types of mental pathologies are anxiety disorders, mild forms of age-related dementia. Great and moral damage to society is caused by drunkenness, alcoholism and drug addiction.

Alcoholism is one of the most formidable risk factors for the development of various diseases, affecting health status, morbidity and mortality. The level of general morbidity among those who abuse alcohol is 1.5 times higher, mainly due to diseases of the circulatory system, digestive organs, poisoning and injuries. The mortality rate among regular drinkers is 3 times higher than among non-drinkers. Alcohol abuse reduces life expectancy by 20 years.

Worldwide, 3.3 million people die every year as a result of the harmful use of alcohol, accounting for 5.9% of all deaths, according to the WHO. (2012)

The harmful use of alcohol is a causal factor in more than 200 health problems associated with illness and injury.

Alcohol use is associated with a risk of developing health problems such as mental and behavioral disorders, including alcohol dependence, severe non-communicable diseases (liver cirrhosis, some cancers, and cardiovascular disease), and injuries from violence and traffic accidents. Recently, causal relationships have been established between alcohol consumption and the incidence of infectious diseases such as tuberculosis, as well as the course of HIV / AIDS. Alcohol consumption by a woman who is expecting a child can lead to the development of fetal alcohol syndrome and complicated preterm birth.

Alcohol consumption results in death and disability relatively earlier in life. Among people aged 20–39 years, approximately 25% of all deaths are related to alcohol.

In the Republic of Belarus in recent years there has been an increase in patients with alcoholism, including among adolescents, 5% of the population are alcoholics. From 2000 to 2011 the contingent of patients with chronic alcoholism and alcoholic psychosis increased by 44.6%.

Alcoholism causes 90% of all absenteeism at work, every fifth accident in transport. More than 40% of all divorces are associated with alcoholism, in alcoholics in 82% of cases children suffer from neuropsychiatric diseases, by 50% it increases the mortality of children from parents of alcoholics.

Causes and risk factors for alcoholism:

- 1) social (unemployment, poverty);
- 2) cultural traditions;
- 3) state policy in relation to alcohol;
- 4) psychological (shyness, anxiety, emotional outbursts, acuity of sensations)
- 5) biological (different activity of alcohol dehydrogenase in different nations, people)

Prevention of alcoholism:

primary (prevention of the occurrence of alcoholism, the formation of a healthy lifestyle);

secondary (earlier detection of patients with alcoholism and persons prone to it, taking measures to improve society);

tertiary (prevention of relapses, progression and complications of alcoholism).

Drug addiction is a serious mental illness that occurs with the systematic abuse of doses of drugs not for medical reasons.

The problem of drug addiction is topical because:

- 1) there are difficulties in identifying drug addiction and attracting patients to treatment;
- 2) the total number of identified drug addicts in the Republic continues to grow;
- 3) features of teenage drug addiction are manifested: (if at least one person in a teenage group has tried drugs, then the whole group is involved in drug addiction);
- 4) the total number of identified drug addicts in Belarus has increased. Since 2000, the number of registered drug addicts has more than doubled (2000 - 4545 people; 2011 - 10872 people), of which 93.8% are persons under 25 years old, 28, 6% are women;
- 5) the problem of drug addiction is directly related to the problem of HIV infection.

Addiction prevention:

- 1) early detection, involvement in treatment and implementation of measures for the social rehabilitation of people who abuse alcoholic beverages and use drugs and toxic substances;
- 2) ensuring the leisure of young people, ensuring employment (employment) of adolescents who for some reason left their studies or failed to find a job after graduation;
- 3) holding training seminars for specialists working with children and young students on the program for the prevention of the use of alcohol and other psychoactive substances, the inclusion in the curricula of schools, technical schools and higher educational institutions of classes on the prevention of addictions among young people.

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